

Garmin Iron Triathlon Płock 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 26 maja 2019 r.

Dystans: 1/4 IRONMAN (0,95-45-10,55)

Miejscowość: Płock



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Organizator cyklu



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	Kara
1	1	BREMBOR TOMASZ	CHORZÓW	GVT BMC AZS-AWF KATOWICE	PL	1994	M25	1	11:02:37	00:11:32 (1)	00:05:03	01:05:03 (1)	00:00:41	00:35:17 (5)	01:57:36	1		
2	4	ŁAWICKI PIOTR	LUBIN	MKS POLKOWICE CCC SPRANDI POLKOWICE	PL	1995	M18	1	11:02:38	00:12:44 (6)	00:04:27	01:07:15 (6)	00:00:38	00:34:04 (1)	01:59:08	2		
3	2	KALASZCZYŃSKI ŁUKASZ	PŁOCK	KM SPORT PRO TEAM	PL	1984	M35	1	11:02:37	00:12:58 (8)	00:04:42	01:06:46 (2)	00:00:40	00:34:25 (2)	01:59:31	3		
4	5	TYCZYŃSKI JACEK	GŁOGÓW	TRINERGY U JĘDRUSIA TRICLUB	PL	1996	M18	2	11:02:38	00:12:22 (2)	00:04:54	01:07:09 (5)	00:00:43	00:35:03 (4)	02:00:11	4		
5	3	ŁAWICKI MARCIN	LUBIN	MKS POLKOWICE CCC SPRANDI POLKOWICE	PL	1986	M30	1	11:02:38	00:12:25 (3)	00:05:02	01:06:57 (3)	00:00:52	00:36:15 (6)	02:01:31	5		
6	7	SZALA TOMASZ	NOWA IWICZNA	PROFI TEAM SKLEPPOWEROWY.PL	PL	1990	M25	2	11:02:37	00:12:30 (5)	00:04:53	01:07:01 (4)	00:00:41	00:38:42 (8)	02:03:47	6		
7	6	AUGUSTYNIAK KRZYSZTOF	POLKOWICE	LABOSPORT TEAM MKS PLETVAL POLKOWICE	PL	1981	M35	2	11:02:37	00:12:54 (7)	00:05:08	01:10:11 (8)	00:00:53	00:38:07 (7)	02:07:13	7		
8	218	LIS ŁUKASZ	WARSZAWA	TRICLUB	PL	1986	M30	2	11:02:38	00:12:25 (3)	00:05:30	01:11:02 (10)	00:00:45	00:39:51 (11)	02:09:33	8		
9	215	KALINOWSKI PAWEŁ	ŁOMIANKI	TRIZARZA	PL	1984	M35	3	11:02:49	00:14:14 (9)	00:05:59	01:11:04 (11)	00:00:55	00:38:47 (9)	02:10:59	9		
10	364	MAJKA MICHAŁ	ELBLĄG	LABOSPORT TEAM	PL	1978	M40	1	11:02:45	00:14:58 (15)	00:06:17	01:11:49 (16)	00:00:50	00:39:28 (10)	02:13:22	10		
11	60	PACHOLAK MARCIN	ZĄBKOWICE ŚLĄSKIE	LUFT TRI TEAM	PL	1988	M30	3	11:02:47	00:14:35 (13)	00:06:53	01:11:29 (13)	00:00:54	00:40:07 (12)	02:14:13	11		00:00:15
12	58	MUSIAŁ DAWID	KRAKÓW	HAGER SPORT TEAM HAGER	PL	1984	M35	4	11:03:13	00:16:15 (49)	00:06:41	01:12:02 (18)	00:01:15	00:40:21 (15)	02:16:34	12		
13	131	WÓJCIK KRZYSZTOF	BLIŻYN	ROADBIKE	PL	1991	M25	3	11:02:48	00:14:19 (11)	00:06:37	01:13:23 (22)	00:00:46	00:41:41 (24)	02:16:46	13		
14	89	KŁUSZCZYŃSKI ROBERT	TORUŃ	TORUŃ MULTISPORT TEAM STALWELD	TORUŃ	1977	M40	2	11:06:23	00:17:34 (105)	00:06:46	01:11:09 (12)	00:01:17	00:40:10 (14)	02:16:56	14		
15	91	RYBICKI ARTUR	RADZANÓW	TWISTER TEAM	PL	1998	M18	3	11:03:10	00:14:16 (10)	00:06:28	01:13:09 (21)	00:01:07	00:42:06 (25)	02:17:06	15		
16	322	PUCH ROBERT	ELBLĄG	CTS - CZAJATRAININGSYSTEM	PL	1975	M40	3	11:03:10	00:15:54 (32)	00:06:45	01:10:21 (9)	00:01:07	00:43:30 (41)	02:17:37	16		
17	235	KAZANECKI TOMASZ	LEGIONOWO	LEGION	PL	1976	M40	4	11:03:16	00:15:24 (20)	00:06:38	01:13:53 (26)	00:01:10	00:41:17 (22)	02:18:22	17		
18	305	POMORSKI RAFAŁ	WARSZAWA	TRIFAMILY LOVE THE PAIN	PL	1983	M35	5	11:03:02	00:15:40 (24)	00:06:15	01:14:54 (30)	00:00:50	00:40:54 (20)	02:18:33	18		
19	336	EPELBAUM DARIUSZ	WARSZAWA	CTS CZAJA TRAINING SYSTEM	PL	1977	M40	5	11:03:13	00:16:53 (72)	00:06:18	01:12:04 (19)	00:00:55	00:42:31 (30)	02:18:41	19		
20	28	KUTER KRZYSZTOF	PIASECZNO	KUŹNIA TRIATHLONU	PL	1982	M35	6	11:04:02	00:15:42 (25)	00:06:11	01:15:23 (32)	00:00:58	00:40:27 (18)	02:18:41	20		
21	330	KANIEWSKI PAWEŁ	OTWOCK WIELKI	MOCNO W PRAWO TEAM	PL	1990	M25	4	11:06:17	00:18:05 (127)	00:06:52	01:12:45 (20)	00:01:00	00:40:22 (16)	02:19:04	21		
22	118	WOŹNIAK ŁUKASZ	RADOM		PL	1988	M30	4	11:03:53	00:17:46 (113)	00:06:24	01:09:54 (7)	00:00:53	00:44:10 (51)	02:19:07	22		
23	95	POKORSKI MAREK	WARSZAWA	IMPAQ	PL	1971	M45	1	11:03:15	00:16:28 (60)	00:06:37	01:11:49 (17)	00:01:05	00:43:32 (42)	02:19:31	23		
