

ENEA TRI TOUR

PRZECHELEWO, 3 WRZESNIA 2016

DYSTANS

PŁYWANIE: 1900 m

ROWER: 90 km

BIEG: 21,1 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 | 1033 | BANACH BARTOSZ | 1986 | GDANSK | TORUS HOTEL CZTERY BRZOZY | M | M30-39 | 1 | 00:27:43 | 3 | 02:12:21 | 1 | 01:24:26 | 1 | 00:02:51 | 00:01:04 | 04:08:25 | 1 | |
| 2 | 1028 | SZYMANOWSKI PRZEMYSŁAW | 1986 | KOŃSKIE | WLKS KMICIC/WWW.PRZEMYSŁAWSZYMANOWSK | M | M30-39 | 2 | 00:24:44 | 1 | 02:22:53 | 5 | 01:28:50 | 3 | 00:02:47 | 00:01:00 | 04:20:14 | 2 | |
| 3 | 1009 | RAJCA MICHAŁ | 1990 | WROCLAW | GT RAT | M | M18-29 | 1 | 00:33:52 | 27 | | | | | | | 04:33:17 | 3 | |
| 4 | 1127 | WOJNAR ROBERT | 1976 | TORUŃ | | M | M40-49 | 1 | 00:36:34 | 64 | 02:24:42 | 7 | 01:29:14 | 4 | 00:03:20 | 00:01:25 | 04:35:15 | 4 | |
| 5 | 1111 | KOWALCZYK MAREK | 1978 | BYDGOSZCZ | ENDUSPORT | M | M30-39 | 3 | 00:33:11 | 23 | 02:28:09 | 11 | 01:32:48 | 6 | 00:03:18 | 00:01:15 | 04:38:41 | 5 | |
| 6 | 1048 | PIOTROWSKI MACIEJ | 1984 | WARSZAWA | GEO RUNNING TEAM | M | M30-39 | 4 | 00:40:47 | 112 | 02:25:42 | 8 | 01:27:14 | 2 | 00:03:55 | 00:01:09 | 04:38:47 | 6 | |
| 7 | 1021 | BUCZEK BARTŁOMIEJ | 1987 | SKWIERZYNA | GVT | M | M18-29 | 2 | 00:30:07 | 6 | 02:21:49 | 3 | 01:45:06 | 42 | 00:03:34 | 00:01:30 | 04:42:06 | 7 | |
| 8 | 1038 | JAŚKIEWICZ MARCIN | 1985 | MOGILNO | CARSEKT | M | M30-39 | 5 | 00:31:32 | 10 | 02:29:22 | 13 | 01:38:09 | 16 | 00:02:52 | 00:01:03 | 04:42:58 | 8 | |
| 9 | 1149 | DEMBIŃSKI MAREK | 1974 | POZNAŃ | W TRI TEAM | M | M40-49 | 2 | 00:27:34 | 2 | 02:33:03 | 20 | 01:37:13 | 11 | 00:04:08 | 00:01:22 | 04:43:20 | 9 | |
| 10 | 1058 | BUKOWSKI PATRYK | 1983 | WARSZAWA | | M | M30-39 | 6 | 00:33:41 | 26 | 02:26:59 | 10 | 01:38:25 | 18 | 00:03:59 | 00:01:45 | 04:44:49 | 10 | |
| 11 | 1132 | SOBAŃSKI TOMASZ | 1976 | MYŚLIBÓRZ | EPIDEMIASPORTU.PL | M | M40-49 | 3 | 00:31:41 | 14 | 02:32:01 | 17 | 01:37:16 | 12 | 00:03:19 | 00:01:14 | 04:45:31 | 11 | |
| 12 | 1026 | BOROWIAK KACPER | 1986 | POZNAŃ | UKS CITYZEN POZNAŃ | M | M30-39 | 7 | 00:30:49 | 8 | 02:18:41 | 2 | 01:51:44 | 73 | 00:03:55 | 00:01:23 | 04:46:32 | 12 | |
| 13 | 1035 | ZIELIŃSKI ŁUKASZ | 1986 | BOŻENKOWO | IRSUTO SQUADRA | M | M30-39 | 8 | 00:36:07 | 49 | 02:23:03 | 6 | 01:42:32 | 34 | 00:03:40 | 00:01:28 | 04:46:50 | 13 | |
| 14 | 1003 | JAKIMIUK DANIEL | 1993 | MOKRE | Z BOGIEM PRZEZ TRIATHLON/NADAKTYWNI | M | M18-29 | 3 | 00:36:36 | 67 | 02:33:21 | 22 | 01:33:58 | 8 | 00:03:10 | 00:01:14 | 04:48:19 | 14 | |
| 15 | 1007 | SZAPIEL ANDRZEJ JR | 1990 | POGÓRZE | TRIATHLON TRÓJMIASTO | M | M18-29 | 4 | 00:30:03 | 5 | 02:33:01 | 19 | 01:40:01 | 25 | 00:04:11 | 00:01:29 | 04:48:45 | 15 | |
| 16 | 1041 | BANACH MARCIN | 1985 | BYDGOSZCZ | IRSUTO SQUADRA | M | M30-39 | 9 | 00:35:49 | 45 | 02:36:03 | 31 | 01:32:51 | 7 | 00:03:47 | 00:01:26 | 04:49:56 | 16 | |
| 17 | 1117 | KURCZEWSKI BARTOSZ | 1977 | GRUSZCZYN | KB MANIAC POZNAŃ | M | M30-39 | 10 | 00:37:32 | 81 | 02:33:17 | 21 | 01:35:22 | 9 | 00:03:45 | 00:01:24 | 04:51:20 | 17 | |
| 18 | 1105 | ŁYSKANOWSKI MARCIN | 1978 | GDAŃSK | AT TEAM | M | M30-39 | 11 | 00:34:43 | 33 | 02:34:23 | 27 | 01:38:44 | 19 | 00:03:22 | 00:01:01 | 04:52:13 | 18 | |
| 19 | 1143 | KOLECKI ROBERT | 1975 | GDYNIA | | M | M40-49 | 4 | 00:32:33 | 20 | 02:33:37 | 23 | 01:42:27 | 32 | 00:03:42 | 00:01:29 | 04:53:48 | 19 | |
| 20 | 1006 | SPICZAK-BRZEZIŃSKI PAWEŁ | 1990 | PRZECHELEWO | TWOJESCHODY.PL | M | M18-29 | 5 | 00:35:38 | 42 | 02:37:34 | 36 | 01:37:21 | 13 | 00:03:20 | 00:01:23 | 04:55:16 | 20 | |
| 21 | 1072 | RADCZUK MARCIN | 1981 | TUCHOM | F3 TEAM | M | M30-39 | 12 | 00:31:35 | 12 | 02:34:41 | 29 | 01:45:01 | 41 | 00:03:07 | 00:01:10 | 04:55:34 | 21 | |
| 22 | 1174 | WOLSKI JAROSŁAW | 1972 | MOGILNO | SPORT I REKREACJA MOGILNO | M | M40-49 | 5 | 00:34:38 | 31 | 02:30:08 | 15 | 01:45:40 | 44 | 00:04:02 | 00:01:32 | 04:56:00 | 22 | |
