

# WŁODAWA „ŻELAZNY TRIATHLON”

Włodawa, 4 czerwca 2016

## DYSTANS

PŁYWANIE: 750 m

ROWER: 20 km

BIEG: 5 km

## KATEGORIE

K1 do 34 lat

M1 do 34 lat

K2 35 - 49 lat

M2 35 - 49 lat

K3 od 50 lat

M3 od 50 lat



| M-ce | Nr  | Nazwisko Imię        | Rok  | Miejscowość    | Klub                                      | Płeć | Kat | Msc | Pływanie | M-sc | Rower    | M-sc | Bieg     | M-sc | 1 przerwa | 2 przerwa | Rezultat | M  | K |
|------|-----|----------------------|------|----------------|---|------|-----|-----|----------|------|----------|------|----------|------|-----------|-----------|----------|----|---|
| 1    | 94  | SEROCZYŃSKI JAKUB    | 1995 | WARSZAWA       | UKS G-8 BIELANY                           | M    | M1  | 1   | 00:09:27 | 1    | 00:32:44 | 3    | 00:20:21 | 3    | 00:00:41  | 00:00:37  | 01:03:50 | 1  |   |
| 2    | 65  | MICHALAK PIOTR       | 1997 | MARKI          | G8 BIELANY                                | M    | M1  | 2   | 00:09:32 | 2    | 00:32:37 | 2    | 00:20:25 | 4    | 00:00:44  | 00:00:34  | 01:03:52 | 2  |   |
| 3    | 64  | MAZUREK MARCIN       | 1980 | LUBLIN         | TRICLUB                                   | M    | M2  | 1   | 00:09:44 | 3    | 00:32:26 | 1    | 00:21:21 | 9    | 00:00:42  | 00:00:36  | 01:04:49 | 3  |   |
| 4    | 92  | SANIAWA PIOTR        | 1983 | LUBLIN         | TRICLUB LUBLIN                            | M    | M1  | 3   | 00:10:18 | 7    | 00:33:26 | 8    | 00:20:11 | 2    | 00:00:53  | 00:00:46  | 01:05:34 | 4  |   |
| 5    | 90  | RUDZIŃSKA ALEKSANDRA | 1994 | WARSZAWA       | UKS G-8 BIELANY                           | K    | K1  | 1   | 00:10:10 | 5    | 00:35:24 | 25   | 00:20:41 | 5    | 00:00:41  | 00:00:34  | 01:07:30 |    | 1 |
| 6    | 39  | KIELBASA ROBERT      | 1987 | SWIDNIK        | SZKOLA PLYWANIA WODNIK                    | M    | M1  | 4   | 00:10:31 | 8    | 00:35:01 | 20   | 00:22:25 | 18   | 00:00:45  | 00:00:31  | 01:09:13 | 5  |   |
| 7    | 28  | GRUDZIEŃ KAMIL       | 1979 | LUBLIN         | BANDA GRUDNIA                             | M    | M2  | 2   | 00:13:49 | 38   | 00:33:21 | 7    | 00:19:39 | 1    | 00:01:16  | 00:01:20  | 01:09:25 | 6  |   |
| 8    | 106 | SUDAK MAGDALENA      | 2000 | MILANÓWEK      | UKS G-8 BIELANY WARSZAWA                  | K    | K1  | 2   | 00:10:04 | 4    | 00:35:27 | 26   | 00:22:32 | 20   | 00:00:48  | 00:00:36  | 01:09:27 |    | 2 |
| 9    | 30  | HORODECKI KRZYSZTOF  | 1979 | RZESZÓW        | TRENIGO                                   | M    | M2  | 3   | 00:11:59 | 14   | 00:34:53 | 16   | 00:20:51 | 6    | 00:01:08  | 00:00:42  | 01:09:33 | 7  |   |
| 10   | 22  | DYBEK MATEUSZ        | 1980 | KRAKÓW         | AT TEAM/KINESIS KRAKÓW                    | M    | M2  | 4   | 00:11:24 | 10   | 00:34:03 | 12   | 00:22:43 | 21   | 00:00:56  | 00:00:43  | 01:09:49 | 8  |   |
| 11   | 49  | KURKIEWICZ ANDRZEJ   | 1972 | FRANCISZKOW    | SWIDNIK TRIATHLON TEAM                    | M    | M2  | 5   | 00:11:39 | 12   | 00:33:41 | 9    | 00:22:52 | 25   | 00:01:01  | 00:01:11  | 01:10:24 | 9  |   |