24	186	IZBIŃSKI RAFAŁ	SKARŻYSKO-KAMIENNA	SZYMANOWSKI TRIATHLON TEAM/CZARNECKI RUN T	PL	1979	M40	6	11:03:01	00:15:54 (32)	00:06:31	01:14:07 (27)	00:01:18	00:40:28 (19)	02:20:18	24		00:02:00
25	178	CHRZANOWSKI ZBIGNIEW	PŁOCK	KJ CREW KJ CREW	PL	1982	M35	7	11:03:35	00:16:01 (38)	00:07:10	01:13:40 (24)	00:01:28	00:42:28 (29)	02:20:47	25		
26	247	STĘPIEŃ BARTŁOMIEJ	PRUSZKÓW	WANIEWSKI COACHING ABSOLUTE BIKES TEAM	PL	1984	M35	8	11:02:48	00:15:30 (22)	00:06:30	01:17:14 (51)	00:01:00	00:41:16 (21)	02:21:30	26		
27	25	KOCIOŁOWICZ JAKUB	WARSZAWA	KUŹNIA TRIATHLONU	PL	1983	M35	9	11:04:02	00:15:55 (35)	00:06:43	01:15:32 (33)	00:00:57	00:42:44 (32)	02:21:51	27		
28	239	GURDAK MATEUSZ	KRAKÓW		PL	1991	M25	5	11:03:36	00:16:32 (63)	00:07:03	01:16:55 (46)	00:00:59	00:40:22 (17)	02:21:51	28		
29	20	KOSMAŁA MICHAŁ	MIEDZIANA GÓRA	LABOSPORT TEAM RADOŚĆ KUBUSIA SUNWARD POL	PL	1977	M40	7	11:03:04	00:16:12 (47)	00:07:10	01:11:41 (15)	00:01:12	00:45:42 (74)	02:21:57	29		
30	230	CHMIELEWSKI PIOTR	WARSZAWA	WARSAW MASTERS TEAM	PL	1978	M40	8	11:02:49	00:14:50 (14)	00:07:08	01:15:18 (31)	00:01:06	00:44:29 (57)	02:22:51	30		
31	359	MIOTK MARCIN	WARSZAWA	NEON TEAM	PL	1973	M45	2	11:03:45	00:19:44 (191)	00:07:04	01:13:25 (23)	00:02:42	00:40:10 (13)	02:23:05	31		
32	223	BOGUCKI PIOTR	WARSZAWA	KAZIKI	PL	1986	M30	5	11:03:17	00:17:27 (99)	00:06:54	01:14:53 (29)	00:01:19	00:43:13 (38)	02:23:46	32		
33	59	JOŃCZY KAMIL	HALINÓW - HIPOLITÓW	WANIEWSKI COACHING / PKO BANK POLSKI	PL	1983	M35	10	11:04:48	00:17:00 (79)	00:06:20	01:17:39 (55)	00:01:01	00:42:20 (26)	02:24:20	33		
34	29	KWIATKOWSKI RAFAŁ	WARSZAWA	KUŹNIA TRIATHLONU	PL	1980	M35	11	11:02:51	00:16:05 (41)	00:06:33	01:17:49 (56)	00:01:00	00:43:06 (36)	02:24:33	34		
35	237	BRODOWSKI DOMINIK	GRODZISK MAZOWIECKI		PL	1982	M35	12	11:03:54	00:16:02 (39)	00:06:58	01:16:51 (44)	00:01:19	00:43:16 (39)	02:24:41	35		00:00:15
36	160	RYNKO PAWEŁ	OLSZTYN	STARTUJE BO NIE LUBIĘ ;-)	PL	1980	M35	13	11:04:51	00:16:55 (74)	00:06:27	01:18:07 (58)	00:00:57	00:42:46 (33)	02:25:12	36		
37	285	WÓJCIK KAMIL	WARSZAWA	NEON TEAM HORUS KAMIL WÓJCIK	PL	1984	M35	14	11:03:41	00:16:24 (56)	00:08:30	01:13:46 (25)	00:02:07	00:45:08 (67)	02:25:55	37		
38	197	BANACKI SŁAWOMIR	WARSZAWA	AKADEMIA TRIATHLONU TRIFIT.PL LET'S GO	PL	1972	M45	3	11:03:27	00:15:24 (20)	00:07:26	01:16:50 (43)	00:01:42	00:44:42 (59)	02:26:04	38		
39	106	SZKUTA MARCIN	PIASECZNO	GREMBSKI TRIATHLON	PL	1976	M40	9	11:04:03	00:16:27 (59)	00:06:25	01:19:41 (70)	00:01:14	00:42:43 (31)	02:26:30	39		
40	227	PAWŁIN MATEUSZ	WARSZAWA	TRIZARZA	PL	1991	M25	6	11:03:19	00:18:42 (156)	00:06:06	01:19:25 (68)	00:00:50	00:41:28 (23)	02:26:31	40		
41	114	DANIELSKI KAMIL	WARSZAWA	AT TEAM	PL	1985	M30	6	11:05:35	00:17:23 (97)	00:06:51	01:16:52 (45)	00:00:51	00:44:45 (61)	02:26:42	41		
42	69	KOŁODZIEJSKI ARIEL	WARSZAWA	TEAM KARAŚ KPMG TRIATHLON TEAM	PL	1985	M30	7	11:03:46	00:16:16 (51)	00:07:48	01:16:49 (42)	00:00:57	00:44:57 (63)	02:26:47	42		
43	312	ROŻEK ROBERT	WARSZAWA	NEON TEAM	PL	1977	M40	10	11:03:49	00:15:23 (19)	00:07:04	01:16:08 (37)	00:01:31	00:46:46 (88)	02:26:52	43		
44	189	MATUSIAK MATEUSZ	ZGIERZ	SNG WILD DUCKS STACJA NOWA GDYNIA	PL	1987	M30	8	11:03:34	00:15:54 (32)	00:07:12	01:16:35 (39)	00:01:05	00:46:06 (77)	02:26:52	44		
45	48	DUDELA ADRIAN	WARSZAWA	MBC TEAM T-MOBILE SPORT TEAM	PL	1980	M35	15	11:04:05	00:16:10 (44)	00:07:26	01:17:15 (52)	00:01:44	00:44:27 (56)	02:27:02	45		
46	314	OMELIANOWICZ PIOTR	WYSZKÓW		PL	1989	M30	9	11:03:46	00:15:01 (16)	00:07:03	01:20:51 (88)	00:01:48	00:42:22 (27)	02:27:05	46		
47	110	CZAJKOWSKI ADAM	KONSTANCIN-JEZIORNA		PL	1970	M45	4	11:03:33	00:15:50 (28)	00:06:50	01:18:33 (61)	00:01:02	00:45:04 (65)	02:27:19	47		