| 23 | 1004 | GIERASIMCZYK RAFAŁ | 1993 | MORĄG | BIERNAT REHABILITACJA + SPORT | M | M18-29 | 6 | 00:31:35 | 13 | 02:42:33 | 62 | 01:37:29 | 15 | 00:03:03 | 00:01:27 | 04:56:07 | 23 | |
| 24 | 1076 | MISZEWSKI KRZYSZTOF | 1981 | GDAŃSK | COMPLEXSPORTS | M | M30-39 | 13 | 00:38:51 | 92 | 02:32:10 | 18 | 01:39:01 | 21 | 00:04:56 | 00:01:10 | 04:56:08 | 24 | |
| 25 | 1147 | KÜHN TOMASZ | 1974 | GRUDZIĄDZ | AKADEMIA BIEGANIA GRUDZIĄDZ | M | M40-49 | 6 | 00:38:43 | 91 | 02:40:08 | 46 | 01:31:39 | 5 | 00:03:45 | 00:02:01 | 04:56:16 | 25 | |
| 26 | 1128 | CHABASIŃSKI RAFAL | 1976 | SZCZAWNO | 40 LAT MIŃŁO | M | M40-49 | 7 | 00:36:23 | 54 | 02:34:23 | 28 | 01:40:18 | 26 | 00:04:15 | 00:01:35 | 04:56:54 | 26 | |
| 27 | 1100 | ZBIERAJEWSKI BARTOSZ | 1979 | POZNAŃ | FABRYKA TRIATHLONU | M | M30-39 | 14 | 00:36:35 | 65 | 02:26:34 | 9 | 01:47:32 | 50 | 00:03:55 | 00:02:30 | 04:57:06 | 27 | |
| 28 | 1043 | GIERSZEWSKI ŁUKASZ | 1985 | PRZECHELEWO | | M | M30-39 | 15 | 00:37:26 | 79 | 02:22:40 | 4 | 01:51:25 | 69 | 00:04:56 | 00:01:25 | 04:57:52 | 28 | |
| 29 | 1104 | PAWŁOWSKI MARIUSZ | 1979 | JESZKOWICE | | M | M30-39 | 16 | 00:34:01 | 30 | 02:42:42 | 63 | 01:35:33 | 10 | 00:04:36 | 00:01:05 | 04:57:57 | 29 | |
| 30 | 1071 | KRASNOŃĘBSKI SEBASTIAN | 1982 | GRUDZIĄDZ | | M | M30-39 | 17 | 00:33:14 | 24 | 02:29:09 | 12 | 01:49:52 | 61 | 00:03:58 | 00:01:49 | 04:58:02 | 30 | |
| 31 | 1023 | SKWARCZAK MARIUSZ | 1987 | GDYNIA | VELOGD | M | M18-29 | 7 | 00:40:37 | 109 | 02:34:09 | 25 | 01:37:23 | 14 | 00:05:01 | 00:01:30 | 04:58:40 | 31 | |
| 32 | 1167 | OGIEGŁO WITOLD | 1972 | GDYNIA | | M | M40-49 | 8 | 00:31:32 | 11 | 02:33:58 | 24 | 01:47:38 | 51 | 00:04:06 | 00:01:51 | 04:59:05 | 32 | |
| 33 | 1018 | LENZ MAGDALENA | 1988 | STAROGARD GDAŃSK TRI STAROGARD GDAŃSKI | | K | K18-29 | 1 | 00:32:00 | 17 | 02:44:53 | 75 | 01:38:10 | 17 | 00:03:22 | 00:01:22 | 04:59:47 | | 1 |
| 34 | 1135 | CZAJKOWSKI ZBIGNIEW | 1976 | BYDGOSZCZ | | M | M40-49 | 9 | 00:37:11 | 72 | 02:36:33 | 33 | 01:40:46 | 28 | 00:04:30 | 00:01:09 | 05:00:09 | 33 | |
| 35 | 1242 | KRZEMIŃSKI JAROSŁAW | 1969 | TORUŃ | 3RIDE4FUN | M | M40-49 | 10 | 00:36:58 | 70 | 02:34:50 | 30 | 01:44:39 | 39 | 00:03:49 | 00:01:10 | 05:01:26 | 34 | |
| 36 | 1125 | PASZKIEWICZ MARCIN | 1976 | POZNAŃ | FTI | M | M40-49 | 11 | 00:36:24 | 56 | 02:36:22 | 32 | 01:43:37 | 37 | 00:03:59 | 00:01:10 | 05:01:32 | 35 | |
| 37 | 1123 | KOCIEMBA DAREK | 1976 | POZNAŃ | LABOSPORT / W TRI TEAM | M | M40-49 | 12 | 00:36:33 | 63 | 02:29:38 | 14 | 01:51:13 | 67 | 00:04:02 | 00:01:17 | 05:02:43 | 36 | |
| 38 | 1046 | KOLASA ŁUKASZ | 1984 | GDYNIA | LASPALMAS.PL | M | M30-39 | 18 | 00:32:00 | 18 | 02:34:14 | 26 | 01:51:38 | 71 | 00:04:35 | 00:01:17 | 05:03:44 | 37 | |
| 39 | 1052 | STĘPIEŃ BARTŁOMIEJ | 1984 | PRUSZKÓW | ABSOLUTE BIKES TEAM / WYSPOWOWANI.PL | M | M30-39 | 19 | 00:38:20 | 89 | 02:37:01 | 34 | 01:43:09 | 36 | 00:04:03 | 00:01:17 | 05:03:50 | 38 | |

| 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 | 1044 | RADKE TOMASZ | 1984 | BABKI | | M | M30-39 | 20 | 00:36:30 | 61 | 02:39:43 | 43 | 01:42:33 | 35 | 00:04:38 | 00:01:48 | 05:05:12 | 39 | |
| 41 | 1077 | PIETRZAK BŁAŻEJ | 1981 | WROCŁAW | GVT | M | M30-39 | 21 | 00:31:42 | 15 | 02:41:34 | 54 | 01:47:28 | 49 | 00:04:03 | 00:01:04 | 05:05:51 | 40 | |
| 42 | 1169 | NOWAKOWSKI JERZY | 1972 | SKÓRCZ | AKTYWNI KOCIEWIACY | M | M40-49 | 13 | 00:31:52 | 69 | 02:40:07 | 45 | 01:43:45 | 38 | 00:04:15 | 00:02:24 | 05:07:23 | 41 | |
| 43 | 1010 | WOLSKI MICHAŁ | 1990 | ŚLUPSK | WOLSCY BROTHERS TRIATHLON TEAM | M | M18-29 | 8 | 00:35:11 | 41 | 02:48:57 | 96 | 01:38:47 | 20 | 00:04:01 | 00:01:12 | 05:08:08 | 42 | |
| 44 | 1175 | GÓRNY ROBERT | 1972 | POZNAŃ | TRENERTRIATHLONU.PL | M | M40-49 | 14 | 00:34:50 | 35 | 02:41:05 | 52 | 01:46:08 | 45 | 00:04:10 | 00:02:10 | 05:08:23 | 43 | |
| 45 | 1241 | RUPIETA MAKSYM | 1978 | POZNAŃ | WUEF Tri Team | M | M30-39 | 22 | 00:30:59 | 9 | 02:41:01 | 51 | 01:50:29 | 65 | 00:03:57 | 00:02:51 | 05:09:17 | 44 | |