| 12   | 120 | WALEWSKI ŁUKASZ      | 1976 | RZESZÓW        | ARS DENT                                  | M    | M2  | 6   | 00:12:23 | 17   | 00:33:13 | 6    | 00:23:00 | 26   | 00:01:19  | 00:00:55  | 01:10:50 | 10 |   |
| 13   | 113 | ŚLIWKA PIOTR         | 1980 | KRAŚNIK        | SPORTEVO                                  | M    | M2  | 7   | 00:13:40 | 35   | 00:33:51 | 10   | 00:22:18 | 17   | 00:01:03  | 00:00:55  | 01:11:47 | 11 |   |
| 14   | 93  | SEROCZYŃSKA AMELIA   | 1999 | WARSZAWA       | UKS G-8 BIELANY                           | K    | K1  | 3   | 00:10:11 | 6    | 00:37:01 | 45   | 00:23:58 | 37   | 00:00:46  | 00:00:37  | 01:12:33 |    | 3 |
| 15   | 12  | CENKAŁA CEZARY       | 1967 | WŁODAWA        | WŁODAWSKA GRUPA TRIATHLONOWA              | M    | M2  | 8   | 00:13:21 | 31   | 00:35:19 | 23   | 00:21:57 | 13   | 00:01:18  | 00:01:02  | 01:12:57 | 12 |   |
| 16   | 127 | WOZNIAK ARKADIUSZ    | 1975 | LUBLIN         | AREK WOZNIAK                              | M    | M2  | 9   | 00:13:48 | 37   | 00:32:47 | 4    | 00:23:20 | 28   | 00:01:45  | 00:01:19  | 01:12:59 | 13 |   |
| 17   | 10  | BUKAŁSKI ARKADIUSZ   | 1977 | CHEŁM          | CHEŁMSKA GRUPA TRIATHLONU                 | M    | M2  | 10  | 00:13:00 | 20   | 00:34:31 | 15   | 00:23:50 | 33   | 00:01:00  | 00:00:40  | 01:13:01 | 14 |   |
| 18   | 13  | CIEPLAK JANEK        | 1983 | LUBLIN         | KUŹNIA TRIATHLONU                         | M    | M1  | 5   | 00:14:03 | 44   | 00:33:10 | 5    | 00:24:02 | 38   | 00:01:34  | 00:01:11  | 01:14:00 | 15 |   |
| 19   | 108 | SWEKLEJ ADAM         | 1974 | BIAŁA PODLASKA | PZU SPORT TEAM                            | M    | M2  | 11  | 00:14:38 | 56   | 00:35:45 | 29   | 00:21:33 | 10   | 00:01:02  | 00:01:05  | 01:14:03 | 16 |   |
| 20   | 42  | KLEPACKI TOMASZ      | 1956 | WARSZAWA       | KS TRIATHLON RAWA                         | M    | M3  | 1   | 00:13:01 | 21   | 00:36:45 | 43   | 00:22:01 | 14   | 00:01:28  | 00:00:49  | 01:14:04 | 17 |   |
| 21   | 56  | LITWIN BARTOSZ       | 1988 | CHEŁM          | CHEŁMSKA GRUPA TRIATHLONU / LITWIN - REHA | M    | M1  | 6   | 00:13:12 | 23   | 00:34:58 | 19   | 00:23:43 | 32   | 00:01:28  | 00:00:45  | 01:14:06 | 18 |   |
| 22   | 2   | ANTONIUK ARTUR       | 1980 | KRAŚNIK        | BARAN CYCLING TEAM                        | M    | M2  | 12  | 00:14:27 | 50   | 00:35:10 | 22   | 00:22:52 | 24   | 00:01:04  | 00:00:44  | 01:14:17 | 19 |   |
| 23   | 126 | WINIARCZYK JACEK     | 1971 | WŁODAWA        | KS START PUŁASKI WARKA                    | M    | M2  | 13  | 00:13:10 | 22   | 00:37:24 | 52   | 00:21:55 | 11   | 00:01:16  | 00:01:04  | 01:14:49 | 20 |   |
| 24   | 5   | BANAŚ ŁUKASZ         | 1983 | RZESZÓW        | GB SPORT                                  | M    | M1  | 7   | 00:14:11 | 47   | 00:35:58 | 35   | 00:22:48 | 23   | 00:01:18  | 00:00:43  | 01:14:58 | 21 |   |
| 25   | 131 | ŻUKOWSKI ARKADIUSZ   | 1976 | ŚWIDNIK        | ŚWIDNIK TRIATHLON TEAM                    | M    | M2  | 14  | 00:13:49 | 39   | 00:34:27 | 14   | 00:24:31 | 47   | 00:01:39  | 00:01:01  | 01:15:27 | 22 |   |