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Miejscowość: Płock



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Organizator cyklu



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	Kara
48	277	STRUK MACIEJ	WROCLAW	AŁ TRI CLUB	PL	1979	M40	11	11:05:09	00:17:00 (79)	00:07:25	01:17:30 (54)	00:01:08	00:44:22 (54)	02:27:25	48		
49	185	PADUSZYŃSKI PIOTR	WARSZAWA	EDUSTACYKA.PL TRIATHLON TEAM EDUSTACYKA.PL	PL	1972	M45	5	11:03:07	00:17:55 (122)	00:06:18	01:19:31 (69)	00:01:04	00:43:24 (40)	02:28:12	49		
50	12	DESSELBERGER ANDRZEJ	WLOCLAWEK	ENERGY TRI/WTT WLOCLAWEK ENERGY TRI/WTT WŁ	PL	1969	M50	1	11:03:56	00:17:28 (100)	00:06:22	01:16:55 (46)	00:00:59	00:46:42 (85)	02:28:26	50		
51	11	ZAKRZEWSKI RAFAŁ	GDAŃSK	LABOSPORT TEAM ZG AZS HOTEL GALION	PL	1971	M45	6	11:03:25	00:16:25 (57)	00:07:03	01:17:16 (53)	00:01:04	00:46:43 (86)	02:28:31	51		
52	309	BOJDECKI FILIP	WARSZAWA	KK CYKLON WARSZAWA	PL	1999	M18	4	11:06:03	00:16:50 (69)	00:06:55	01:17:11 (49)	00:01:00	00:47:09 (93)	02:29:05	52		
53	331	WIŚNIEWSKI KRZYSZTOF	WARSZAWA	DEBIUT 1/2 IM 2:30 - 4:50	PL	1982	M35	16	11:06:13	00:18:34 (146)	00:07:58	01:16:25 (38)	00:01:35	00:44:48 (62)	02:29:20	53		
54	261	OTTO TOMASZ	WARSZAWA		PL	1991	M25	7	11:03:39	00:15:43 (27)	00:06:20	01:21:31 (92)	00:01:31	00:44:26 (55)	02:29:31	54		
55	224	STRÓŻAK TOMASZ	WARSZAWA	JAVA TEAM	PL	1989	M30	10	11:06:26	00:16:41 (65)	00:07:10	01:17:09 (48)	00:01:09	00:47:36 (100)	02:29:45	55		
56	41	BABICKI SZYMON	WARSZAWA	KUŹNIA TRIATHLONU	PL	1982	M35	17	11:05:53	00:18:41 (152)	00:07:59	01:18:50 (64)	00:01:17	00:43:02 (34)	02:29:49	56		
57	308	DEBERT JAREK	WARSZAWA	TRINERGY TEAM	PL	1980	M35	18	11:04:40	00:18:11 (133)	00:06:46	01:18:23 (60)	00:01:17	00:45:12 (68)	02:29:49	57		
58	301	BRETT TOMASZ	KOŁO	MLUKS TRIATHLON	PL	1962	M55	1	11:02:46	00:14:31 (12)	00:07:35	01:22:19 (100)	00:01:19	00:44:45 (60)	02:30:29	58		
59	250	KWIATKOWSKI RAFAŁ	TORUŃ	TORUŃ MULTISPORT TEAM	PL	1974	M45	7	11:06:14	00:19:37 (187)	00:08:33	01:11:36 (14)	00:01:16	00:49:36 (131)	02:30:38	59		
60	303	LEŚKO PAWEŁ	WIŃSKO	CROSSFIT WROCLAW ENCORE	PL	1985	M30	11	11:05:07	00:17:13 (88)	00:08:43	01:14:36 (28)	00:01:26	00:48:47 (118)	02:30:45	60		
61	55	RYBAK REMIGIUSZ	BIAŁE BŁOTA	BIKE U UP	PL	1977	M40	12	11:04:13	00:18:10 (130)	00:06:51	01:15:52 (35)	00:01:07	00:48:49 (120)	02:30:49	61		
62	263	JOACHIMIAK MAREK	INOWROCLAW	GT RAT	PL	1991	M25	8	11:04:12	00:20:18 (210)	00:07:03	01:19:57 (75)	00:01:01	00:43:11 (37)	02:31:30	62		
63	304	POMORSKA JOANNA	WARSZAWA	TRIFAMILY	PL	1981	K35	1	11:05:55	00:17:37 (108)	00:07:18	01:22:37 (103)	00:01:21	00:43:05 (35)	02:31:58		1	
64	43	ŚLIŹ LUCYNA	WARSZAWA	KUŹNIA TRIATHLONU	PL	1977	K40	1	11:04:33	00:17:52 (119)	00:07:27	01:19:45 (72)	00:01:22	00:45:40 (73)	02:32:06		2	
65	293	KOŁODZIEJCZYK ŁUKASZ	DOBIESZKÓW		PL	1980	M35	19	11:03:21	00:16:10 (44)	00:08:12	01:19:41 (71)	00:01:09	00:46:56 (89)	02:32:08	63		
66	278	KAWECKI DAMIAN	MARIANÓW		PL	1977	M40	13	11:06:49	00:17:32 (104)	00:07:23	01:17:11 (49)	00:01:20	00:48:55 (123)	02:32:21	64		
67	349	OSIECKI EDWIN	KONSTANCIN-JEZIORNA	KUŹNIA TRIATHLONU	PL	1969	M50	2	11:03:59	00:15:52 (30)	00:07:50	01:20:15 (80)	00:01:21	00:47:19 (97)	02:32:37	65		
68	24	HOŁUB ANDRZEJ	WARSZAWA	KUŹNIA TRIATHLONU	PL	1980	M35	20	11:05:22	00:20:11 (207)	00:08:11	01:18:01 (57)	00:01:19	00:44:59 (64)	02:32:41	66		
69	231	WIŚNIEWSKI ADAM	ŁÓDŹ		PL	1991	M25	9	11:03:17	00:15:19 (17)	00:07:42	01:24:19 (124)	00:01:17	00:44:08 (50)	02:32:45	67		
70	30	MAJEWSKI MAREK	WARSZAWA	KUŹNIA TRIATHLONU	PL	1975	M40	14	11:04:07	00:18:11 (133)	00:07:59	01:21:49 (94)	00:01:14	00:43:42 (44)	02:32:55	68		