| 46 | 1049 | RUTKOWSKI STANISŁAW | 1984 | SZCZECIN | TT SZCZECIN | M | M30-39 | 23 | 00:43:17 | 144 | 02:41:06 | 53 | 00:39:35 | 23 | 00:03:55 | 00:01:34 | 05:09:27 | 45 | |
| 47 | 1137 | TOMASZEWSKI DAWID | 1976 | SZCZECIN | FABRYKA TRIATHLONU | M | M40-49 | 15 | 00:37:25 | 78 | 02:48:25 | 91 | 01:39:19 | 22 | 00:03:39 | 00:01:07 | 05:09:55 | 46 | |
| 48 | 1060 | SUTTON PAULINA | 1983 | ŚLUPSK | TEAM MILTON KEYNES | K | K30-39 | 1 | 00:32:39 | 21 | 02:40:17 | 48 | 01:52:56 | 79 | 00:03:14 | 00:01:18 | 05:10:24 | | 2 |
| 49 | 1141 | JĘDRZEJEWSKI DANIEL | 1975 | NOWA WIEŚ RZECZN | TRI STAROGRAD GDAŃSKI | M | M40-49 | 16 | 00:40:37 | 108 | 02:38:28 | 38 | 01:49:30 | 57 | 00:04:20 | 00:01:10 | 05:14:05 | 47 | |
| 50 | 1019 | KLECHA MICHAŁ | 1988 | RYDZYNA | | M | M18-29 | 9 | 00:41:37 | 130 | 02:41:37 | 55 | 01:44:58 | 40 | 00:04:28 | 00:01:33 | 05:14:13 | 48 | |
| 51 | 1017 | LESIECKA JUSTYNA | 1988 | SZCZECIN | IRONMAN C/S POLSKA | K | K18-29 | 2 | 00:29:43 | 4 | 02:49:44 | 101 | 01:49:37 | 60 | 00:03:26 | 00:01:50 | 05:14:20 | | 3 |
| 52 | 1045 | BEDNAREK KRZYSZTOF | 1984 | TORUŃ | TORUŃ MULTISPORT TEAM | M | M30-39 | 24 | 00:40:58 | 118 | 02:48:12 | 90 | 01:41:11 | 31 | 00:02:53 | 00:01:34 | 05:14:48 | 49 | |
| 53 | 1173 | PIETRYK TOMASZ | 1972 | KAMIONKI | ENDUHUH.COM | M | M40-49 | 17 | 00:44:36 | 154 | 02:31:35 | 16 | 01:52:09 | 75 | 00:04:39 | 00:02:01 | 05:15:00 | 50 | |
| 54 | 1166 | BAK ARTUR | 1972 | GÓRA KALWARIA | BMW GARAGE / TRIRUN.PL | M | M40-49 | 18 | 00:34:53 | 37 | 02:43:03 | 65 | 01:50:21 | 64 | 00:04:58 | 00:01:52 | 05:15:07 | 51 | |
| 55 | 1205 | PETZA MACIEJ | 1966 | POZNAŃ | MONTEMORO | M | M50-59 | 1 | 00:37:59 | 85 | 02:44:48 | 74 | 01:46:16 | 46 | 00:04:39 | 00:01:33 | 05:15:15 | 52 | |
| 56 | 1093 | WOŹNIAK MIKOŁAJ | 1980 | WARSZAWA | AIRBIKE TRIATHLON TEAM / TRICLUB / PWC | M | M30-39 | 25 | 00:36:23 | 55 | 02:46:51 | 84 | 01:47:21 | 48 | 00:03:39 | 00:01:41 | 05:15:55 | 53 | |
| 57 | 1014 | WOLSKI MARCIN | 1989 | KRAKÓW | WOLSCY BROTHERS TRIATHLON TEAM | M | M18-29 | 10 | 00:35:10 | 40 | 02:47:54 | 87 | 01:48:03 | 53 | 00:03:57 | 00:01:14 | 05:16:18 | 54 | |
| 58 | 1081 | KACZKOWSKA KATARZYNA | 1981 | STRASZYN | COMPLEXSPORTS | K | K30-39 | 2 | 00:41:29 | 126 | 02:39:03 | 40 | 01:49:34 | 59 | 00:04:52 | 00:01:51 | 05:16:49 | | 4 |
| 59 | 1109 | ZIELIŃSKI ALEKSANDER | 1978 | GDYNIA | SPORT-EVO | M | M30-39 | 26 | 00:36:09 | 50 | 02:44:18 | 70 | 01:48:50 | 55 | 00:06:09 | 00:01:46 | 05:17:12 | 55 | |
| 60 | 1186 | KAPRAL RAFA | 1969 | SZCZECIN | | M | M40-49 | 19 | 00:34:58 | 39 | 02:43:29 | 67 | 01:51:34 | 70 | 00:05:15 | 00:01:59 | 05:17:15 | 56 | |
| 61 | 1156 | BRZOZOWSKI BARTEK | 1973 | ŁÓDŹ | | M | M40-49 | 20 | 00:37:21 | 75 | 02:38:21 | 37 | 01:55:47 | 90 | 00:04:02 | 00:01:52 | 05:17:23 | 57 | |
| 62 | 1204 | SZYMAŃSKI TOMASZ | 1966 | MYSIADŁO | TRINERGY TEAM | M | M50-59 | 2 | 00:40:56 | 116 | 02:39:20 | 41 | 01:52:30 | 76 | 00:03:51 | 00:01:27 | 05:18:04 | 58 | |
| 63 | 1145 | BAK ALEKSANDER | 1975 | OŚNO LUBUSKIE | ENEA TEAM | M | M40-49 | 21 | 00:37:33 | 82 | 02:40:15 | 47 | 01:54:40 | 81 | 00:04:18 | 00:01:27 | 05:18:13 | 59 | |
| 64 | 1011 | WESOŁOWSKI SZYMON | 1989 | INOWROCŁAW | | M | M18-29 | 11 | 00:33:56 | 29 | 02:51:57 | 112 | 01:47:39 | 52 | 00:03:50 | 00:01:26 | 05:18:48 | 60 | |
| 65 | 1201 | BIERNACKI ADAM | 1966 | WARSZAWA | TRIWAWA | M | M50-59 | 3 | 00:35:54 | 47 | 02:48:28 | 93 | 01:49:32 | 58 | 00:03:49 | 00:01:25 | 05:19:08 | 61 | |
| 66 | 1088 | GAJEWSKI SEBASTIAN | 1980 | ŻYRARDÓW | | M | M30-39 | 27 | 00:33:54 | 28 | 02:44:16 | 69 | 01:55:20 | 85 | 00:03:51 | 00:01:53 | 05:19:14 | 62 | |
| 67 | 1192 | KOLANKOWSKI WALDEMAR | 1968 | TORUŃ | | M | M40-49 | 22 | 00:35:53 | 46 | 02:42:32 | 61 | 01:54:57 | 83 | 00:04:33 | 00:01:41 | 05:19:36 | 63 | |
| 68 | 1188 | SIKORSKI JACEK | 1969 | PILA | IRONPIŁA | M | M40-49 | 23 | 00:37:12 | 73 | 02:52:42 | 117 | 01:42:31 | 33 | 00:06:23 | 00:02:29 | 05:21:17 | 64 | |