| 26   | 74  | OPALCZYŃSKI ZBIGNIEW | 1974 | WARSZAWA       |   | M    | M2  | 15  | 00:15:16 | 70   | 00:35:21 | 24   | 00:23:40 | 31   | 00:00:56  | 00:00:44  | 01:15:57 | 23 |   |
| 27   | 55  | LISOWSKI JACEK       | 1970 | DĄBROWICA      | BANDA GRUDNIA                             | M    | M2  | 16  | 00:14:40 | 57   | 00:34:21 | 13   | 00:23:54 | 35   | 00:01:38  | 00:01:44  | 01:16:17 | 24 |   |
| 28   | 45  | KONDRACKI RAFAŁ      | 1978 | ŁUKÓW          | TRIATHLON SIEDLCE CLUB                    | M    | M2  | 17  | 00:13:29 | 32   | 00:38:18 | 64   | 00:21:20 | 8    | 00:02:33  | 00:01:00  | 01:16:40 | 25 |   |
| 29   | 73  | OLSZEWSKI MICHAŁ     | 1983 | PRUSZKÓW       |   | M    | M1  | 8   | 00:13:58 | 42   | 00:35:28 | 27   | 00:23:56 | 36   | 00:02:10  | 00:01:09  | 01:16:41 | 26 |   |
| 30   | 70  | NIEDZIELSKI MACIEJ   | 1981 | CHEŁM          | CHEŁMSKA GRUPA TRIATHLONU                 | M    | M2  | 18  | 00:13:41 | 36   | 00:34:56 | 17   | 00:26:09 | 63   | 00:01:36  | 00:00:52  | 01:17:14 | 27 |   |
| 31   | 26  | GARDZIEL JERZY       | 1973 | LUBLIN         | LUBELSKA GRUPA TRIATHLONU                 | M    | M2  | 19  | 00:15:36 | 75   | 00:37:08 | 46   | 00:21:57 | 12   | 00:01:49  | 00:00:48  | 01:17:18 | 28 |   |
| 32   | 62  | MARCZAK ARKADIUSZ    | 1999 | GRZEBOWILK     | KS BARAKUDA MIŃSK MAZOWIECKI              | M    | M1  | 9   | 00:11:31 | 11   | 00:37:43 | 57   | 00:25:01 | 51   | 00:02:21  | 00:00:44  | 01:17:20 | 29 |   |
| 33   | 72  | OLSZEWSKI ŁUKASZ     | 1976 | BYDGOSZCZ      | WWW.KOSZULKISPORTOWE.COM                  | M    | M2  | 20  | 00:12:06 | 15   | 00:38:10 | 63   | 00:25:24 | 56   | 00:00:55  | 00:00:48  | 01:17:23 | 30 |   |
| 34   | 68  | MISKIEWICZ MAREK     | 1965 | LUBLIN         | TRICLUB LUBLIN                            | M    | M3  | 2   | 00:14:54 | 60   | 00:35:41 | 28   | 00:24:27 | 45   | 00:01:11  | 00:01:11  | 01:17:24 | 31 |   |
| 35   | 51  | LACHOWSKI GRZEGORZ   | 1977 | MYSŁOWICE      | IMAX44                                    | M    | M2  | 21  | 00:13:16 | 25   | 00:36:29 | 40   | 00:25:18 | 54   | 00:01:29  | 00:01:01  | 01:17:33 | 32 |   |
| 36   | 32  | IWANICKI ŁUKASZ      | 1980 | WARSZAWA       |   | M    | M2  | 22  | 00:12:46 | 18   | 00:36:10 | 38   | 00:26:03 | 62   | 00:01:23  | 00:01:27  | 01:17:49 | 33 |   |
| 37   | 118 | WAKUŁA TOMASZ        | 1969 | SIEDLCE        | YULO RUNN TEAM SIEDLCE                    | M    | M2  | 23  | 00:18:18 | 99   | 00:35:08 | 21   | 00:20:53 | 7    | 00:02:09  | 00:01:35  | 01:18:03 | 34 |   |
| 38   | 4   | BALUK WOJCIECH       | 1975 | JABLONNA       |   | M    | M2  | 24  | 00:13:36 | 33   | 00:35:52 | 32   | 00:25:14 | 53   | 00:02:15  | 00:01:25  | 01:18:22 | 35 |   |
| 39   | 109 | SYKULSKI MACIEK      | 1982 | WARSZAWA       | TRIKOTTA                                  | M    | M1  | 10  | 00:13:18 | 29   | 00:35:50 | 31   | 00:27:36 | 76   | 00:01:05  | 00:00:40  | 01:18:29 | 36 |   |