71	148	KROPIEWNICKI PRZEMYSŁAW	WARSZAWA		PL	1982	M35	21	11:02:58	00:15:56 (36)	00:08:05	01:21:47 (93)	00:00:56	00:46:13 (78)	02:32:57	69		
72	334	CIEŚLIK PIOTR	BEŁCHATÓW	PGE JUPITER BEŁCHATÓW	PL	1976	M40	15	11:03:33	00:17:03 (81)	00:07:35	01:16:00 (36)	00:01:33	00:50:53 (153)	02:33:04	70		
73	179	MADANY MICHAŁ	WARSZAWA		PL	1978	M40	16	11:04:36	00:18:23 (138)	00:06:42	01:22:43 (105)	00:01:27	00:44:00 (47)	02:33:15	71		
74	287	ŚWIDERSKI KONRAD	ŁÓDŹ		PL	1972	M45	8	11:03:06	00:16:17 (53)	00:08:25	01:19:16 (66)	00:01:16	00:48:03 (110)	02:33:17	72		
75	352	CZAJKOWSKI MICHAŁ	NOWA WOLA		PL	1973	M45	9	11:03:23	00:15:53 (31)	00:07:54	01:20:19 (83)	00:01:28	00:47:45 (102)	02:33:19	73		
76	340	FIOŁEK-WARSZEWSKA AGNIESZKA	WARSZAWA	KUŹNIA TRIATHLONU	PL	1972	K45	1	11:04:37	00:20:12 (208)	00:07:40	01:19:59 (76)	00:01:28	00:44:03 (49)	02:33:22		3	
77	318	TRZASKA PAWEŁ	WARSZAWA	19851985	PL	1985	M30	12	11:05:51	00:19:47 (192)	00:07:54	01:16:45 (41)	00:01:18	00:47:41 (101)	02:33:25	74		
78	350	DUDEK MIROSLAW	JAWORZNO	SNG WILD DUCKS	PL	1987	M30	13	11:05:34	00:18:37 (151)	00:07:10	01:19:17 (67)	00:01:54	00:46:34 (83)	02:33:32	75		
79	257	WRÓBLEWSKI WOJCIECH	ZGIERZ	SNG WILD DUCKS STACJA NOWA GDYNIA	PL	1979	M40	17	11:05:39	00:18:41 (152)	00:07:25	01:19:53 (73)	00:01:13	00:46:27 (82)	02:33:39	76		
80	321	RUSIN JAKUB	WROCLAW		PL	1989	M30	14	11:03:30	00:17:41 (112)	00:07:59	01:22:02 (99)	00:01:54	00:43:56 (45)	02:33:47	77		00:00:15
81	208	PRZEDPELSKI RADOSŁAW	ŁÓDŹ		PL	1982	M35	22	11:06:58	00:16:13 (48)	00:08:08	01:20:25 (84)	00:01:19	00:47:59 (109)	02:34:04	78		
82	107	PIECHOTKA ŁUKASZ	WARSZAWA		PL	1981	M35	23	11:02:58	00:16:43 (67)	00:08:31	01:18:07 (59)	00:01:15	00:49:38 (132)	02:34:14	79		
83	222	KACZMAREK DARIUSZ	KONIN	TRITON KONIN	PL	1969	M50	3	11:05:11	00:18:46 (157)	00:07:38	01:20:02 (77)	00:01:12	00:46:45 (87)	02:34:23	80		
84	76	WOJCIECHOWSKI TOMASZ	JANOWICE	TRITON KONIN	PL	1969	M50	4	11:03:15	00:16:58 (76)	00:07:26	01:15:38 (34)	00:01:09	00:53:26 (196)	02:34:37	81		
85	75	MIKOŁAJUK ADAM	WARSZAWA		PL	1982	M35	24	11:06:37	00:18:34 (146)	00:06:57	01:20:50 (87)	00:01:00	00:47:16 (96)	02:34:38	82		
86	166	POLANSKI ADRIAN	WARSZAWA		PL	1977	M40	18	11:04:02	00:16:10 (44)	00:07:07	01:20:05 (79)	00:01:14	00:50:23 (143)	02:34:59	83		
87	9	GROSZEWSKI RADOSŁAW	DYWITY	TRISWIMRUN	PL	1976	M40	19	11:02:50	00:16:41 (65)	00:06:47	01:25:28 (137)	00:01:16	00:45:13 (69)	02:35:25	84		
88	319	SZAREK GUSTAW	WROCLAW	TORPEDA TBG	PL	1987	M30	15	11:05:42	00:19:49 (194)	00:07:14	01:18:54 (65)	00:01:46	00:47:58 (107)	02:35:41	85		
89	182	WIATR MICHAŁ	WARSZAWA	SOFTTUTOR TEAM	PL	1979	M40	20	11:04:09	00:17:31 (103)	00:06:49	01:25:25 (135)	00:01:10	00:45:15 (70)	02:36:10	86		
90	170	KORZENIEWSKI MICHAŁ	WARSZAWA	TEAM BIEGĄJ POD OKIEM TRENERA	PL	1989	M30	16	11:06:14	00:19:18 (173)	00:07:11	01:24:33 (130)	00:01:17	00:43:59 (46)	02:36:18	87		
91	242	BIELEC ADAM	SKĘPE	WKB MARATOŃCZYK WLOCLAWEK	PL	1989	M30	17	11:02:59	00:17:49 (114)	00:07:18	01:25:58 (143)	00:01:25	00:44:02 (48)	02:36:32	88		
92	98	WASILEWSKI PIOTR	GŁOSKÓW		PL	1978	M40	21	11:02:59	00:15:34 (23)	00:07:37	01:23:12 (110)	00:01:23	00:48:51 (122)	02:36:37	89		
93	155	KRYGIELSKI KRZYSZTOF	WÓJTOWO	CRYOSPACE OLSZTYN	PL	1975	M40	22	11:04:51	00:20:46 (218)	00:08:01	01:23:19 (112)	00:01:10	00:43:41 (43)	02:36:57	90		
94	157	SIEMIŃSKI BARTEK	KAMIENICA	TRITON KONIN	PL	1980	M35	25	11:06:11	00:17:29 (101)	00:08:04	01:21:02 (90)	00:01:16	00:49:27 (128)	02:37:18	91		

Garmin Iron Triathlon Płock 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 26 maja 2019 r.

Dystans: 1/4 IRONMAN (0,95-45-10,55)