| 69 | 1027 | ZAMCZYK PIOTR | 1986 | ZŁOTÓW | REHMEDIC ZŁOTÓW | M | M30-39 | 28 | 00:35:42 | 43 | 02:44:29 | 72 | 01:55:45 | 89 | 00:04:08 | 00:01:31 | 05:21:35 | 65 | |
| 70 | 1139 | KUKOROWSKI GRZEGORZ | 1975 | OŚNO LUBUSKIE | MORSY OŚNO LUBUSKIE | M | M40-49 | 24 | 00:36:26 | 58 | 02:44:01 | 68 | 01:54:54 | 82 | 00:04:31 | 00:01:49 | 05:21:41 | 66 | |
| 71 | 1053 | HANCYK LUKASZ | 1984 | TARNOWO PODGÓRNI | BROWAR FORTUNA | M | M30-39 | 29 | 00:34:57 | 38 | 02:50:50 | 106 | 01:50:14 | 62 | 00:04:29 | 00:01:17 | 05:21:47 | 67 | |
| 72 | 1196 | KOWALSKI GRZEGORZ | 1967 | PIASECZNO | PMCG PIASECZNO | M | M40-49 | 25 | 00:44:56 | 157 | 02:48:02 | 89 | 01:40:57 | 30 | 00:05:48 | 00:02:07 | 05:21:50 | 68 | |
| 73 | 1161 | AUGUSTYŃIAK MICHAŁ | 1973 | POZNAŃ | | M | M40-49 | 26 | 00:33:00 | 22 | 02:38:58 | 39 | 02:04:26 | 124 | 00:03:48 | 00:02:09 | 05:22:21 | 69 | |
| 74 | 1182 | SKOTNICKI DARIUSZ | 1970 | GOLĘCZEWO | | M | M40-49 | 27 | 00:36:25 | 57 | 02:42:28 | 60 | 01:57:31 | 96 | 00:04:15 | 00:02:30 | 05:23:09 | 70 | |
| 75 | 1172 | NASTAŁA LUCJAN | 1972 | ŚWIECIE | AKTYWNI KOCIEWIACY | M | M40-49 | 28 | 00:38:07 | 86 | 02:39:20 | 42 | 01:59:33 | 101 | 00:03:58 | 00:02:28 | 05:23:26 | 71 | |
| 76 | 1136 | DZIAMSKI TOMASZ | 1976 | KOBYLNIKI | | M | M40-49 | 29 | 00:41:09 | 120 | 02:55:44 | 129 | 01:39:59 | 24 | 00:04:22 | 00:02:43 | 05:23:57 | 72 | |
| 77 | 1063 | ZYWICKI BARTOSZ | 1982 | STARKOWO | DZIKI KOSZALIN | M | M30-39 | 30 | 00:36:42 | 68 | 02:42:57 | 64 | 01:58:54 | 99 | 00:04:42 | 00:01:30 | 05:24:45 | 73 | |
| 78 | 1024 | DYSARZ JAN | 1987 | ROKIETNICA | BROWAR FORTUNA | M | M18-29 | 12 | 00:34:44 | 34 | 02:47:18 | 85 | 01:56:58 | 93 | 00:04:13 | 00:01:39 | 05:24:52 | 74 | |
| 79 | 1103 | MARCINKOWSKI ADAM | 1979 | ZŁOTNIKI | BROWAR FORTUNA | M | M30-39 | 31 | 00:37:34 | 83 | 02:45:10 | 76 | 01:56:36 | 91 | 00:03:54 | 00:01:38 | 05:24:52 | 75 | |
| 80 | 1168 | MRÓZ TOMASZ | 1972 | JĘDRZEJÓW | JKK JĘDRZEJÓW | M | M40-49 | 30 | 00:38:56 | 94 | 02:40:19 | 49 | 02:00:22 | 108 | 00:04:22 | 00:01:33 | 05:25:32 | 76 | |
| 81 | 1083 | SOBOLEWSKI MICHAŁ | 1980 | OPYPY | DOGOŃ GRODZISK MAZOWIECKI | M | M30-39 | 32 | 00:35:46 | 44 | 02:45:41 | 80 | 01:57:44 | 98 | 00:04:41 | 00:01:41 | 05:25:33 | 77 | |
| 82 | 1151 | POCHYLSKI PRZEMYSŁAW | 1974 | LUBOŃ | | M | M40-49 | 31 | 00:39:17 | 97 | 02:52:54 | 118 | 01:47:08 | 47 | 00:04:12 | 00:02:10 | 05:25:41 | 78 | |
| 83 | 1110 | SZYMAŃSKI PRZEMYSŁAW | 1978 | TRZCIANKA | REWIZOR TRI | M | M30-39 | 33 | 00:40:00 | 104 | 02:45:39 | 79 | 01:53:42 | 80 | 00:04:31 | 00:01:56 | 05:25:48 | 79 | |
| 84 | 1056 | SMOLARCZYK ADAM | 1983 | GDAŃSK | BIZON DZIERŻĄŻNO | M | M30-39 | 34 | 00:36:27 | 59 | 02:52:03 | 113 | 01:51:40 | 72 | 00:04:09 | 00:01:50 | 05:26:09 | 80 | |
| 85 | 1165 | BOMBA JAROSŁAW | 1973 | RUMIA | | M | M40-49 | 32 | 00:40:04 | 105 | 02:49:10 | 98 | 01:48:55 | 56 | 00:05:04 | 00:03:00 | 05:26:13 | 81 | |
| 86 | 1113 | STACHEWICZ CEZARY | 1978 | BIELKÓWKO | F3 TEAM | M | M30-39 | 35 | 00:44:45 | 156 | 02:46:34 | 83 | 01:48:08 | 54 | 00:04:52 | 00:02:11 | 05:26:30 | 82 | |
| 87 | 1119 | CISOWSKI ARTUR | 1977 | WARSZAWA | TRIWAWA | M | M30-39 | 36 | 00:36:35 | 66 | 02:44:33 | 73 | 01:59:45 | 103 | 00:04:35 | 00:01:30 | 05:26:58 | 83 | |
| 88 | 1157 | MATERNA TOMASZ | 1973 | POZNAŃ | | M | M40-49 | 33 | 00:37:20 | 74 | 02:40:35 | 50 | 02:03:20 | 119 | 00:04:15 | 00:01:34 | 05:27:04 | 84 | |
| 89 | 1069 | DYMERSKI GRZEGORZ | 1982 | STAROGARD GDAŃSK | TRI STAROGARD GDAŃSKI | M | M30-39 | 37 | 00:38:20 | 88 | 02:39:57 | 44 | 02:02:33 | 114 | 00:04:47 | 00:01:41 | 05:27:18 | 85 | |
| 90 | 1015 | ZBIERAJEWSKI WOJCIECH | 1988 | PILA | REHATHLETICS | M | M18-29 | 13 | 00:31:43 | 16 | 02:47:42 | 86 | 02:03:06 | 116 | 00:03:23 | 00:01:36 | 05:27:30 | 86 | |