| M-ce | Nr  | Nazwisko Imię         | Rok  | Miejscowość       | Klub                                 | Płeć | Kat | Msc | Plywanie | M-sc | Rower    | M-sc | Bieg     | M-sc | 1 przerwa | 2 przerwa | Rezultat | M  | K  |
|------|-----|-----------------------|------|-------------------|--------------------------------------|------|-----|-----|----------|------|----------|------|----------|------|-----------|-----------|----------|----|----|
| 40   | 101 | SOKÓŁ ADAM            | 1976 | RZESZÓW           |                                      | M    | M2  | 25  | 00:14:10 | 46   | 00:36:42 | 42   | 00:23:32 | 30   | 00:02:24  | 00:01:44  | 01:18:32 | 37 |    |
| 41   | 50  | KUŹMA KAROL           | 1975 | SIEDLCE           | YULO RUN TEAM SIEDLCE                | M    | M2  | 26  | 00:15:05 | 66   | 00:38:06 | 60   | 00:22:02 | 15   | 00:01:57  | 00:01:23  | 01:18:33 | 38 |    |
| 42   | 33  | JANKOWSKI ŁUKASZ      | 1982 | KRAKÓW            | SCHIBSTED RUNNERS                    | M    | M1  | 11  | 00:13:14 | 24   | 00:38:53 | 68   | 00:23:51 | 34   | 00:01:36  | 00:01:07  | 01:18:41 | 39 |    |
| 43   | 41  | KLEJSMIT MARCIN       | 1977 | OPOLE             | KU AZS POLITECHNIKA OPOLSKA          | M    | M2  | 27  | 00:17:00 | 90   | 00:35:54 | 34   | 00:22:45 | 22   | 00:01:56  | 00:01:12  | 01:18:47 | 40 |    |
| 44   | 27  | GRABARSKI PAWEŁ       | 1982 | WARSZAWA          | ENTERAIR RUNNERS CLUB                | M    | M1  | 12  | 00:13:37 | 34   | 00:37:40 | 55   | 00:24:19 | 43   | 00:01:57  | 00:01:23  | 01:18:56 | 41 |    |
| 45   | 85  | POLAK KRZYSZTOF       | 1958 | STAŁOWA WOLA      |                                      | M    | M3  | 3   | 00:15:54 | 80   | 00:33:56 | 11   | 00:26:57 | 70   | 00:01:31  | 00:00:53  | 01:19:11 | 42 |    |
| 46   | 53  | LESNIAK GRZEGORZ      | 1975 | WŁODAWA           | KCKL WŁODAWA                         | M    | M2  | 28  | 00:15:19 | 71   | 00:35:58 | 36   | 00:25:12 | 52   | 00:01:48  | 00:01:12  | 01:19:29 | 43 |    |
| 47   | 75  | ORZECZOWSKI TOMASZ    | 1982 | ŁAŃCUT            | MOCZYMORDY                           | M    | M1  | 13  | 00:14:35 | 54   | 00:38:07 | 62   | 00:24:22 | 44   | 00:01:55  | 00:00:56  | 01:19:55 | 44 |    |
| 48   | 8   | BEDNARZ JACEK         | 1994 | LUBLIN            | BARAN CYCLING TEAM                   | M    | M1  | 14  | 00:16:13 | 83   | 00:34:56 | 18   | 00:24:13 | 40   | 00:03:18  | 00:01:23  | 01:20:03 | 45 |    |
| 49   | 117 | WAKUŁA MAREK          | 1973 | SIEDLCE           | TRIATHLON SIEDLCE CLUB               | M    | M2  | 29  | 00:14:59 | 61   | 00:37:09 | 48   | 00:24:47 | 50   | 00:02:15  | 00:01:04  | 01:20:14 | 46 |    |
| 50   | 99  | SOCZEWSKA MARIUSZ     | 1974 | NOWE IGANIE       | TRIATHLON SIEDLCE CLUB               | M    | M2  | 30  | 00:16:25 | 86   | 00:37:01 | 44   | 00:24:31 | 46   | 00:01:32  | 00:00:45  | 01:20:14 | 47 |    |
| 51   | 122 | WEPA WIESŁAW          | 1956 | CHEŁM             |                                      | M    | M3  | 4   | 00:13:17 | 28   | 00:37:26 | 53   | 00:27:13 | 74   | 00:01:24  | 00:01:10  | 01:20:30 | 48 |    |
| 52   | 77  | OSZUST MARCIN         | 1979 | ZAGRODA           | CHEŁMSKA GRUPA TRIATHLONU            | M    | M2  | 31  | 00:13:50 | 40   | 00:38:26 | 65   | 00:25:52 | 61   | 00:01:26  | 00:00:57  | 01:20:31 | 49 |    |