Miejscowość: Płock



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Organizator cyklu



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	Kara
95	188	LENART KONRAD	MICHAŁOWICE	KOLARSKI.EU TEAM	PL	1977	M40	23	11:04:23	00:17:29 (101)	00:07:16	01:23:35 (114)	00:01:37	00:47:25 (98)	02:37:22	92		
96	26	JONIO KATARZYNA	SZELIGI	KUŹNIA TRIATHLONU	PL	1981	K35	2	11:04:05	00:16:17 (52)	00:07:30	01:23:52 (117)	00:01:22	00:48:21 (113)	02:37:22		4	
97	296	WIŚNIEWSKI MARCIN	WARSZAWA		PL	1986	M30	18	11:06:08	00:16:32 (63)	00:08:30	01:20:17 (82)	00:01:38	00:50:55 (156)	02:37:52	93		
98	191	TOMASIK MARCIN	WARSZAWA		PL	1984	M35	26	11:06:39	00:19:33 (185)	00:07:08	01:20:38 (86)	00:01:04	00:49:47 (135)	02:38:10	94		
99	252	FURMAN MICHAŁ	NIEPORĘT	TRI LEVEL	PL	1977	M40	24	11:03:54	00:16:56 (75)	00:08:26	01:21:50 (95)	00:01:58	00:49:02 (124)	02:38:12	95		
100	244	MASŁOWSKI MARCIN	ŁÓDŹ	CELIRONMAN	PL	1979	M40	25	11:07:13	00:17:38 (109)	00:08:40	01:24:01 (119)	00:01:32	00:46:22 (80)	02:38:13	96		
101	82	KOWALSKI JAKUB	WARSZAWA	TRINERGY TEAM 1980	PL	1980	M35	27	11:05:10	00:19:05 (164)	00:08:20	01:20:15 (80)	00:01:18	00:49:17 (126)	02:38:15	97		
102	99	KĄŻMIERCZAK MARCIN	ŁÓDŹ	CELIRONMAN	PL	1974	M45	10	11:03:43	00:17:06 (84)	00:08:06	01:21:06 (91)	00:01:39	00:50:20 (142)	02:38:17	98		
103	171	MIKA TOMASZ	LATCHORZEW		PL	1977	M40	26	11:03:38	00:18:59 (162)	00:07:24	01:25:39 (140)	00:00:56	00:45:20 (71)	02:38:18	99		
104	313	GUMIŃSKI PIOTR	PIOTRKÓW TRYBUNALSKI CTS		PL	1982	M35	28	11:05:32	00:16:58 (76)	00:08:14	01:20:38 (85)	00:01:34	00:50:55 (155)	02:38:19	100		
105	21	GÓRSKI MATEUSZ	WARSZAWA	KUŹNIA TRIATHLONU	PL	1991	M25	10	11:07:39	00:19:14 (168)	00:07:28	01:16:40 (40)	00:00:51	00:54:07 (205)	02:38:20	101		
106	255	MATEJA JANUSZ MICHAŁ	GDAŃSK		PL	1957	M60	1	11:06:35	00:17:10 (86)	00:08:20	01:23:13 (111)	00:01:28	00:48:27 (115)	02:38:38	102		
107	81	SZELC MIKOŁAJ	ŁOMIANKI	ORT ŁOMIANKI	PL	1976	M40	27	11:07:07	00:21:02 (226)	00:07:39	01:20:02 (77)	00:01:35	00:48:39 (116)	02:38:57	103		
108	16	FOGIEL MICHAŁ	RADOM	LABOSPORT TEAM	PL	1990	M25	11	11:03:53	00:17:22 (95)	00:07:18	01:23:49 (116)	00:01:13	00:49:19 (127)	02:39:01	104		
109	33	SKOWRONSKI RAFAL	HORNÓWEK	KUŹNIA TRIATHLONU	PL	1974	M45	11	11:04:21	00:16:06 (43)	00:07:27	01:23:08 (107)	00:01:26	00:50:54 (154)	02:39:01	105		
110	360	GAPIŃSKI KAMIL	PŁOCK	LABOSPORT TEAM	PL	1983	M35	29	11:06:37	00:19:19 (174)	00:09:24	01:21:58 (96)	00:01:44	00:46:40 (84)	02:39:05	106		
111	130	OLENDER PAWEŁ	WARSZAWA	CAR4PARTS - MRĄGOWO CAR4PARTS	PL	1977	M40	28	11:05:33	00:18:51 (160)	00:06:42	01:25:46 (142)	00:01:17	00:47:02 (92)	02:39:38	107		
112	93	IZDEBSKI DAMIAN	PISZCZAC		PL	1988	M30	19	11:04:42	00:18:10 (130)	00:08:33	01:24:43 (131)	00:01:15	00:47:01 (91)	02:39:42	108		
113	243	JĘDRZEJEWSKI ZBIGNIEW	SŁUPNO		PL	1993	M25	12	11:07:18	00:17:49 (114)	00:08:34	01:26:42 (153)	00:01:33	00:45:05 (66)	02:39:43	109		
114	274	KOWALCZUK TOMASZ	BELCHATÓW	VISA VISA	PL	1989	M30	20	11:03:27	00:15:52 (29)	00:08:56	01:18:45 (63)	00:01:10	00:55:33 (222)	02:40:16	110		
115	36	DALASIŃSKI ANDRZEJ	GRANICA	KUŹNIA TRIATHLONU	PL	1980	M35	30	11:05:23	00:19:29 (180)	00:07:56	01:24:17 (123)	00:01:33	00:47:01 (90)	02:40:16	111		
116	14	JAOCHA WALDEMAR	PRUSZKÓW	LABOSPORT TEAM	PL	1966	M50	5	11:07:47	00:20:52 (221)	00:08:01	01:22:55 (106)	00:01:34	00:47:13 (94)	02:40:35	112		
117	84	KUR DANIEL	GDYNIA	ARKA GDYNIA	PL	1985	M30	21	11:04:50	00:18:17 (136)	00:07:48	01:24:24 (126)	00:01:07	00:49:06 (125)	02:40:42	113		
118	317	LEONIUŁ PAWEŁ	BIAŁYSTOK	NADAKTYWNI	PL	1982	M35	31	11:05:16	00:20:02 (201)	00:08:39	01:22:01 (98)	00:01:26	00:48:47 (119)	02:40:55	114		
119	316	STANISŁAWSKI MARCIN	ŁÓDŹ	SNG WILD DUCKS	PL	1976	M40	29	11:05:36	00:18:31 (144)	00:08:44	01:18:39 (62)	00:01:57	00:53:09 (193)	02:41:00	115		
120	17	CHYLAK KAMIL	WARSZAWA	LABOSPORT TEAM	PL	1980	M35	32	11:07:39	00:19:10 (166)	00:07:21	01:30:32 (199)	00:01:31	00:42:27 (28)	02:41:01	116		
121	297	SZYMAŃSKI TOMASZ	MYSIADŁO	#TRIPAKA PRZECHLEWO	PL	1966	M50	6	11:04:54	00:18:33 (145)	00:08:30	01:23:59 (118)	00:01:14	00:48:50 (121)	02:41:06	117		
122	145	URLICH TOMASZ	TORUŃ	SPICE WIZARD SPICE WIZARD	PL	1972	M45	12	11:04:42	00:19:31 (184)	00:09:13	01:22:33 (102)	00:01:52	00:47:59 (108)	02:41:08	118		
123	153	KOLANKOWSKI WALDEMAR	TORUŃ		PL	1968	M50	7	11:05:45	00:17:20 (94)	00:08:22	01:23:11 (108)	00:01:52	00:50:45 (151)	02:41:30	119		
124	209	POL BARTOSZ	RAWICZ	WANIEWSKI COACHING	PL	1981	M35	33	11:03:17	00:19:39 (188)	00:08:15	01:24:22 (125)	00:01:11	00:48:07 (111)	02:41:34	120		
125	66	RESZKA KRZYSZTOF	ŁÓDŹ		PL	1989	M30	22	11:06:51	00:18:57 (161)	00:08:31	01:26:22 (149)	00:01:27	00:46:24 (81)	02:41:41	121		
126	117	KAMINSKI BARTOSZ	STARA IWICZNA		PL	1981	M35	34	11:03:40	00:17:39 (110)	00:07:37	01:23:33 (113)	00:01:29	00:51:29 (163)	02:41:47	122		
127	47	SOBOLEWSKI MARIUSZ	WŁOCŁAWEK	WŁOCŁAWEK TRIATHLON TEAM	PL	1980	M35	35	11:06:36	00:16:54 (73)	00:09:57	01:26:23 (150)	00:01:28	00:47:45 (103)	02:42:27	123		
128	65	ZDROJEWSKI HUBERT	WARSZAWA		PL	1992	M25	13	11:04:26	00:17:22 (95)	00:08:47	01:26:45 (155)	00:01:20	00:48:39 (117)	02:42:53	124		
129	18	NAROJEK GRZEGORZ	WARSZAWA	LABOSPORT TEAM	PL	1979	M40	30	11:06:45	00:17:40 (111)	00:09:00	01:22:38 (104)	00:01:17	00:53:03 (188)	02:43:38	125		
130	162	WIŚNIEWSKI JAKUB	WARSZAWA		PL	1984	M35	36	11:05:19	00:21:46 (248)	00:08:39	01:25:38 (139)	00:01:45	00:45:53 (75)	02:43:41	126		
131	183	GRUSZCZYŃSKI MATEUSZ	CIECHOCIN	MOCNO W PRAWO TEAM	PL	1982	M35	37	11:06:18	00:19:21 (175)	00:07:10	01:20:56 (89)	00:01:17	00:55:11 (220)	02:43:55	127		
132	307	SAKOWSKI KUBA	INOWROCŁAW		PL	1993	M25	14	11:05:48	00:19:02 (163)	00:07:56	01:29:40 (186)	00:01:41	00:45:37 (72)	02:43:56	128		
133	80	TRZECIAK PIOTR	SIERADZ		PL	1983	M35	38	11:04:43	00:16:50 (69)	00:08:06	01:25:25 (135)	00:01:33	00:52:06 (175)	02:44:00	129		
134	54	WARDA MARCIN	ŁOMIANKI DOLNE	ORT ŁOMIANKI	PL	1980	M35	39	11:04:07	00:16:15 (49)	00:08:22	01:28:18 (174)	00:01:23	00:49:54 (137)	02:44:31	130		
135	164	PAWLAK JAKUB	WARSZAWA - POLSKA	LABOSPORT TEAM HOLO	PL	1983	M35	40	11:03:37	00:15:20 (28)	00:09:45	01:28:12 (171)	00:01:24	00:50:41 (149)	02:44:40	131		
136	35	OTTO MARTA	GRODZISK MAZOWIECKI	KUŹNIA TRIATHLONU	PL	1983	K35	3	11:03:38	00:17:00 (78)	00:07:24	01:28:12 (171)	00:01:24	00:50:41 (149)	02:44:41		5	
137	139	SZYMAŃSKI MARCIN	CIECHANÓW	SCKS JURAND CIECHANÓW	PL	1979	M40	31	11:05:53	00:18:51 (159)	00:08:59	01:29:13 (180)	00:01:26	00:46:20 (79)	02:44:49	132		
138	165	STRUK PIOTR	BIAŁYSTOK		PL	1993	M25	15	11:05:03	00:17:12 (87)	00:08:03	01:25:11 (134)	00:01:33	00:53:08 (192)	02:45:07	133		
139	251	KACPRZAK PRZEMYSŁAW	KONSTANTYNÓW ŁÓDZKI		PL	1983	M35	41	11:06:30	00:18:18 (137)	00:08:45	01:26:04 (144)	00:01:20	00:50:42 (150)	02:45:09	134		
140	259	BRIGGS SEAN	LIPKÓW	FORTUNABOX	PL	1966	M50	8	11:07:04	00:19:27 (179)	00:07:23	01:33:25 (228)	00:00:57	00:44:17 (52)	02:45:29	135		
141	161	KĄCKI KAROL	WARSZAWA		PL	1979	M40	32	11:06:55	00:20:49 (219)	00:08:30	01:25:32 (138)	00:01:07	00:49:33 (130)	02:45:31	136		

