

OŚNO TRIATHLON

1/8 IRONMAN

Ośno Lubuskie, 21 sierpnia 2016

DYSTANS

PŁYWANIE: 475 m

ROWER: 22,5 km

BIEG: 5,25 km



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	231	TOMASZEWSKI DAWID	1976	SZCZECIN	FABRYKA TRIATHLONU	M	M40	1	00:09:12	14	00:40:59	8	00:20:50	2	00:01:18	00:00:38	01:12:57	1	
2	251	WITCZAK BARTOSZ	1973	PNIEWY	PULSSTORY	M	M40	2	00:09:07	12	00:40:33	5	00:20:28	1	00:01:56	00:01:06	01:13:10	2	
3	265	BAK ALEKSANDER	1975	OŚNO LUBUSKIE	MORSY OŚNO LUBUSKIE	M	M40	3	00:09:03	10	00:40:10	3	00:21:48	6	00:01:38	00:00:59	01:13:38	3	
4	257	ZIELIŃSKI KAROL	1983	SZCZECIN	FABRYKA TRIATHLONU	M	M30	1	00:09:00	9	00:40:08	2	00:21:54	8	00:01:48	00:01:01	01:13:51	4	
5	226	TOKARSKI MATEUSZ	1982	OŚNO LUBUSKIE	MORSY OŚNO LUBUSKIE	M	M30	2	00:08:34	7	00:40:44	7	00:22:32	11	00:01:37	00:00:58	01:14:25	5	
6	227	HEJMAN DAMIAN	1988	SZCZECIN		M	M18	1	00:11:13	42	00:40:24	4	00:21:51	7	00:01:03	00:00:38	01:15:09	6	
7	284	WAWRZYŃIAK IRENEUSZ	1980	STARGARD SZCZECIŃ	IRONMAN C/S POLSKA	M	M30	3	00:07:38	4	00:42:26	15	00:22:26	10	00:01:27	00:01:13	01:15:10	7	
8	256	ZDANOWSKI MARCIN	1980	SZCZECIN	IRONRUN	M	M30	4	00:10:17	28	00:41:02	9	00:21:20	4	00:01:49	00:00:46	01:15:14	8	
9	202	KUKOROWSKI GRZEGORZ	1975	OŚNO LUBUSKIE	MORSY OŚNO LUBUSKIE	M	M40	4	00:08:33	6	00:40:36	6	00:23:37	15	00:01:38	00:01:02	01:15:26	9	
10	222	ŻBIK KRZYSZTOF	1977	GORZÓW WLKP	AMATOR +	M	M30	5	00:09:33	20	00:39:45	1	00:23:19	13	00:02:08	00:00:58	01:15:43	10	
11	277	RADZIŃSKI PAWEŁ	1990	SZCZECIN	MISIO FELISIO	M	M18	2	00:06:48	1	00:43:16	20	00:23:41	16	00:01:27	00:00:35	01:15:47	11	
12	224	GRZELAK KACPER	2001	GRYFINO		M	M18	3	00:07:19	3	00:42:31	17	00:24:00	18	00:01:33	00:00:42	01:16:05	12	
13	228	STĘPIEŃ KAMIL	1984	ŚWINOUJŚCIE		M	M30	6	00:09:16	16	00:42:40	18	00:20:56	3	00:02:11	00:01:07	01:16:10	13	
14	234	NOWAK TOMASZ	1970	RZEPIN		M	M40	5	00:09:59	22	00:41:58	12	00:23:12	12	00:02:09	00:01:10	01:18:28	14	
15	229	KOCHAŃSKI PIOTR	1991	SULĘCIN		M	M18	4	00:10:52	36	00:41:06	10	00:24:02	19	00:01:55	00:00:43	01:18:38	15	
16	278	SCHULZE PIERRE	1968	FRANKFURT ODER	TEAM S FROM GERMANY	M	M40	6	00:10:55	37	00:43:10	19	00:21:30	5	00:02:31	00:00:56	01:19:02	16	
17	235	RUTKOWSKI RAFAŁ	1977	SŁUBICE		M	M30	7	00:09:15	15	00:42:28	16	00:24:20	21	00:02:21	00:01:09	01:19:33	17	
18	261	BABICZ HUBERT	1998	KROSNO ODRZAŃSKI	AM#15 TRIATHLON TEAM	M	M18	5	00:11:15	43	00:44:10	24	00:22:12	9	00:01:50	00:00:37	01:20:04	18	
19	268	KOSSIŃSKI DOMINIK	1997	SŁUBICE	IT	M	M18	6	00:09:29	18	00:44:45	26	00:23:34	14	00:01:48	00:00:34	01:20:10	19	
20	247	SAWICKI MARCIN	1986	ŻAGAŃ		M	M30	8	00:10:13	26	00:42:10	14	00:24:54	23	00:01:58	00:00:55	01:20:10	20	
21	225	ZAWALSKI KRZYSZTOF	1978	SZCZECIN		M	M30	9	00:09:20	17	00:42:07	13	00:24:56	24	00:02:38	00:01:19	01:20:20	21	
22	272	ZIELIŃSKA DOMINIKA	1980	SZCZECIN	SMT SZCZECIN	K	K30	1	00:07:03	2	00:45:45	33	00:27:32	47	00:01:27	00:00:47	01:22:34		1