| 53   | 25  | GABLER GRZEGORZ       | 1987 | WARKA             | KS START PUŁASKI WARKA               | M    | M1  | 15  | 00:14:07 | 45   | 00:38:06 | 61   | 00:25:25 | 57   | 00:02:07  | 00:01:04  | 01:20:49 | 50 |    |
| 54   | 110 | SZCZUPAK JACEK        | 1973 | ŁAŃCUT            |                                      | M    | M2  | 32  | 00:15:35 | 74   | 00:37:10 | 49   | 00:25:42 | 60   | 00:01:29  | 00:00:54  | 01:20:50 | 51 |    |
| 55   | 100 | BALAWEJDER MAREK      | 1969 | WARSZAWA          |                                      | M    | M2  | 33  | 00:15:39 | 76   | 00:35:53 | 33   | 00:27:03 | 72   | 00:01:32  | 00:00:47  | 01:20:54 | 52 |    |
| 56   | 87  | POSZELĘŻNY DARIUSZ    | 1974 | WARSZAWA          |                                      | M    | M2  | 34  | 00:16:38 | 88   | 00:37:08 | 47   | 00:23:27 | 29   | 00:02:35  | 00:01:13  | 01:21:01 | 53 |    |
| 57   | 18  | DOBOSZ TOMASZ         | 1974 | JAGODNE           | STREFA X                             | M    | M2  | 35  | 00:12:11 | 16   | 00:37:40 | 56   | 00:27:59 | 80   | 00:01:22  | 00:01:55  | 01:21:07 | 54 |    |
| 58   | 59  | MAKOWSKI MARIUSZ      | 1970 | LUBLIN            | TRICLUB LUBLIN                       | M    | M2  | 36  | 00:12:59 | 19   | 00:37:10 | 50   | 00:28:06 | 82   | 00:01:38  | 00:01:22  | 01:21:15 | 55 |    |
| 59   | 15  | CZEKIRDA RADOŚLAW     | 1966 | CHOTOMÓW          | WIELISZEW HERON TEAM                 | M    | M3  | 5   | 00:15:04 | 64   | 00:36:18 | 39   | 00:27:01 | 71   | 00:01:44  | 00:01:20  | 01:21:27 | 56 |    |
| 60   | 14  | CIOCZEK ADRIAN        | 1997 | LUBLIN            |                                      | M    | M1  | 16  | 00:13:16 | 26   | 00:40:09 | 74   | 00:24:45 | 49   | 00:02:33  | 00:00:53  | 01:21:36 | 57 |    |
| 61   | 84  | POGORZELEC WOJCIECH   | 1995 | CHEŁM             |                                      | M    | M1  | 17  | 00:15:53 | 78   | 00:39:08 | 71   | 00:22:12 | 16   | 00:02:42  | 00:01:55  | 01:21:50 | 58 |    |
| 62   | 104 | STASIAK KRZYSZTOF     | 1980 | GŁOGÓW MAŁOPOLSKI | STT                                  | M    | M2  | 37  | 00:15:50 | 77   | 00:38:46 | 66   | 00:24:12 | 39   | 00:01:58  | 00:01:06  | 01:21:52 | 59 |    |
| 63   | 63  | MASŁOWSKI MARCIN      | 1976 | TOMASZOWICE       | TRICLUB                              | M    | M2  | 38  | 00:14:36 | 55   | 00:35:46 | 30   | 00:29:01 | 92   | 00:01:23  | 00:01:11  | 01:21:57 | 60 |    |
| 64   | 3   | BALA BOGDAN           | 1954 | SIEDLCE           |                                      | M    | M3  | 6   | 00:19:35 | 109  | 00:36:36 | 41   | 00:22:28 | 19   | 00:02:15  | 00:01:10  | 01:22:04 | 61 |    |
| 65   | 29  | GRZESIAK MARIUSZ      | 1974 | WARSZAWA          |                                      | M    | M2  | 39  | 00:14:41 | 58   | 00:40:46 | 82   | 00:24:19 | 42   | 00:01:28  | 00:01:21  | 01:22:35 | 62 |    |
| 66   | 46  | KOPYTOWSKA ANNA       | 1987 | WARSZAWA          |                                      | K    | K1  | 4   | 00:14:29 | 51   | 00:40:28 | 79   | 00:24:13 | 41   | 00:02:03  | 00:01:24  | 01:22:37 |    | 4  |
| 67   | 83  | POGODA MARCIN         | 1973 | LUBLIN            | TRICLUB LUBLIN                       | M    | M2  | 40  | 00:13:16 | 27   | 00:38:47 | 67   | 00:28:21 | 86   | 00:01:14  | 00:01:04  | 01:22:42 | 63 |    |