Garmin Iron Triathlon Płock 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 26 maja 2019 r.

Dystans: 1/4 IRONMAN (0,95-45-10,55)

Miejscowość: Płock



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Organizator cyklu



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	Kara
142	362	AGIER MATUESZ	TUSZYN		PL	1989	M30	23	11:05:16	00:18:08 (129)	00:08:38	01:24:17 (122)	00:01:55	00:53:08 (191)	02:46:06	137		
143	270	MARUT RADOSŁAW	CIECHANÓW	TYGODNIK CIECHANOWSKI	PL	1983	M35	42	11:06:01	00:18:41 (152)	00:09:26	01:27:16 (158)	00:01:10	00:49:43 (133)	02:46:16	138		
144	63	GRYŚ PIOTR	DEUGOSIODŁO		PL	1980	M35	43	11:06:28	00:19:15 (171)	00:10:07	01:25:42 (141)	00:01:28	00:49:50 (136)	02:46:22	139		
145	133	TOMIŃSKI KRZYSZTOF	NOWY DUNINÓW	PŁOCKIE TOWARZYSTWO TRIATHLONU "DELTA"	PL	1975	M40	33	11:04:11	00:17:15 (90)	00:11:13	01:24:09 (120)	00:01:49	00:51:58 (171)	02:46:24	140		
146	324	MOTYLEWSKA MARTA	PŁOCK		PL	1991	K25	1	11:06:50	00:21:19 (236)	00:07:01	01:24:53 (132)	00:01:22	00:52:18 (180)	02:46:53		6	
147	260	ŚWIDERSKI PAWEŁ	KOŚCIELNA WIEŚ		PL	1979	M40	34	11:05:27	00:16:46 (68)	00:09:53	01:27:53 (165)	00:02:00	00:50:26 (144)	02:46:58	141		
148	202	KWIATKOWSKI SZYMON	ŁÓDŹ		PL	1983	M35	44	11:07:01	00:20:23 (212)	00:08:47	01:26:16 (148)	00:01:08	00:50:29 (145)	02:47:03	142		
149	195	FOMICHEV DMITRII	GUSEV	111CLUB	RU	1962	M55	2	11:04:10	00:17:52 (119)	00:09:15	01:27:44 (163)	00:01:39	00:50:36 (147)	02:47:06	143		
150	286	PIC DAWID	OSIELSKO		PL	1992	M25	16	11:05:48	00:17:34 (105)	00:08:02	01:26:10 (145)	00:01:25	00:54:02 (204)	02:47:13	144		
151	193	ŻYŁOWSKI DAWID	GDAŃSK	IZERSKA GRUPA BIEGOWA	PL	1996	M18	5	11:04:29	00:17:56 (124)	00:07:54	01:32:10 (212)	00:01:04	00:48:22 (114)	02:47:26	145		
152	272	KIEDA WOJCIECH	BIAŁYSTOK	KIEDA - TRENERFIT.PL / IRONWOMAN FIT	PL	1976	M40	35	11:02:52	00:16:29 (61)	00:08:06	01:27:00 (157)	00:00:54	00:55:10 (219)	02:47:39	146		
153	290	TWARDOWSKI PIOTR	PABIANICE		PL	1983	M35	45	11:06:28	00:16:18 (54)	00:08:34	01:26:11 (147)	00:01:11	00:55:36 (223)	02:47:50	147		
154	204	JANKOWSKI ADAM	GRUDZIĄDZ	AKADEMIA BIEGANIA GRUDZIĄDZ	PL	1975	M40	36	11:08:11	00:19:43 (190)	00:08:24	01:26:10 (145)	00:01:31	00:52:14 (177)	02:48:02	148		
155	200	JOŃCZY RADOSŁAW	WROCLAW	WANIEWSKI COACHING	PL	1979	M40	37	11:04:50	00:17:50 (117)	00:07:40	01:29:48 (188)	00:01:42	00:51:02 (158)	02:48:02	149		
156	280	MAZUREK MARCIN	WARSZAWA		PL	1976	M40	38	11:03:04	00:16:29 (61)	00:08:03	01:28:35 (176)	00:01:16	00:53:43 (200)	02:48:06	150		
157	325	RUDNIK SŁAWOMIR	BIAŁYSTOK	NADAKTYWNI / PODLASIE 4X4	PL	1971	M45	13	11:05:15	00:19:14 (168)	00:08:36	01:28:44 (178)	00:02:04	00:49:59 (138)	02:48:37	151		
158	96	KUCZMA JERZY	DZIERŻONIÓW	HALFDEAD	PL	1995	M18	6	11:03:25	00:15:42 (26)	00:08:54	01:19:56 (74)	00:01:55	01:02:38 (283)	02:49:05	152		
159	141	DZIK TOMEK	WARSZAWA		PL	1980	M35	46	11:07:50	00:17:51 (118)	00:12:14	01:27:58 (167)	00:01:04	00:50:09 (140)	02:49:16	153		
160	180	KITA MACIEJ	WITASZYCE		PL	1983	M35	47	11:03:19	00:19:30 (182)	00:08:51	01:25:05 (133)	00:01:41	00:54:12 (209)	02:49:19	154		
161	92	SKAŁBANIA KRZYSZTOF	WARSZAWA	JACHAŚ TEAM SP Z.O.O	PL	1986	M30	24	11:03:42	00:17:18 (92)	00:09:30	01:23:12 (109)	00:01:36	00:57:47 (250)	02:49:23	155		
162	295	PIOTROWSKI KRZYSZTOF	DZIAŁDOWO	TWISTER TEAM / BIKE-SPORT DZIAŁDOWO	PL	1972	M45	14	11:07:56	00:23:45 (293)	00:09:23	01:24:13 (121)	00:01:16	00:50:47 (152)	02:49:24	156		
163	72	STARZYK MICHAŁ	WARSZAWA		PL	1985	M30	25	11:08:04	00:22:40 (276)	00:09:12	01:24:25 (127)	00:01:32	00:51:38 (166)	02:49:27	157		
164	220	BUDZIŁO ADAM	PŁOCK	PTT DELTA	PL	1972	M45	15	11:03:44	00:18:14 (135)	00:09:39	01:23:40 (115)	00:02:04	00:55:57 (227)	02:49:34	158		
165	238	FORC CYPRIAN	PLESZEW		PL	1986	M30	26	11:07:09	00:20:01 (200)	00:07:42	01:26:48 (156)	00:02:01	00:53:03 (189)	02:49:35	159		
166	125	CEGLARZ WOJCIECH	WARSZAWA	BANK GOSPODARSTWA KRAJOWEGO	PL	1989	M30	27	11:06:08	00:17:56 (124)	00:09:32	01:30:05 (193)	00:01:38	00:50:39 (148)	02:49:50	160		
167	168	FILA MAREK	WARSZAWA	MARCUS TEAM	PL	1976	M40	39	11:04:48	00:17:04 (82)	00:10:39	01:22:29 (101)	00:02:03	00:57:39 (246)	02:49:54	161		
168	219	KĘDZIERSKI ŁUKASZ	WARSZAWA		PL	1988	M30	28	11:06:39	00:17:18 (92)	00:09:14	01:34:01 (235)	00:01:34	00:47:50 (105)	02:49:57	162		
169	269	JĘŻ PAWEŁ	JÓZEFOSŁAW		PL	1973	M45	16	11:05:23	00:18:29 (143)	00:09:57	01:29:30 (184)	00:02:17	00:50:03 (139)	02:50:16	163		
170	147	PIOTROWSKI ANDRZEJ	WARSZAWA	ORTOREH TEAM	PL	1972	M45	17	11:06:12	00:20:55 (222)	00:08:32	01:28:19 (175)	00:01:22	00:51:12 (160)	02:50:20	164		
171	102	OLSZEWSKI SŁAWOMIR	WARSZAWA	GIANT POLSKA	PL	1985	M30	29	11:06:31	00:19:21 (175)	00:09:30	01:30:40 (200)	00:01:06	00:49:43 (134)	02:50:20	165		
172	40	PAWŁOWICZ DOROTA	WARSZAWA	KUŹNIA TRIATHLONU	PL	1983	K35	4	11:04:27	00:18:11 (132)	00:07:48	01:24:26 (128)	00:01:18	00:59:13 (259)	02:50:56		7	
173	163	OSET PIOTR	SIERADZ		PL	1963	M55	3	11:04:43	00:19:26 (178)	00:07:38	01:30:54 (202)	00:01:43	00:51:29 (162)	02:51:10	166		
174	196	JAWORSKI HUBERT	WARSZAWA	VEGE RUNNERS	PL	1980	M35	48	11:07:54	00:21:27 (239)	00:08:48	01:32:31 (216)	00:01:16	00:47:30 (99)	02:51:32	167		
175	279	KRYSIAK ROBERT	BORZĘCIN MAŁY		PL	1969	M50	9	11:04:18	00:19:25 (177)	00:10:07	01:27:25 (160)	00:02:14	00:52:28 (183)	02:51:39	168		
176	353	ROŹNIATA ANDRZEJ	GŁÓWNO	KS GŁÓWNO W BIEGU	PL	1972	M45	18	11:06:40	00:21:02 (226)	00:08:05	01:28:03 (169)	00:02:14	00:52:20 (181)	02:51:44	169		
177	328	BOCHNIA PAWEŁ	MÓJCZA		PL	1992	M25	17	11:07:00	00:16:00 (37)	00:09:09	01:33:51 (233)	00:01:37	00:51:09 (159)	02:51:46	170		
178	137	SUDA GRZEGORZ	WARSZAWA		PL	1983	M35	49	11:06:18	00:18:28 (142)	00:08:50	01:26:45 (154)	00:01:27	00:56:28 (233)	02:51:58	171		
179	56	DOLCZEWSKI DARIUSZ	WARSZAWA	CROSSFIT ELEKTROMOC	PL	1982	M35	50	11:06:40	00:18:35 (149)	00:08:44	01:29:07 (179)	00:01:30	00:52:15 (178)	02:52:11	172		00:02:00
180	44	OBŁĄKOWSKI STEFAN	KOMOROW	#TRIKOMO	PL	1984	M35	51	11:07:08	00:21:42 (246)	00:08:48	01:27:17 (159)	00:01:05	00:53:27 (197)	02:52:19	173		
181	38	CZAJKOWSKI ROBERT	OSTRÓWEK	KUŹNIA TRIATHLONU	PL	1976	M40	40	11:04:30	00:18:05 (127)	00:09:34	01:31:06 (204)	00:01:39	00:52:02 (173)	02:52:26	174		
182	53	WÓLCZYŃSKA ANNA	MAGDALENKA		PL	1981	K35	5	11:06:04	00:19:54 (196)	00:07:44	01:28:16 (173)	00:02:03	00:54:34 (214)	02:52:31		8	
183	234	KACZOR HUBERT	MIEJDZBORÓW		PL	1974	M45	19	11:06:59	00:20:19 (211)	00:08:59	01:28:05 (170)	00:01:40	00:53:29 (199)	02:52:32	175		
184	294	KUBCZAK JAN	POZNAN		PL	1993	M25	18	11:05:13	00:20:49 (219)	00:08:23	01:33:55 (234)	00:01:19	00:48:09 (112)	02:52:35	176		
185	329	KWAŚNIEWSKI KRZYSZTOF	WARSZAWA	ŻYWCEM ZABIEGANI	PL	1970	M45	20	11:05:29	00:20:09 (206)	00:10:47	01:32:43 (220)	00:02:55	00:46:02 (76)	02:52:36	177		
186	10	WOSZCZEK MICHAŁ	ŁÓDŹ	LABOSPORT TEAM MERIDIAN EKSPERCI KREDYTOWI	PL	1977	M40	41	11:03:30	00:19:14 (168)	00:10:03	01:29:47 (187)	00:01:50	00:51:53 (170)	02:52:47	178		
187	50	ZIĄBSKI EMIL	PRUSZKÓW		PL	1984	M35	52	11:03:35	00:16:18 (54)	00:09:14	01:26:23 (151)	00:01:41	00:59:13 (260)	02:52:49	179		
188	159	DYLĘGOWSKI KRZYSZTOF	WARSZAWA	KUŹNIA TRIATHLONU	PL	1984	M35	53	11:04:17	00:17:55 (122)	00:08:03	01:32:43 (221)	00:01:25	00:52:56 (186)	02:53:02	180		