| 91 | 1115 | KĘDZIERSKI RAFAŁ | 1977 | BYDGOSZCZ | DE-STRESS | M | M30-39 | 38 | 00:39:04 | 95 | 02:50:19 | 104 | 01:51:16 | 68 | 00:04:27 | 00:02:27 | 05:27:33 | 87 | |
| 92 | 1153 | BAK PAWEŁ | 1974 | MIERZYN | AT TEAM | M | M40-49 | 34 | 00:36:01 | 48 | 02:50:00 | 102 | 01:55:24 | 86 | 00:04:27 | 00:01:58 | 05:27:50 | 88 | |
| 93 | 1208 | KOSIOŁ ANADRZEJ | 1964 | WROCŁAW | WKW WIADRUS | M | M50-59 | 4 | 00:41:15 | 124 | 02:54:26 | 122 | 01:45:16 | 43 | 00:05:17 | 00:01:47 | 05:28:01 | 89 | |
| 94 | 1193 | SADOWSKI PIOTR | 1968 | PIASECZNO | PMCG PIASECZNO | M | M40-49 | 35 | 00:36:29 | 60 | 02:43:08 | 66 | 02:00:05 | 105 | 00:05:38 | 00:02:51 | 05:28:11 | 90 | |
| 95 | 1101 | NOWICKI WOJCIECH | 1979 | BYDGOSZCZ | BYDGOSZCZ TRIATHLON | M | M30-39 | 39 | 00:42:45 | 141 | 02:44:27 | 71 | 01:55:16 | 84 | 00:04:34 | 00:01:32 | 05:28:34 | 91 | |
| 96 | 1116 | DOSZYŃ MARIUSZ | 1977 | SZCZECIN | TT SZCZECIN | M | M30-39 | 40 | 00:36:14 | 51 | 02:52:34 | 116 | 01:51:51 | 74 | 00:05:44 | 00:03:10 | 05:29:33 | 92 | |
| 97 | 1062 | OCZKOŚ WOJCIECH | 1982 | POZNAŃ | RAKIETA POZNAŃ | M | M30-39 | 41 | 00:32:15 | 19 | 02:46:28 | 82 | 02:03:40 | 121 | 00:05:30 | 00:02:00 | 05:29:53 | 93 | |

| 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 | 1114 | PASCHKE ROMAN | 1978 | GDYNIA | SHIPCUP | M | M30-39 | 42 | 00:30:24 | 7 | 02:58:02 | 138 | 01:55:26 | 87 | 00:04:57 | 00:01:40 | 05:30:29 | 94 | |
| 99 | 1150 | ZIELIŃSKI PRZEMYSŁAW | 1974 | CHOJNICE | TATA MAŁGOSI I PIOTRUSIA | M | M40-49 | 36 | 00:37:23 | 77 | 02:52:58 | 119 | 01:52:54 | 77 | 00:05:34 | 00:01:48 | 05:30:37 | 95 | |
| 100 | 1184 | SADOWSKI KRZYSZTOF | 1969 | OŚNO LUBUSKIE | MORSY OŚNO LUBUSKIE | M | M40-49 | 37 | 00:37:46 | 84 | 02:48:32 | 94 | 01:59:37 | 102 | 00:04:07 | 00:01:36 | 05:31:38 | 96 | |
| 101 | 1152 | KACZOROWSKI PRZEMYSŁAW | 1974 | SZCZECIN | FABRYKA TRIATHLONU | M | M40-49 | 38 | 00:40:48 | 113 | 02:37:02 | 35 | 02:07:18 | 132 | 00:04:59 | 00:01:39 | 05:31:46 | 97 | |
| 102 | 1066 | TOKARSKI MATEUSZ | 1982 | OŚNO LUBUSKIE | MORSY OŚNO LUBUSKIE | M | M30-39 | 43 | 00:38:33 | 90 | 02:50:52 | 107 | 01:55:29 | 88 | 00:06:11 | 00:02:15 | 05:33:20 | 98 | |
| 103 | 1085 | RATAJEWICZ MACIEK | 1980 | WARSZAWA | TRIWAWA | M | M30-39 | 44 | 00:41:26 | 125 | 02:49:27 | 100 | 01:57:38 | 97 | 00:04:11 | 00:01:11 | 05:33:53 | 99 | |
| 104 | 1098 | BRZUZY TOMASZ | 1979 | GDĄŃSK | LOTOS TEAM | M | M30-39 | 45 | 00:36:31 | 62 | 02:50:02 | 103 | 02:01:44 | 113 | 00:05:07 | 00:01:23 | 05:34:47 | 100 | |
| 105 | 1030 | KUCZAJ MARCIN | 1986 | WROCLAW | | M | M30-39 | 46 | 00:48:01 | 169 | 02:55:19 | 127 | 01:40:48 | 29 | 00:08:45 | 00:03:22 | 05:36:15 | 101 | |
| 106 | 1181 | GLUSZCZAK WOJCIECH | 1971 | GDĄŃSK | CZYSTE MIASTO GDĄŃSK | M | M40-49 | 39 | 00:37:03 | 71 | 02:45:38 | 78 | 02:05:27 | 126 | 00:04:24 | 00:04:25 | 05:36:57 | 102 | |
| 107 | 1084 | KOWALSKI ŁUKASZ | 1980 | GDYNIA | COMPLEXSPORTS | M | M30-39 | 47 | 00:40:40 | 110 | 02:48:36 | 95 | 02:01:01 | 111 | 00:04:40 | 00:02:38 | 05:37:35 | 103 | |
| 108 | 1215 | LEŚNIEWSKI TOMASZ | 1962 | POZNAŃ | | M | M50-59 | 5 | 00:42:46 | 142 | 02:57:12 | 134 | 01:51:02 | 66 | 00:05:01 | 00:01:44 | 05:37:45 | 104 | |
| 109 | 1020 | MARCINKIEWICZ BŁAŻEJ | 1988 | PIOTRKÓW TRYBUNAL | TRIWAWA | M | M18-29 | 14 | 00:37:21 | 76 | 02:51:25 | 109 | 02:03:24 | 120 | 00:05:23 | 00:01:20 | 05:38:53 | 105 | |
| 110 | 1211 | GALAŃ LESZEK | 1963 | ZŁOCIENIEC | | M | M50-59 | 6 | 00:38:14 | 87 | 03:13:22 | 162 | 01:40:46 | 27 | 00:05:26 | 00:01:21 | 05:39:09 | 106 | |
| 111 | 1206 | JABKOWSKI ROBERT | 1965 | WROCLAW | RJ TRI | M | M50-59 | 7 | 00:45:24 | 162 | 02:41:51 | 56 | 02:07:37 | 133 | 00:04:05 | 00:01:33 | 05:40:30 | 107 | |
| 112 | 1183 | OLLER GRZEGORZ | 1970 | KOTEŻE | TRI STAROGARD GDĄŃSKI | M | M40-49 | 40 | 00:39:59 | 103 | 02:47:55 | 88 | 02:05:23 | 125 | 00:04:36 | 00:02:47 | 05:40:40 | 108 | |
| 113 | 1002 | SIEBERT MATEUSZ | 1995 | POZNAŃ | | M | M18-29 | 15 | 00:40:21 | 106 | 02:54:02 | 121 | 02:00:05 | 106 | 00:05:39 | 00:01:30 | 05:41:37 | 109 | |