| 68   | 48  | KOŹLUK ARTUR          | 1978 | ŁOSICE            |                                      | M    | M2  | 41  | 00:14:25 | 49   | 00:41:07 | 84   | 00:25:20 | 55   | 00:01:29  | 00:00:36  | 01:22:57 | 64 |    |
| 69   | 91  | RUTKOWSKI JAROSŁAW    | 1970 | NIEMCE            | TRICLUB                              | M    | M2  | 42  | 00:14:02 | 43   | 00:37:51 | 58   | 00:28:39 | 89   | 00:01:25  | 00:01:34  | 01:23:31 | 65 |    |
| 70   | 21  | DUCHNOWSKI DARIUSZ    | 1971 | BIAŁA PODLASKA    | BIAŁA PODL.                          | M    | M2  | 43  | 00:15:01 | 62   | 00:41:19 | 88   | 00:24:44 | 48   | 00:01:41  | 00:01:05  | 01:23:50 | 66 |    |
| 71   | 102 | STANISŁAWEK KINGA     | 1984 | LUBLIN            | LUBELSKA GRUPA TRIATHLONU            | K    | K1  | 5   | 00:15:01 | 63   | 00:39:36 | 72   | 00:25:36 | 59   | 00:02:19  | 00:01:27  | 01:23:59 |    | 5  |
| 72   | 116 | TROJANOWSKI KRZYSZTOF | 1978 | ĆMIŁÓW K. LUBLINA | ICHIBAN ĆMIŁÓW                       | M    | M2  | 44  | 00:15:53 | 79   | 00:37:10 | 51   | 00:28:04 | 81   | 00:02:06  | 00:01:40  | 01:24:53 | 67 |    |
| 73   | 43  | KOCHNIO MARCIN        | 1976 | BIAŁA PODLASKA    | EXTREME ACADEMY TRIATHLON TEAM       | M    | M2  | 45  | 00:17:18 | 93   | 00:39:02 | 70   | 00:25:33 | 58   | 00:02:10  | 00:01:12  | 01:25:15 | 68 |    |
| 74   | 47  | KOWALCZYK RAFAŁ       | 1976 | BIAŁA PODLASKA    | KB BIAŁA BIEGA                       | M    | M2  | 46  | 00:13:19 | 30   | 00:40:55 | 83   | 00:28:10 | 84   | 00:02:19  | 00:00:49  | 01:25:32 | 69 |    |
| 75   | 130 | ŻUKOWSKA BARBARA      | 1968 | LUBLIN            | WYDOLNOŚĆ.PL                         | K    | K2  | 1   | 00:15:29 | 73   | 00:38:55 | 69   | 00:29:21 | 93   | 00:01:25  | 00:01:15  | 01:26:25 |    | 6  |
| 76   | 1   | ANKIERSZTEJN MARCIN   | 1976 | WARSZAWA          | JACEKBIEGA RUNNING TEAM              | M    | M2  | 47  | 00:18:24 | 101  | 00:37:58 | 59   | 00:26:51 | 68   | 00:02:10  | 00:01:08  | 01:26:31 | 70 |    |
| 77   | 95  | SIENNICKA LUKRECJA    | 1970 | RAKOWISKA         |                                      | K    | K2  | 2   | 00:16:20 | 84   | 00:36:08 | 37   | 00:30:33 | 100  | 00:02:28  | 00:01:58  | 01:27:27 |    | 7  |
| 78   | 89  | RADOMIŃSKA ALEKSANDRA | 2000 | MIŃSK MAZOWIECKI  | KS BARAKUDA MIŃSK MAZOWIECKI         | K    | K1  | 6   | 00:11:54 | 13   | 00:41:15 | 87   | 00:31:06 | 105  | 00:01:17  | 00:02:00  | 01:27:32 |    | 8  |
| 79   | 78  | PALKIJ ŁUKASZ         | 1981 | RZESZÓW           | MOCZYMORDY                           | M    | M2  | 48  | 00:14:48 | 59   | 00:42:39 | 96   | 00:26:36 | 65   | 00:02:25  | 00:01:29  | 01:27:57 | 71 |    |
| 80   | 44  | KOLENDA ZOFIA         | 1998 | CHEŁM             |                                      | K    | K1  | 7   | 00:11:20 | 9    | 00:44:10 | 103  | 00:30:37 | 102  | 00:01:17  | 00:00:40  | 01:28:04 |    | 9  |
| 81   | 9   | BIELECKI ANDRZEJ      | 1981 | CHEŁM             | CHEŁMSKA GRUPA TRIATHLONU            | M    | M2  | 49  | 00:15:08 | 67   | 00:40:15 | 77   | 00:28:58 | 91   | 00:02:23  | 00:01:29  | 01:28:13 | 72 |    |
| 82   | 38  | KIELAK CEZARY         | 1975 | SIEDLCE           | TRIATHLON SIEDLCE CLUB               | M    | M2  | 50  | 00:16:09 | 82   | 00:42:11 | 94   | 00:26:49 | 67   | 00:02:47  | 00:00:28  | 01:28:24 | 73 |    |