Garmin Iron Triathlon Płock 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 26 maja 2019 r.

Dystans: 1/4 IRONMAN (0,95-45-10,55)

Miejscowość: Płock



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Organizator cyklu



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	Kara
189	332	ZAKRZEWSKI GRZEGORZ	PIASECZNO	SONAR	PL	1977	M40	42	11:05:28	00:17:23 (98)	00:08:48	01:31:01 (203)	00:01:43	00:54:51 (215)	02:53:46	181		
190	46	CYBULSKI KONRAD	KUTNO	CELIRONMAN AMZ-KUTNO S.A	PL	1973	M45	21	11:04:36	00:20:08 (204)	00:07:37	01:37:47 (261)	00:01:09	00:47:15 (95)	02:53:56	182		
191	34	GRABOWSKI TOMASZ	WARSZAWA	KUŹNIA TRIATHLONU	PL	1964	M55	4	11:05:36	00:18:50 (158)	00:08:06	01:29:38 (185)	00:01:16	00:56:18 (231)	02:54:08	183		
192	149	PAWLAK KAMIL	JABŁONNA	BENEFIT SYSTEMS RUNNING TEAM	PL	1988	M30	30	11:07:39	00:17:49 (114)	00:09:34	01:28:13 (172)	00:01:21	00:57:11 (240)	02:54:08	184		
193	70	ŁEMPICKI JAKUB	LOMZA		PL	1992	M25	19	11:06:06	00:24:09 (298)	00:08:54	01:35:49 (245)	00:01:00	00:44:38 (58)	02:54:30	185		
194	74	DANIK PIOTR	WARSZAWA		PL	1974	M45	22	11:07:11	00:22:44 (278)	00:08:44	01:28:40 (177)	00:02:48	00:51:34 (164)	02:54:30	186		
195	158	MATUSIAK MAŁGORZATA	GRODZISK MAZOWIECKI		PL	1990	K25	2	11:07:20	00:20:12 (209)	00:09:13	01:32:04 (210)	00:02:05	00:51:49 (168)	02:55:23		9	
196	143	ŁATANIK RAFAŁ	ALEKSANDRIA DRUGA		PL	1970	M45	23	11:06:02	00:17:14 (89)	00:10:11	01:34:01 (235)	00:02:15	00:51:51 (169)	02:55:32	187		
197	100	JANIK ROBERT	KATARZYŃÓW	PULS TRI TEAM	PL	1972	M45	24	11:03:43	00:20:00 (198)	00:09:31	01:30:15 (195)	00:01:19	00:54:31 (212)	02:55:36	188		
198	52	CELMER MARCIN	PŁOCK	ACTIVE RUNNERS PŁOCK MARCEL	PL	1981	M35	54	11:06:20	00:23:46 (294)	00:08:56	01:33:42 (231)	00:01:21	00:47:53 (106)	02:55:38	189		
199	78	DOLIŃSKI STANISŁAW	PIASECZNO		PL	1987	M30	31	11:04:09	00:16:26 (58)	00:09:43	01:29:15 (181)	00:01:47	00:58:46 (256)	02:55:57	190		
200	116	ŚWIERCZEWSKI DARIUSZ	WARSZAWA		PL	1965	M50	10	11:06:11	00:21:56 (253)	00:10:01	01:38:30 (264)	00:01:16	00:44:21 (53)	02:56:04	191		
201	135	BRZOZOWSKI BARTOSZ	WARSZAWA	KU AZS WAT	PL	1985	M30	32	11:05:52	00:17:17 (91)	00:08:48	01:30:03 (192)	00:01:30	00:58:35 (254)	02:56:13	192		
202	246	MACHERA ADAM	WARSZAWA		PL	1982	M35	55	11:07:11	00:19:29 (180)	00:10:04	01:32:33 (218)	00:01:54	00:52:16 (179)	02:56:16	193		
203	315	BRYGIER JACEK	PŁOCK	PŁOCKI KLUB KOLARSKI	PL	1971	M45	25	11:07:48	00:25:51 (308)	00:08:04	01:29:19 (183)	00:01:32	00:51:42 (167)	02:56:28	194		
204	361	DOLACIŃSKI RAFAŁ	GŁOWNO	DOLACIŃSCY TEAM	PL	1985	M30	33	11:07:05	00:18:35 (149)	00:09:31	01:31:18 (206)	00:01:59	00:55:10 (218)	02:56:33	195		
205	337	KLENIEWSKI WŁADEK	WARSZAWA	KMD KMD POLSKA	PL	1978	M40	43	11:04:22	00:17:52 (119)	00:08:59	01:29:53 (189)	00:02:00	00:57:52 (252)	02:56:36	196		
206	275	STRASZ KATARZYNA	ŁOMIANKI		PL	1979	K40	2	11:07:42	00:19:54 (196)	00:08:40	01:32:46 (222)	00:01:33	00:54:07 (206)	02:57:00		10	
207	268	WNUK JAN	WARSZAWA		PL	1990	M25	20	11:04:54	00:20:31 (216)	00:09:59	01:27:44 (162)	00:01:39	00:57:13 (241)	02:57:06	197		
208	199	RZEPECKA ANNA	WARSZAWA		PL	1975	K40	3	11:05:03	00:20:00 (198)	00:08:47	01:33:40 (230)	00:01:46	00:53:06 (190)	02:57:19		11	
209	354	ROŹNIATA IWONA	GŁOWNO		PL	1973	K45	2	11:06:56	00:22:14 (266)	00:10:28	01:30:23 (198)	00:02:18	00:51:59 (172)	02:57:22		12	
210	105	CIECHAŃSKI FILIP	BUKOWIEC		PL	1992	M25	21	11:08:13	00:22:05 (259)	00:10:57	01:27:58 (168)	00:02:10	00:54:18 (210)	02:57:28	198		
211	94	CICHACKI TOMASZ	WOLA GOŁKOWSKA		PL	1979	M40	44	11:07:50	00:22:20 (269)	00:07:42	01:30:20 (197)	00:01:26	00:55:41 (225)	02:57:29	199		
212	326	JURCZEWSKI MARIUSZ	BIALYSTOK	NADAKTYWNI BIALYSTOK [EMPEM GROUP] [TRANSMV	PL	1984	M35	56	11:05:14	00:19:06 (165)	00:09:41	01:24:32 (129)	00:01:19	01:03:24 (290)	02:58:02	200		
213	229	PACZKOWSKI PIOTR	PŁOCK	PTT DELTA PŁOCK	PL	1991	M25	22	11:05:54	00:19:52 (195)	00:08:36	01:36:03 (246)	00:02:15	00:51:23 (161)	02:58:09	201		
214	212	ZDANOWSKI TOMASZ	SITNE	TRIZARZA	PL	1994	M25	23	11:03:58	00:20:25 (213)	00:07:31	01:22:00 (97)	00:01:03	01:07:21 (300)	02:58:20	202		
215	22	KOLANO AGNIESZKA	WARSZAWA	KUŹNIA TRIATHLONU	PL	1981	K35	6	11:06:31	00:21:07 (229)	00:08:49	01:38:51 (266)	00:01:49	00:47:48 (104)	02:58:24		13	
216	198	MARCZAK ŁUKASZ	WARSZAWA (WOLA)	EAZYMUT.PL	PL	1990	M25	24	11:08:09	00:25:08 (302)	00:09:13	01:30:41 (201)	00:01:25	00:52:06 (176)	02:58:33	203		
217	127	KABULSKI RADOSŁAW	GÓRA KALWARIA		PL	1987	M30	34	11:07:56	00:24:58 (301)	00:11:19	01:45:09 (293)	00:02:16	00:34:55 (3)	02:58:37	204		
218	86	SKOCZYŁAS WOJCIECH	RADOM		PL	1966	M50	11	11:05:06	00:21:07 (229)	00:10:03	01:27:48 (164)	00:01:59	00:57:44 (248)	02:58:41	205		
219	292	GRABOWSKI MARCIN	WARSZAWA (PRAGA-POL)	TRIDZIKI	PL	1984	M35	57	11:04:33	00:20:06 (202)	00:10:49	01:26:29 (152)	00:01:35	00:59:43 (263)	02:58:42	206		
220	233	MURAWIŃSKI GRZEGORZ	ZALESIE GÓRNE		PL	1989	M30	35	11:07:27	00:18:41 (152)	00:09:33	01:29:59 (190)	00:01:55	00:58:44 (255)	02:58:52	207		
221	211	DOBROSIELSKI ANDRZEJ	CHOTOMÓW		PL	1990	M25	25	11:04:25	00:18:23 (138)	00:09:47	01:34:14 (237)	00:01:29	00:55:07 (217)	02:59:00	208		
222	192	BOŹEK ŁUKASZ	ŁOMIANKI DOLNE	ŁOMIANKOWSKA GRUPA BIEGOWA TRI	PL	1980	M35	58	11:07:25	00:26:26 (311)	00:09:07	01:27:57 (166)	00:01:41	00:53:52 (203)	02:59:03	209		
223	152	FRĄCZEK RAFAŁ	JAWORZNO	FIT-STORY	PL	1988	M30	36	11:08:02	00:22:51 (281)	00:10:18	01:32:11 (213)	00:02:28	00:51:37 (165)	02:59:25	210		
224	271	DYLLA RYAN	WARSZAWA	WITC	PL	1977	M40	45	11:06:19	00:20:07 (203)	00:09:56	01:36:45 (251)	00:02:48	00:50:29 (146)	03:00:05	211		
225	119	KOWALCZYK KAROL	WARSZAWA		PL	1984	M35	59	11:07:16	00:22:17 (268)	00:09:25	01:34:54 (240)	00:02:04	00:49:31 (129)	03:00:11	212		00:02:00
226	121	GAJEWSKI KONRAD	PŁOCK	BRĄK	PL	1965	M50	12	11:03:22	00:17:59 (126)	00:09:30	01:31:39 (208)	00:01:02	01:00:07 (268)	03:00:17	213		
227	216	KAWAŁCZEWSKI JACEK	WARSZAWA		PL	1975	M40	46	11:03:37	00:16:51 (71)	00:09:53	01:35:32 (243)	00:02:18	00:56:31 (236)	03:01:05	214		
228	154	KAJKOWSKI SZYMON	BIAŁOBRZEGI		PL	1979	M40	47	11:06:46	00:22:03 (257)	00:10:56	01:33:02 (225)	00:02:08	00:53:24 (194)	03:01:33	215		
229	27	SAWICKI SEBASTIAN	WARSZAWA	KUŹNIA TRIATHLONU	PL	1985	M30	37	11:03:01	00:16:02 (99)	00:09:43	01:35:00 (241)	00:01:16	00:59:35 (262)	03:01:36	216		
230	88	BUDZISZEWSKI MARCIN	WARSZAWA - POLSKA		PL	1982	M35	60	11:05:02	00:20:08 (204)	00:10:46	01:31:09 (205)	00:02:19	00:57:18 (242)	03:01:40	217		
231	167	KUCZYŃSKI DANIEL	WARSZAWA	PRĘŻNE VACKY	PL	1975	M40	48	11:07:04	00:22:13 (265)	00:08:56	01:34:32 (239)	00:01:28	00:54:57 (216)	03:02:06	218		
232	85	KOWALSKA ANETA	WARSZAWA		PL	1989	K30	1	11:05:57	00:19:16 (172)	00:08:44	01:33:39 (229)	00:01:33	00:59:19 (261)	03:02:31		14	
233	140	TYBURSKI JACEK	MINSK MAZOWIECKI	KS BARAKUDA MIŃSK MAZOWIECKI	PL	1973	M45	26	11:06:06	00:21:24 (237)	00:09:04	01:37:32 (260)	00:02:02	00:52:32 (184)	03:02:34	219		
234	57	MATEJA BOŻENA	GDAŃSK	SMARUJ NA TRENING TEAM	PL	1959	K60	1	11:07:32	00:22:36 (275)	00:08:21	01:36:23 (249)	00:01:50	00:53:25 (195)	03:02:35		15	
235	49	KOZŁOWSKI RAFAŁ	ŁÓDŹ		PL	1977	M40	49	11:07:28	00:21:25 (238)	00:09:11	01:33:04 (226)	00:01:32	00:57:26 (243)	03:02:38	220		

Garmin Iron Triathlon Płock 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 26 maja 2019 r.