| 114 | 1155 | SOLARCZYK MACIEJ | 1973 | MOGILNO | | M | M40-49 | 41 | 00:43:58 | 146 | 02:57:06 | 133 | 01:52:55 | 78 | 00:05:06 | 00:02:41 | 05:41:46 | 110 | |
| 115 | 1133 | AWEDYK MIŁOSŁAW | 1976 | POZNAŃ | BE3_CITYZEN | M | M40-49 | 42 | 00:39:23 | 99 | 02:49:08 | 97 | 02:06:37 | 129 | 00:04:59 | 00:02:13 | 05:42:20 | 111 | |
| 116 | 1146 | DZIAMSKI GRZEGORZ | 1975 | POZNAŃ | | M | M40-49 | 43 | 00:36:17 | 52 | 02:56:05 | 130 | 02:02:58 | 115 | 00:05:19 | 00:01:58 | 05:42:37 | 112 | |
| 117 | 1185 | ŁOKIETEK DARIUSZ | 1969 | SZCZECIN | SALEZJANIE BIEGAJĄCE ŁOKCIE | M | M40-49 | 44 | 00:41:36 | 129 | 02:52:20 | 114 | 01:59:27 | 100 | 00:07:34 | 00:02:53 | 05:43:50 | 113 | |
| 118 | 1209 | PODGÓRSKI KRZYSZTOF | 1964 | ŻABIENIEC | | M | M50-59 | 8 | 00:36:19 | 53 | 03:01:24 | 148 | 02:00:48 | 109 | 00:04:30 | 00:01:35 | 05:44:36 | 114 | |
| 119 | 1162 | BŁAŻUTYCZ PAWEŁ | 1973 | CIESZKÓW | | M | M40-49 | 45 | 00:48:55 | 170 | 02:59:00 | 143 | 01:50:20 | 63 | 00:04:35 | 00:01:55 | 05:44:45 | 115 | |
| 120 | 1189 | KIMMEL MARIUSZ | 1969 | KOMORNIKI | KTTK KOMORZANKA | M | M40-49 | 46 | 00:44:24 | 149 | 02:54:01 | 120 | 01:59:56 | 104 | 00:04:26 | 00:02:08 | 05:44:55 | 116 | |
| 121 | 1073 | LEWIŃSKI MICHAŁ | 1981 | PRZETOCZYNO | | M | M30-39 | 48 | 00:39:49 | 102 | 02:55:00 | 126 | 02:03:20 | 118 | 00:05:01 | 00:02:45 | 05:45:55 | 117 | |
| 122 | 1079 | PYNDRYK NORBERT | 1981 | WARSZAWA | TATO KARINKI | M | M30-39 | 49 | 00:38:54 | 93 | 02:57:35 | 136 | 02:01:19 | 112 | 00:05:06 | 00:03:14 | 05:46:08 | 118 | |
| 123 | 1057 | MICHALAK MICHAŁ | 1983 | KOSZALIN | DZIKI KOSZALIN | M | M30-39 | 50 | 00:33:32 | 25 | 02:42:24 | 59 | 02:24:29 | 159 | 00:05:03 | 00:01:36 | 05:47:04 | 119 | |
| 124 | 1179 | KRUSZKA MACIEJ | 1971 | POZNAŃ | | M | M40-49 | 47 | 00:37:28 | 80 | 02:42:06 | 57 | 02:20:08 | 153 | 00:05:37 | 00:02:31 | 05:47:50 | 120 | |
| 125 | 1029 | ADAMSKA JOANNA | 1986 | MIŁOSŁAW | 6/8 TEAM | K | K30-39 | 3 | 00:41:12 | 121 | 03:03:35 | 153 | 01:57:26 | 95 | 00:04:16 | 00:01:59 | 05:48:28 | 121 | 5 |
| 126 | 1064 | PROTASIEWICZ ŁUKASZ | 1982 | OŚNO LUBUSKIE | MORSY OŚNO LUBUSKIE | M | M30-39 | 51 | 00:44:26 | 150 | 02:58:32 | 140 | 02:00:20 | 107 | 00:03:51 | 00:02:07 | 05:49:16 | 122 | |
| 127 | 1129 | PRZYBYLSKI TOMASZ | 1976 | BORÓWIEC | | M | M40-49 | 48 | 00:44:27 | 152 | 02:49:24 | 99 | 02:08:30 | 134 | 00:05:21 | 00:01:51 | 05:49:33 | 122 | |
| 128 | 1050 | WINCZA CEZARY | 1984 | SZCZECIN | FABRYKA TRIATHLONU | M | M30-39 | 52 | 00:45:09 | 160 | 02:51:33 | 111 | 02:06:45 | 130 | 00:05:30 | 00:02:02 | 05:50:59 | 123 | |
| 129 | 1108 | SIKORSKI MACIEJ | 1978 | WARSZAWA | NOBLE TRI TEAM / ELEKTROMOC / I-SPORT | M | M30-39 | 53 | 00:41:41 | 132 | 02:42:07 | 58 | 02:19:25 | 152 | 00:05:46 | 00:02:30 | 05:51:29 | 124 | |
| 130 | 1212 | CHUDY ANDRZEJ | 1962 | ROKIETNICA | KOCHAM KAŻDY KILOMETR | M | M50-59 | 9 | 00:44:44 | 155 | 02:56:42 | 132 | 02:03:49 | 123 | 00:05:12 | 00:01:58 | 05:52:25 | 125 | |
| 131 | 1170 | FARAN GRZEGORZ | 1972 | SULMIN | GTSULMIN | M | M40-49 | 49 | 00:34:52 | 36 | 03:06:28 | 156 | 02:03:43 | 122 | 00:04:27 | 00:02:56 | 05:52:26 | 126 | |
| 132 | 1158 | MELLER MICHAŁ | 1973 | STAROGARD GDĄŃSK | TRI STAROGARD GDĄŃSKI | M | M40-49 | 50 | 00:34:39 | 32 | 02:51:23 | 108 | 02:21:38 | 155 | 00:04:05 | 00:02:30 | 05:54:15 | 127 | |
| 133 | 1074 | GAGAŃSKI ARKADIUSZ | 1981 | SZCZECIN | FABRYKA TRIATHLONU | M | M30-39 | 54 | 00:40:59 | 119 | 02:59:42 | 144 | 02:06:24 | 128 | 00:05:21 | 00:02:37 | 05:55:03 | 128 | |
| 134 | 1144 | MILER PRZEMYSŁAW | 1975 | SZCZECIN | FABRYKA TRIATHLONU | M | M40-49 | 51 | 00:49:23 | 174 | 02:45:29 | 77 | 02:16:26 | 147 | 00:04:04 | 00:01:45 | 05:57:07 | 129 | |
| 135 | 1171 | GINTER MAREK | 1972 | SĄPOLNO | | M | M40-49 | 52 | 00:45:52 | 164 | 03:02:25 | 149 | 01:56:46 | 92 | 00:06:26 | 00:06:42 | 05:58:11 | 130 | |