| 83   | 114 | TOMASZEWSKI PIOTR     | 1980 | LUBLIN            | BRACIAT                              | M    | M2  | 51  | 00:17:27 | 94   | 00:40:44 | 81   | 00:27:42 | 77   | 00:01:52  | 00:00:49  | 01:28:34 | 74 |    |
| 84   | 97  | SMAGOWSKI SŁAWOMIR    | 1982 | RADOM             |                                      | M    | M1  | 18  | 00:14:35 | 53   | 00:43:47 | 101  | 00:27:06 | 73   | 00:02:51  | 00:01:00  | 01:29:19 | 75 |    |
| 85   | 150 | SZTAFETA PLL LOT      |      |                   |                                      |      |     |     | 00:13:55 | 41   | 00:51:06 | 113  | 00:23:14 | 27   | 00:00:37  | 00:00:28  | 01:29:20 |    |    |
| 86   | 88  | RACZYŃSKI MIROŚLAW    | 1960 | CHEŁM             |                                      | M    | M3  | 7   | 00:18:42 | 106  | 00:37:32 | 54   | 00:27:52 | 79   | 00:03:31  | 00:01:46  | 01:29:23 | 76 |    |
| 87   | 24  | FILIN ŁUKASZ          | 1975 | LUBLIN            | TRICLUB LUBLIN                       | M    | M2  | 52  | 00:17:01 | 91   | 00:39:45 | 73   | 00:30:37 | 101  | 00:01:08  | 00:00:57  | 01:29:28 | 77 |    |
| 88   | 37  | KĘDRA ANNA            | 1975 | KRAŚNICZYN        | CHEŁMSKA GRUPA TRIATHLONU            | K    | K2  | 3   | 00:18:35 | 104  | 00:40:11 | 75   | 00:28:08 | 83   | 00:01:41  | 00:01:24  | 01:29:59 |    | 10 |
| 89   | 115 | TOMASZEWSKI WOJTEK    | 1975 | WŁODAWA           | BRACIAT                              | M    | M2  | 53  | 00:18:27 | 102  | 00:42:39 | 95   | 00:26:28 | 64   | 00:01:55  | 00:00:41  | 01:30:10 | 78 |    |
| 90   | 98  | SOCHACKI DANIEL       | 1975 | LUBLIN            | SZKOLTEX - LUBELSKA GRUPA TRIATHLONU | M    | M2  | 54  | 00:17:34 | 97   | 00:42:01 | 92   | 00:26:56 | 69   | 00:02:18  | 00:01:25  | 01:30:14 | 79 |    |
| 91   | 40  | KIEŁBASA MIECZYSLAW   | 1962 | ŚWIDNIK           | SZKOŁA PLYWANIA WODNIK               | M    | M3  | 8   | 00:18:29 | 103  | 00:40:13 | 76   | 00:28:32 | 88   | 00:01:57  | 00:01:18  | 01:30:29 | 80 |    |
| 92   | 52  | LATAWIEC ANDRZEJ      | 1962 | ZAMOŚĆ            | NIEZRZESZONY                         | M    | M3  | 9   | 00:16:20 | 85   | 00:43:21 | 99   | 00:27:25 | 75   | 00:02:32  | 00:00:51  | 01:30:29 | 81 |    |
| 93   | 86  | POSZELĘŻNY ANDRZEJ    | 1980 | WARSZAWA          |                                      | M    | M2  | 55  | 00:16:08 | 81   | 00:41:08 | 85   | 00:28:29 | 87   | 00:03:45  | 00:01:07  | 01:30:37 | 82 |    |
| 94   | 96  | SKARZYŃSKI MAREK      | 1971 | LUBLIN            | TRICLUB LUBLIN                       | M    | M2  | 56  | 00:17:33 | 96   | 00:40:17 | 78   | 00:29:59 | 97   | 00:01:42  | 00:01:11  | 01:30:42 | 83 |    |
| 95   | 125 | WIEPRZOWSKI MICHAŁ    | 1979 | BIAŁA PODLASKA    | WIEPRZOWSCY TEAM                     | M    | M2  | 57  | 00:15:16 | 69   | 00:41:52 | 91   | 00:30:56 | 103  | 00:02:13  | 00:00:44  | 01:31:01 | 84 |    |
| 96   | 23  | DYDEK BARTŁOMIEJ      | 1976 | JÓZEFOSŁAW        |                                      | M    | M2  | 58  | 00:17:06 | 92   | 00:40:43 | 80   | 00:29:22 | 94   | 00:02:37  | 00:01:27  | 01:31:15 | 85 |    |
| 97   | 19  | DOMINIK TOMASZ        | 1975 | OSTROWIEC ŚWIĘTOI | SPORT MEDICAL REHABILITACJA          | M    | M2  | 59  | 00:15:15 | 68   | 00:41:51 | 90   | 00:30:15 | 98   | 00:02:17  | 00:01:39  | 01:31:17 | 86 |    |