23	205	BIERNACKA SYLWIA	1970	OŚNO LUBUSKIE	MORSY OŚNO LUBUSKIE	K	K40	1	00:11:16	44	00:41:42	11	00:27:56	49	00:01:16	00:01:00	01:23:10		2
24	267	KOSSIŃSKI WALDEK	1971	SŁUBICE	IT	M	M40	7	00:11:03	38	00:45:01	28	00:25:07	26	00:01:48	00:00:43	01:23:42		22
25	259	DZIERNIEJKO GRZEGORZ	1981	SŁUBICE	FSL VERUS AOK.PL TEAM	M	M30	10	00:10:24	30	00:43:53	21	00:26:31	37	00:02:00	00:01:04	01:23:52		23
26	286	WASZAK MARCIN	1986	SARBINOWO		M	M30	11	00:10:27	32	00:45:46	34	00:25:06	25	00:02:09	00:00:52	01:24:20		24
27	242	DYŃIAK WIESŁAW	1977	OŚNO LUBUSKIE	MORSY OŚNO LUBUSKIE	M	M30	12	00:11:26	47	00:44:05	23	00:27:28	45	00:01:28	00:01:12	01:25:39		25
28	215	MAZURKIEWICZ TOMASZ	1981	NOWA SÓL		M	M30	13	00:11:20	45	00:45:05	29	00:26:04	33	00:02:47	00:00:46	01:26:02		26
29	271	ŁYSZCZAK ROMAN	1966	ZIELONA GÓRA		M	M50	1	00:09:04	11	00:45:12	30	00:28:46	54	00:02:28	00:00:47	01:26:17		27
30	266	RADAWIEC KAMIL	1978	SZCZECIN	UT RADAWIEC TEAM	M	M30	14	00:10:49	34	00:46:59	38	00:25:15	27	00:02:40	00:00:39	01:26:22		28
31	203	KOWALSKA JUSTYNA	1979	OŚNO LUBUSKIE	MORSY OŚNO LUBUSKIE	K	K30	2	00:11:05	39	00:46:00	35	00:26:47	39	00:01:37	00:01:08	01:26:37		3
32	201	FALIŃSKI ROBERT	1976	OŚNO LUBUSKIE	MORSY OŚNO LUBUSKIE	M	M40	8	00:11:33	50	00:44:16	25	00:27:30	46	00:02:13	00:01:09	01:26:41		29
33	212	GRUDZIECKA ULA	1977	SZCZECIN	FABRYKA TRIATHLONU	K	K30	3	00:10:14	27	00:45:43	32	00:27:19	42	00:02:10	00:01:33	01:26:59		4
34	283	STUPIENKO TOMASZ	1976	SŁUBICE	POWIAT SŁUBICKI	M	M40	9	00:11:12	41	00:47:28	39	00:24:19	20	00:02:42	00:01:45	01:27:26		30
35	217	JAWORSKI JAKUB	1990	KRASOWIEC		M	M18	7	00:10:06	24	00:48:58	49	00:25:57	32	00:01:57	00:00:53	01:27:51		31
36	223	GARCZYK DAMIAN	1982	ONO LUBUSKIE	MORSY ONO LUBUSKIE	M	M30	15	00:10:23	29	00:44:52	27	00:29:43	59	00:01:59	00:01:04	01:28:01		32
37	204	JEDLIŃSKI PAWEŁ	1981	ZIELONA GÓRA		M	M30	16	00:13:14	64	00:47:41	41	00:24:27	22	00:02:34	00:00:39	01:28:35		33
38	279	JACKOWSKI DANIEL	1989	MIĘDZYRZECZ	KM SPORT TEAM IRT MIĘDZYRZECZ/ZIELONA GÓRA	M	M18	8	00:12:36	56	00:48:21	46	00:25:17	28	00:02:17	00:00:37	01:29:08		34
39	250	SIEWIERA ALEKSANDRA	1991	SZCZECIN	GRUPA BIEGOWA RUNNERSCLUB.PL	K	K18	1	00:11:39	51	00:46:11	37	00:29:11	58	00:01:46	00:00:48	01:29:35		5
40	281	WOJNICKI ROMAN	1955	WITNICA		M	M50	2	00:10:04	23	00:48:52	48	00:26:21	35	00:03:43	00:00:44	01:29:44		35
41	252	CYCHOWSKI KRZYSZTOF	1973	SULĘCIN		M	M40	10	00:10:37	33	00:48:12	45	00:27:07	40	00:03:05	00:01:24	01:30:25		36
42	210	REN ANDRZEJ	1977	GORZÓW WLKP.		M	M30	17	00:10:07	25	00:49:28	50	00:28:50	55	00:02:05	00:00:36	01:31:06		37
43	246	SZURMIEJ PIOTR	1987	OŚNO LUBUSKIE		M	M18	9	00:10:51	35	00:47:37	40	00:27:50	48	00:03:02	00:01:52	01:31:12		38
44	260	SZEFLER JOANNA	1977	SZCZECIN	FABRYKA TRIATHLONU	K	K30	4	00:11:29	48	00:45:17	31	00:30:24	63	00:03:10	00:01:11	01:31:31		6
45	213	ŁUKASZEWSKA ANNA	1974	SZCZECIN	FABRYKA TRATHLONU SZCZECIN	K	K40	2	00:13:06	63	00:48:01	44	00:27:20	43	00:01:41	00:01:24	01:31:32		7