| 136 | 1039 | KIDAK IRENEUSZ | 1985 | POZNAŃ | ALLESPT.PL | M | M30-39 | 55 | 00:41:31 | 128 | 02:55:42 | 128 | 02:15:09 | 143 | 00:04:30 | 00:01:48 | 05:58:40 | 131 | |
| 137 | 1140 | WINTOCH MARCIN | 1975 | TORUŃ | | M | M40-49 | 53 | 00:49:00 | 171 | 02:52:21 | 115 | 02:13:18 | 138 | 00:04:15 | 00:02:46 | 06:01:40 | 132 | |
| 138 | 1159 | MEKSA PATRYCJA | 1973 | ŁÓDŹ | CELIRONMAN | K | K40-49 | 1 | 00:40:49 | 114 | 02:57:26 | 135 | 02:13:28 | 139 | 00:08:14 | 00:02:42 | 06:02:39 | 133 | 6 |
| 139 | 1164 | MIROWSKI IREK | 1973 | BOBROWIEC | GEO RUNNING TEAM | M | M40-49 | 54 | 00:41:30 | 127 | 02:54:29 | 124 | 02:16:54 | 148 | 00:06:09 | 00:04:59 | 06:04:01 | 133 | |
| 140 | 1124 | MRÓZ MAREK | 1976 | MALBORK | PASJA CZYNI WOLNYM / BIURO OBSŁUGI FIRM PIA | M | M40-49 | 55 | 00:43:19 | 145 | 02:54:26 | 123 | 02:19:01 | 151 | 00:05:37 | 00:01:55 | 06:04:18 | 134 | |
| 141 | 1047 | SZYMAŃEK PIOTR | 1984 | WARSZAWA | WSZYSTKO O WŁASNYCH SIŁACH | M | M30-39 | 56 | 00:39:27 | 100 | 02:48:26 | 92 | 02:29:07 | 163 | 00:05:13 | 00:02:43 | 06:04:56 | 135 | |
| 142 | 1120 | MARCINIAK WITOLD | 1977 | WŁOCŁAWEK | | M | M30-39 | 57 | 00:49:04 | 172 | 02:51:30 | 110 | 02:14:58 | 142 | 00:06:41 | 00:03:44 | 06:05:57 | 136 | |
| 143 | 1097 | KAŹMIERCZAK MICHAŁ | 1979 | ŚRODA WIELKOPOLSKI | GAREL PLAST TEAM | M | M30-39 | 58 | 00:42:07 | 139 | 03:00:31 | 146 | 02:17:16 | 149 | 00:04:05 | 00:02:06 | 06:06:05 | 137 | |
| 144 | 1037 | ADAMCZAK TOMASZ | 1985 | POZNAŃ | | M | M30-39 | 59 | 00:39:07 | 96 | 03:02:27 | 150 | 02:15:49 | 145 | 00:06:38 | 00:03:38 | 06:07:39 | 138 | |
| 145 | 1091 | STASZEWSKI ADAM | 1980 | DOBRCZ | NIEZRZESZONY | M | M30-39 | 60 | 00:44:56 | 158 | 02:58:56 | 142 | 02:14:46 | 141 | 00:07:17 | 00:02:30 | 06:08:25 | 139 | |
| 146 | 1089 | SPICZAK-BRZEZIŃSKI MICHAŁ | 1980 | POZNAŃ | SENSETRI | M | M30-39 | 61 | 00:40:41 | 111 | 02:54:32 | 125 | 02:26:44 | 160 | 00:04:48 | 00:01:41 | 06:08:26 | 140 | |
| 147 | 1195 | ŻYGENDA ROBERT | 1967 | GDYNIA | BRAPOL WIESZ, NA CZYM STOISZ!!! | M | M40-49 | 56 | 00:47:51 | 168 | 02:46:23 | 81 | 02:30:17 | 164 | 00:04:26 | 00:01:22 | 06:10:19 | 141 | |
| 148 | 1148 | MICKER MACIEJ | 1974 | CHYBY | | M | M40-49 | 57 | 00:50:26 | 176 | 02:57:43 | 137 | 02:13:09 | 137 | 00:07:50 | 00:02:17 | 06:11:25 | 142 | |
| 149 | 1090 | KAPELUCH SŁAWEK | 1980 | GDĄŃSK | FINSA SPORTS TEAM | M | M30-39 | 62 | 00:44:20 | 148 | 03:15:55 | 164 | 02:03:09 | 117 | 00:05:23 | 00:02:45 | 06:11:32 | 143 | |
| 150 | 1067 | BIERŁA TOMASZ | 1982 | ŚRODA WIELKOPOLSKI | | M | M30-39 | 63 | 00:45:02 | 159 | 03:16:46 | 165 | 02:00:50 | 110 | 00:05:28 | 00:03:29 | 06:11:35 | 144 | |
| 151 | 1099 | PORCZYK PAWEŁ | 1979 | SKIERNIEWICE | SKIERNIEWICKIE PORANKI BIEGOWE | M | M30-39 | 64 | 00:39:21 | 98 | 03:27:56 | 175 | 01:57:00 | 94 | 00:06:09 | 00:02:08 | 06:12:34 | 145 | |
| 152 | 1016 | SIEBERT DAMIAN | 1988 | POZNAŃ | DEMOCO | M | M18-29 | 16 | 00:54:57 | 177 | 03:03:24 | 152 | 02:07:10 | 131 | 00:05:48 | 00:01:41 | 06:13:00 | 146 | |
| 153 | 1180 | KOSIERADZKI TOMASZ | 1971 | SZCZECIN | | M | M40-49 | 58 | 00:46:06 | 165 | 03:04:54 | 154 | 02:11:46 | 136 | 00:06:29 | 00:03:52 | 06:13:07 | 147 | |
| 154 | 1092 | LEŚNIAK URSZULA | 1980 | WARSZAWA | TRIWAWA | K | K30-39 | 4 | 00:40:53 | 115 | 03:10:27 | 160 | 02:15:17 | 144 | 00:04:58 | 00:01:53 | 06:13:28 | 148 | 7 |
| 155 | 1131 | KRAUSE GRZEGORZ | 1976 | GDĄŃSK | WWW.JAHMAJKA.PL | M | M40-49 | 59 | 00:41:13 | 122 | 03:09:51 | 159 | 02:14:34 | 140 | 00:05:48 | 00:02:34 | 06:14:00 | 148 | |

| 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 |
|------|------|--------------------|------|---------------------|---|------|--------|-----|----------|------|----------|------|----------|------|-----------|-----------|-----------------|-----|----|
| 156 | 1163 | REPKA MAREK | 1973 | BYDGOSZCZ | LUPUS TEAM | M | M40-49 | 60 | 00:49:28 | 175 | 02:58:42 | 141 | 02:23:15 | 156 | 00:04:55 | 00:02:14 | 06:18:34 | 149 | |