| M-ce | Nr  | Nazwisko Imię            | Rok  | Miejscowość          | Klub                  | Płeć | Kat | Msc | Plywanie | M-sc | Rower    | M-sc | Bieg     | M-sc | 1 przerwa | 2 przerwa | Rezultat        | M  | K  |
|------|-----|--------------------------|------|----------------------|-----------------------|------|-----|-----|----------|------|----------|------|----------|------|-----------|-----------|-----------------|----|----|
| 98   | 34  | JANOWSKI JAROSŁAW        | 1968 | KAZIMIERZ DOLNY      |                       | M    | M2  | 60  | 00:14:19 | 48   | 00:45:04 | 105  | 00:27:42 | 78   | 00:03:27  | 00:01:47  | <b>01:32:19</b> | 87 |    |
| 99   | 16  | CZUPRYN WOJCIECH         | 1958 | WARSZAWA             | WARSAW MASTERS TEAM   | M    | M3  | 10  | 00:15:26 | 72   | 00:41:25 | 89   | 00:32:17 | 106  | 00:01:58  | 00:01:33  | <b>01:32:39</b> | 88 |    |
| 100  | 119 | WALASZCZYK MACIEJ        | 1976 | WIELISZEW            | WIELISZEW HERON TEAM  | M    | M2  | 61  | 00:14:32 | 52   | 00:42:03 | 93   | 00:32:37 | 107  | 00:02:17  | 00:01:34  | <b>01:33:03</b> | 89 |    |
| 101  | 129 | ZINCZUK KAMIL            | 1978 | MOTYCZ               | EURO-KONSULT          | M    | M2  | 62  | 00:19:36 | 110  | 00:45:00 | 104  | 00:26:40 | 66   | 00:01:45  | 00:00:45  | <b>01:33:46</b> | 90 |    |
| 102  | 82  | PODGÓRNY ŁUKASZ          | 1984 | WARSZAWY             |                       | M    | M1  | 19  | 00:19:20 | 108  | 00:43:54 | 102  | 00:28:39 | 90   | 00:01:24  | 00:01:20  | <b>01:34:37</b> | 91 |    |
| 103  | 111 | SZCZYGIEŁ ARKADIUSZ      | 1972 | LUBARTÓW             |                       | M    | M2  | 63  | 00:20:51 | 111  | 00:42:58 | 98   | 00:28:13 | 85   | 00:01:51  | 00:01:25  | <b>01:35:18</b> | 92 |    |
| 104  | 66  | MICHALIK ANDRZEJ         | 1965 | GARWOLIN             |                       | M    | M3  | 11  | 00:18:23 | 100  | 00:43:44 | 100  | 00:31:04 | 104  | 00:02:35  | 00:00:49  | <b>01:36:35</b> | 93 |    |
| 105  | 6   | BAŃKA RADOŚLAW           | 1985 | WŁODAWA              | SAMOTNY WILK          | M    | M1  | 20  | 00:16:29 | 87   | 00:48:17 | 112  | 00:29:46 | 96   | 00:01:54  | 00:00:45  | <b>01:37:11</b> | 94 |    |
| 106  | 105 | STEPIEN JAREK            | 1966 | TOMASZOWICE          | TRICLUB               | M    | M3  | 12  | 00:16:39 | 89   | 00:41:13 | 86   | 00:38:31 | 115  | 00:02:32  | 00:01:41  | <b>01:40:36</b> | 95 |    |
| 107  | 60  | MANDZIUK ANNA            | 1999 | BIAŁA PODLASKA       | KBBB / TKKF           | K    | K1  | 8   | 00:15:04 | 65   | 00:47:27 | 109  | 00:33:13 | 109  | 00:03:51  | 00:01:44  | <b>01:41:19</b> |    | 11 |
| 108  | 61  | MANDZIUK MAREK           | 1971 | BIAŁA PODLASKA       | KB BIAŁA BIEGA / TKKF | M    | M2  | 64  | 00:17:28 | 95   | 00:46:40 | 107  | 00:33:11 | 108  | 00:02:12  | 00:01:48  | <b>01:41:19</b> | 96 |    |
| 109  | 17  | DEMCZUK DARIUSZ          | 1976 | WŁODAWA              |                       | M    | M2  | 65  | 00:18:35 | 105  | 00:42:54 | 97   | 00:35:19 | 113  | 00:03:16  | 00:02:05  | <b>01:42:09</b> | 97 |    |
| 110  | 76  | ORZESZKO ELIZA           | 1981 | OKSZÓW               |                       | K    | K2  | 4   | 00:17:40 | 98   | 00:46:51 | 108  | 00:34:53 | 112  | 00:02:06  | 00:00:53  | <b>01:42:23</b> |    | 12 |
| 111  | 103 | STASIAK JUSTYNA          | 1980 | GŁOGÓW MAŁOPOLSK STT |                       | K    | K2  | 5   | 00:22:47 | 113  | 00:47:45 | 110  | 00:30:27 | 99   | 00:01:44  | 00:01:00  | <b>01:43:43</b> |    | 13 |
| 112  | 121 | WEPA HANNA               | 1959 | CHEŁM                |                       | K    | K3  | 1   | 00:19:13 | 107  | 00:45:15 | 106  | 00:38:07 | 114  | 00:02:10  | 00:01:22  | <b>01:46:07</b> |    | 14 |
| 113  | 67  | MILCZAREK SŁAWOMIR       | 1961 | TURKA                |                       | M    | M3  | 13  | 00:22:45 | 112  | 00:52:02 | 114  | 00:29:35 | 95   | 00:02:25  | 00:01:01  | <b>01:47:48</b> | 98 |    |
| 114  | 36  | JOŃSKI TOMASZ            | 1992 | LUBLIN               |                       | M    | M1  | 21  | 00:25:02 | 115  | 00:47:56 | 111  | 00:34:11 | 111  | 00:04:09  | 00:00:51  | <b>01:52:09</b> | 99 |    |
| 115  | 69  | NICGORSKA-KRUCZEK BARBAR | 1980 | RZESZÓW              |                       | K    | K2  | 6   | 00:24:21 | 114  | 00:52:12 | 115  | 00:33:30 | 110  | 00:03:28  | 00:01:50  | <b>01:55:21</b> |    | 15 |