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
46	244	KASZKOWIAK MAREK	1986	MIĘDZYCHÓD		M	M30	18	00:11:10	40	00:46:08	36	00:29:49	61	00:03:24	00:01:47	01:32:18	39	
47	263	KUZIEMKO WIKTOR	1984	SZCZECIN	MONITOROWANIE24.PL	M	M30	19	00:12:49	59	00:50:17	53	00:25:50	31	00:02:18	00:01:26	01:32:40	40	
48	275	BORYCA JUSTYNA	1982	SULĘCIN	JB	K	K30	5	00:09:08	13	00:53:46	63	00:25:45	30	00:03:38	00:01:43	01:34:00		8
49	207	KWAŚNIEWSKA MONIKA	1990	SZCZECIN		K	K18	2	00:11:20	46	00:47:51	43	00:29:58	62	00:02:51	00:02:06	01:34:06		9
50	254	GORDON RADOSŁAW	1973	SZCZECIN	RAZ SZCZECIN	M	M40	11	00:12:44	58	00:50:32	54	00:26:33	38	00:03:36	00:01:04	01:34:29	41	
51	248	DUSZEWICZ MARCIN	1987	MIĘDZYCHÓD	PMI	M	M18	10	00:09:32	19	00:53:16	61	00:28:55	56	00:02:02	00:00:55	01:34:40	42	
52	245	SPYCHAŁA ROBERT	1984	MIĘDZYCHÓD		M	M30	20	00:13:21	65	00:50:02	52	00:25:43	29	00:04:01	00:01:38	01:34:45	43	
53	238	ZATOŃSKI TOMASZ	1971	WROCLAW	UNFORGIVEN	M	M40	12	00:12:55	61	00:51:09	57	00:27:24	44	00:02:51	00:00:43	01:35:02	44	
54	249	KADZISZEWSKI BARTOSZ	1985	MIĘDZYCHÓD		M	M30	21	00:12:42	57	00:49:55	51	00:26:29	36	00:04:46	00:01:38	01:35:30	45	
55	209	OLEK MARCIN	1979	KOSTRZYN NAD ODR/		M	M30	22	00:12:02	52	00:53:27	62	00:26:06	34	00:03:11	00:00:48	01:35:34	46	
56	282	NOWAK-STUPIENKO MAGDALEI	1978	SŁUBICE	FSL VERUS AOK.PL	K	K30	6	00:10:26	31	00:53:13	60	00:28:40	52	00:02:38	00:01:34	01:36:31		10
57	243	BŁĄŻEJEWSKI MICHAŁ	1993	SŁUBICE		M	M18	11	00:14:13	72	00:43:59	22	00:33:10	70	00:03:23	00:01:57	01:36:42	47	
58	258	STRZELEC KONRAD	1989	SZCZECIN	OSOM! RUNNERS	M	M18	12	00:08:43	8	00:48:38	47	00:33:47	71	00:03:39	00:01:59	01:36:46	48	
59	219	LICHOCKA AGATA	1983	PIASECZNO		K	K30	7	00:14:00	68	00:47:46	42	00:32:07	67	00:01:41	00:01:19	01:36:53		11
60	273	DERLETA ALICJA	1989	SZCZECIN		K	K18	3	00:11:29	49	00:55:02	64	00:27:09	41	00:02:29	00:00:48	01:36:57		12