| 157 | 1191 | FURMANEK JAROSŁAW | 1969 | SZCZECIN | FABRYKA TRIATHLONU SZCZECIN | M | M40-49 | 61 | 00:42:51 | 143 | 02:59:54 | 145 | 02:27:16 | 161 | 00:06:54 | 00:01:55 | 06:18:50 | 150 | |
| 158 | 1087 | GALEWSKI JAROSŁAW | 1980 | WŁADYSŁAWOWO | IMPRESJA.CO, BRW, „TRI-SEA” WE WŁADYSŁAWO | M | M30-39 | 65 | 00:42:06 | 138 | 02:56:19 | 131 | 02:34:08 | 167 | 00:05:45 | 00:02:43 | 06:21:01 | 151 | |
| 159 | 1078 | MARCINIAK PAWEŁ | 1981 | LODZ | HTF | M | M30-39 | 66 | 00:40:57 | 117 | 02:50:35 | 105 | 02:40:45 | 174 | 00:06:29 | 00:03:42 | 06:22:28 | 152 | |
| 160 | 1130 | JANKOWSKI PIOTR | 1976 | SZCZECIN | OSOM! RUNNERS | M | M40-49 | 62 | 00:42:05 | 137 | 03:28:14 | 176 | 02:05:45 | 127 | 00:07:07 | 00:02:08 | 06:25:19 | 153 | |
| 161 | 1197 | WIŚNIEWSKI WITOLD | 1967 | GDAŃSK | SPORT-EVO | M | M40-49 | 63 | 00:42:37 | 140 | 03:07:05 | 157 | 02:27:31 | 162 | 00:06:02 | 00:02:14 | 06:25:29 | 154 | |
| 162 | 1214 | LATOS JANUSZ | 1962 | KOSTRZYN WLKP | | M | M50-59 | 10 | 00:41:38 | 131 | 03:14:15 | 163 | 02:21:00 | 154 | 00:06:29 | 00:03:10 | 06:26:32 | 155 | |
| 163 | 1094 | MARASZ ZBIGNIEW | 1980 | CHOJNICE - SZCZECII | | M | M30-39 | 67 | 00:45:28 | 163 | 03:23:10 | 171 | 02:11:23 | 135 | 00:05:14 | 00:02:10 | 06:27:25 | 156 | |
| 164 | 1198 | GRZEGORCZYK TOMASZ | 1967 | PIŁA | | M | M40-49 | 64 | 00:41:50 | 134 | 03:20:31 | 167 | 02:16:06 | 146 | 00:06:30 | 00:03:22 | 06:28:19 | 157 | |
| 165 | 1086 | POWAJBO KRZYSZTOF | 1980 | GDYNIA | LOTOS RUNNING TEAM | M | M30-39 | 68 | 00:41:51 | 135 | 03:06:15 | 155 | 02:34:13 | 168 | 00:05:17 | 00:01:38 | 06:29:14 | 158 | |
| 166 | 1065 | SKOŁOZDRZYCH KAROL | 1982 | POZNAŃ | RAKIETA POZNAŃ | M | M30-39 | 69 | 00:44:17 | 147 | 03:02:57 | 151 | 02:39:12 | 172 | 00:05:36 | 00:02:05 | 06:34:07 | 159 | |
| 167 | 1138 | PLASZCZYK TOMASZ | 1976 | GDAŃSK | SPORT-EVO | M | M40-49 | 65 | 00:44:33 | 153 | 03:22:38 | 170 | 02:18:49 | 150 | 00:06:29 | 00:02:07 | 06:34:36 | 160 | |
| 168 | 1207 | NAWROCKI JAROSŁAW | 1964 | BOGDASZOWICE | WABCO | M | M50-59 | 11 | 00:41:13 | 123 | 03:12:20 | 161 | 02:34:31 | 169 | 00:05:42 | 00:03:17 | 06:37:03 | 161 | |
| 169 | 1061 | KOŁACZKO KATARZYNA | 1983 | PRZEWORSK | PRZEWORSKA GRUPA BIEGOWA | K | K30-39 | 5 | 00:40:26 | 107 | 03:00:37 | 147 | 02:47:41 | 175 | 00:06:21 | 00:03:11 | 06:38:16 | 162 | 8 |
| 170 | 1203 | MAJ ADAM | 1966 | PUCK | MAJSPTS | M | M50-59 | 12 | 00:49:15 | 173 | 03:09:00 | 158 | 02:31:44 | 165 | 00:06:53 | 00:03:29 | 06:40:21 | 162 | |
| 171 | 1220 | KAFTAŃSKI LECH | 1955 | ŁEBIEŃ | | M | M60-69 | 1 | 00:42:01 | 136 | 03:19:02 | 166 | 02:33:18 | 166 | 00:09:38 | 00:03:20 | 06:47:19 | 163 | |
| 172 | 1022 | TOMCZYK MICHALINA | 1987 | POZNAŃ | | K | K18-29 | 3 | 00:44:26 | 151 | 03:26:40 | 174 | 02:24:26 | 158 | 00:07:49 | 00:04:01 | 06:47:22 | 164 | 9 |
| 173 | 1025 | BALCERAK KATARZYNA | 1966 | KOBYLANKA | REPREZENTUJĘ SIEBIE | K | K50-59 | 1 | 00:45:19 | 161 | 03:21:04 | 168 | 02:37:18 | 171 | 00:05:13 | 00:03:53 | 06:52:47 | 165 | 10 |
| 174 | 1107 | BIEGAJ MARCIN | 1978 | OŚNO LUBUSKIE | MORSY OŚNO LUBUSKIE | M | M30-39 | 70 | 00:47:49 | 167 | 03:21:06 | 169 | 02:35:29 | 170 | 00:07:51 | 00:03:49 | 06:56:04 | 164 | |
| 175 | 1218 | KOŁCZYŃSKA BARBARA | 1956 | ŁÓDŹ | EMERYTOWANY KLUB SPORTOWY NO, BUJAJ SIE, | K | K60-69 | 1 | 00:58:49 | 178 | 03:25:43 | 173 | 02:24:13 | 157 | 00:05:59 | 00:02:32 | 06:57:16 | 165 | 11 |
| 176 | 1200 | BYSTRAM ALEKSANDRA | 1967 | PUCK | TRI-SEA WŁADYSŁAWOWO | K | K40-49 | 2 | 00:46:54 | 166 | 03:25:00 | 172 | 02:40:35 | 173 | 00:06:35 | 00:06:06 | 07:05:10 | 166 | 12 |
| 177 | 1199 | JANKOWSKI DARIUSZ | 1967 | MIERZYN | IRONGYM | M | M40-49 | 66 | 00:41:45 | 133 | 02:58:06 | 139 | 03:16:02 | 177 | 00:06:24 | 00:04:25 | 07:06:42 | 165 | |
| 178 | 1194 | SZYMCAK JAROSŁAW | 1968 | POZNAŃ | | M | M40-49 | 67 | 00:39:37 | 101 | 03:29:45 | 177 | 02:50:36 | 176 | 00:08:33 | 00:02:29 | 07:11:00 | 166 | |