61	237	WINCZA JOANNA	1982	SZCZECIN	FABRYKA TRIATHLONU	K	K30	8	00:09:55	21	00:50:37	55	00:31:37	66	00:04:02	00:01:46	01:37:57		13
62	236	TATAREWICZ CYPRIAN	1999	SŁOŃSK		M	M18	13	00:14:06	70	00:58:09	73	00:23:51	17	00:02:43	00:00:41	01:39:30	49	
63	264	STUPIŃSKI KRZYSZTOF	1983	GORZÓW WIELKOPOL		M	M30	23	00:12:31	54	00:56:10	67	00:28:33	51	00:02:32	00:00:39	01:40:25	50	
64	233	ŻURAWSKA WIOLETTA	1976	SZCZECIN	KOLAŻE Z GÓRKI "CIŚNIJ TEAM"	K	K40	3	00:12:30	53	00:51:00	56	00:33:50	72	00:02:15	00:01:01	01:40:36		14
65	221	WAŚKOWICZ EWELINA	1977	GORZÓW WLKP		K	K30	9	00:12:35	55	00:55:22	65	00:29:09	57	00:02:54	00:01:01	01:41:01	51	
66	218	PIASECKI TOMASZ	1990	NOWA SÓL		M	M18	14	00:15:11	73	00:52:34	58	00:30:33	64	00:03:07	00:00:47	01:42:12	51	
67	280	RADYS PAULINA	1990	MIĘDZYRZECZ	KM SPORT TEAM IRT MIĘDZYRZECZ/ZIELONA GÓF	K	K18	4	00:13:33	66	00:57:02	69	00:28:03	50	00:03:38	00:01:02	01:43:18		16
68	230	KOZŁOWSKI MATEUSZ	1999	OŚNO LUBUSKIE		M	M18	15	00:15:12	74	00:55:54	66	00:29:48	60	00:02:58	00:00:53	01:44:45	52	
69	287	MAATTALA MARKUS	1992	OULU		M	M18	16	00:08:25	5	00:57:53	72	00:34:40	74	00:03:26	00:00:37	01:45:01	53	
70	255	MIZGALSKI WOJCIECH	1980	WĘGORZYNO		M	M30	24	00:14:09	71	00:53:06	59	00:32:30	68	00:03:49	00:01:54	01:45:28	54	
71	208	BORULA MARTA	1989	SŁUBICE	HERBALIFE	K	K18	5	00:12:59	62	00:57:24	70	00:32:40	69	00:01:57	00:00:43	01:45:43		17
72	274	DERLETA IWONA	1964	SZCZECIN		K	K40	4	00:15:29	76	00:57:38	71	00:28:42	53	00:02:42	00:01:17	01:45:48		18
73	240	TATAREWICZ KARINA	1975	SŁOŃSK		K	K40	5	00:12:50	60	01:00:19	76	00:30:43	65	00:02:09	00:00:44	01:46:45		19
74	211	JASOŃ JUSTYNA	1981	DOLASZEWO GMINA ! TRICHANGE.PL		K	K30	10	00:13:56	67	00:56:13	68	00:34:09	73	00:02:02	00:01:28	01:47:48		20
75	253	PERUŻYŃSKA JOANNA	1981	GOLCZEWO		K	K30	11	00:14:05	69	00:58:26	74	00:34:42	75	00:03:52	00:01:29	01:52:34		21
76	241	KOZŁOWSKI STANISŁAW	1965	OŚNO LUBUSKIE		M	M50	3	00:15:15	75	01:00:16	75	00:34:50	76	00:03:39	00:01:36	01:55:36	55	