Dystans: 1/4 IRONMAN (0,95-45-10,55)

Miejscowość: Płock



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Organizator cyklu



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	Kara
236	355	TOMSZYS PIOTR	WARSZAWA	ASSECO ACTIVE TEAM	PL	1965	M50	13	11:07:34	00:22:06 (261)	00:09:55	01:32:15 (214)	00:01:42	00:56:50 (239)	03:02:48	221		
237	134	BURŻACKA-TYC AGNIESZKA	PŁOCK	PTT DELTA	PL	1972	K45	3	11:04:27	00:19:34 (186)	00:09:08	01:37:18 (257)	00:01:10	00:55:40 (224)	03:02:50		16	
238	175	BOGUSZ LILIA	WARSZAWA	PALESTRA PLYWANIA	PL	1976	K40	4	11:07:24	00:21:34 (242)	00:08:24	01:39:30 (272)	00:01:31	00:52:06 (174)	03:03:05		17	
239	129	LIPIŃSKI KRZYSZTOF	PŁOCK	DALEJ	PL	1979	M40	50	11:06:44	00:31:20 (317)	00:07:37	01:33:01 (224)	00:00:59	00:50:20 (141)	03:03:17	222		
240	205	CIMOCHOWSKI MIECZYŚLAW	KANIE	MC SERWIS	PL	1976	M40	51	11:07:38	00:24:49 (299)	00:09:58	01:27:43 (161)	00:01:54	00:58:59 (258)	03:03:23	223		
241	264	CZWARTOSZ MARIUSZ	JÓZEFOSŁAW	THE LUZERS	PL	1992	M25	26	11:06:52	00:21:14 (231)	00:09:32	01:33:23 (227)	00:01:29	00:57:47 (251)	03:03:25	224		
242	306	SIECZKOWSKI PAWEŁ	SOBOKŁĘSZCZ		PL	1978	M40	52	11:07:12	00:23:26 (290)	00:08:52	01:34:20 (238)	00:01:23	00:55:50 (226)	03:03:51	225		
243	71	DE GROOT JAN	PIASECZNO		PL	1969	M50	14	11:05:27	00:20:27 (214)	00:09:39	01:39:46 (275)	00:01:12	00:53:51 (201)	03:04:55	226		
244	302	CZURYŁO PAWEŁ	GDAŃSK	STOMIL OLSZTYN	PL	1988	M30	38	11:06:42	00:22:53 (282)	00:09:06	01:38:43 (265)	00:01:15	00:53:28 (198)	03:05:25	227		
245	124	KRZAN GRZEGORZ	NYSA	GIANT POLSKA	PL	1962	M55	5	11:04:35	00:18:26 (140)	00:09:24	01:32:38 (219)	00:01:59	01:03:11 (287)	03:05:38	228		
246	31	PIETRANIK PAWEŁ	PRUSZKÓW	KUŹNIA TRIATHLONU	PL	1986	M30	39	11:05:22	00:22:30 (274)	00:10:02	01:36:05 (247)	00:01:43	00:55:26 (221)	03:05:46	229		
247	323	AUGUŚCİK MARIUSZ	WARSZAWA		PL	1963	M55	6	11:08:05	00:21:48 (250)	00:11:48	01:32:32 (217)	00:03:28	00:56:29 (234)	03:06:05	230		
248	241	LEWCZUK TOMASZ	WARSZAWA	ORANGE POLSKA	PL	1972	M45	27	11:04:15	00:21:29 (240)	00:10:23	01:36:18 (248)	00:01:50	00:56:20 (232)	03:06:20	231		
249	256	KANIEWSKI MARIUSZ	NOWE GRABIE	PRIMAVET TEAM PRIMAVET	PL	1977	M40	53	11:04:20	00:23:48 (295)	00:09:19	01:37:15 (256)	00:01:58	00:54:08 (207)	03:06:28	232		
250	254	SOWIŃSKI PATRYK	KIELCE		PL	1996	M18	7	11:02:55	00:16:05 (41)	00:08:55	01:43:58 (289)	00:01:01	00:56:31 (235)	03:06:30	233		
251	245	ŁASZKIEWICZ TADEUSZ	KOŁO	MLUKS TRIATHLON KOŁO	PL	1956	M60	2	11:06:27	00:24:52 (300)	00:08:35	01:37:19 (258)	00:02:57	00:52:52 (185)	03:06:35	234		
252	226	WASZCZYKOWSKI JANUSZ	WARSZAWA		PL	1974	M45	28	11:04:59	00:18:26 (140)	00:09:57	01:36:51 (253)	00:02:35	00:58:50 (257)	03:06:39	235		
253	267	STĘPNIOWSKI DARIUSZ	CIECHANÓW		PL	1969	M50	15	11:08:06	00:26:22 (310)	00:10:08	01:37:13 (255)	00:02:21	00:50:57 (157)	03:07:01	236		
254	68	GALEWICZ EWA	PŁOCK		PL	1992	K25	3	11:07:15	00:20:56 (223)	00:09:36	01:37:20 (259)	00:01:42	00:57:45 (249)	03:07:19		18	
255	187	MEJIA TULA CARLOS	WARSZAWA		PL	1975	M40	54	11:07:44	00:20:28 (215)	00:09:58	01:39:41 (273)	00:02:53	00:54:19 (211)	03:07:19	237		
256	206	ZYCH MACIEJ	PŁOCK		PL	1994	M25	27	11:07:27	00:17:37 (107)	00:09:59	01:33:47 (232)	00:02:06	01:04:46 (293)	03:08:15	238		
257	83	BARANOWSKA KORNELIA	GDAŃSK	SPRTEVO	PL	1973	K45	4	11:03:49	00:19:31 (183)	00:09:02	01:36:32 (250)	00:01:39	01:01:34 (277)	03:08:18		19	
258	288	LIBER PAWEŁ	WARSZAWA	THE LUZERS	PL	1978	M40	55	11:06:47	00:21:03 (228)	00:09:41	01:33:00 (223)	00:01:53	01:02:42 (284)	03:08:19	239		
259	176	DUDEK PAWEŁ	WARSZAWA		PL	1972	M45	29	11:07:22	00:21:16 (233)	00:09:57	01:30:19 (196)	00:02:08	01:04:47 (294)	03:08:27	240		
260	236	CIACH PAWEŁ	WARSZAWA		PL	1988	M30	40	11:05:32	00:19:48 (193)	00:08:35	01:44:23 (291)	00:01:56	00:54:09 (208)	03:08:51	241		
261	39	JAMROŹ ROBERT	WARSZAWA	KUŹNIA TRIATHLONU	PL	1979	M40	56	11:07:05	00:21:40 (244)	00:11:52	01:32:03 (209)	00:01:41	01:01:36 (278)	03:08:52	242		
262	291	URBAŃCZYK MARCIN	NOWY DWÓR MAZOWIEC	TRINERGY TEAM/ PERSONALTRIATHLON	PL	1980	M35	61	11:07:21	00:22:28 (272)	00:11:27	01:30:06 (194)	00:02:09	01:02:54 (286)	03:09:04	243		
263	310	MADEJ TOMASZ	BIĄŁOBRZEGI	PWC	PL	1981	M35	62	11:05:51	00:21:57 (254)	00:11:52	01:31:22 (207)	00:03:12	01:01:26 (275)	03:09:49	244		
264	73	NOWAKOWSKI TOMASZ	PŁOCK	PTT DELTA	PL	1978	M40	57	11:04:40	00:19:13 (167)	00:07:57	01:32:23 (215)	00:01:25	01:09:21 (307)	03:10:19	245		
265	273	GOŁĄB RADOŚLAW	WARSZAWA		PL	1981	M35	63	11:06:55	00:24:08 (297)	00:09:19	01:38:59 (267)	00:00:47	00:57:29 (245)	03:10:42	246		
266	120	SĘDZIKOWSKI MACIEJ	WARSZAWA		PL	1981	M35	64	11:05:02	00:19:42 (189)	00:10:17	01:37:52 (262)	00:01:48	01:01:42 (279)	03:11:21	247		
267	299	DZIARNOWSKA MAGDA	WARSZAWA	ARTURKUREK.PRO	PL	1985	K30	2	11:07:45	00:29:57 (316)	00:09:57	01:29:17 (182)	00:01:30	01:00:58 (271)	03:11:39		20	
268	327	ORLICZ ROBERT	WARSZAWA	TRICLUB	PL	1976	M40	58	11:06:00	00:21:31 (241)	00:10:02	01:36:58 (254)	00:01:57	01:01:31 (276)	03:11:59	248		
269	151	KRAWCZYK MAREK	PŁOCK		PL	1975	M40	59	11:07:59	00:22:43 (277)	00:11:25	01:35:09 (242)	00:03:04	01:00:05 (267)	03:12:26	249		
270	351	KHAKIMAWA WIKTORIYA	WARSZAWA	WITC	PL	1988	K30	3	11:07:34	00:21:18 (235)	00:10:37	01:44:51 (292)	00:03:18	00:52:25 (182)	03:12:29		21	
271	358	HUPPERT ERAN	WARSAW	WITC	PL	1973	M45	30	11:06:16	00:22:06 (261)	00:11:14	01:40:50 (280)	00:02:20	00:56:32 (237)	03:13:02	250		
272	232	STOBIECKA MARTA	PIOTRKÓW TRYBUNALSKI		PL	1974	K45	5	11:06:21	00:22:16 (267)	00:09:48	01:39:28 (271)	00:01:19	01:00:19 (270)	03:13:10		22	
273	282	GRANZIER THIJS	OEĞSTGEEST		NL	1985	M30	41	11:05:44	00:22:29 (273)	00:11:30	01:39:42 (274)	00:03:23	00:56:10 (230)	03:13:14	251		
274	123	GOJ MATEUSZ	MYŚLOWICE		PL	1993	M25	28	11:08:02	00:23:12 (288)	00:10:39	01:44:07 (290)	00:01:32	00:53:51 (202)	03:13:21	252		
275	111	LIPIŃSKI PIOTR	GRÓJEC	WWW.PIOTRLIPINSKI.PL	PL	1967	M50	16	11:07:19	00:20:44 (217)	00:10:33	01:32:06 (211)	00:01:18	01:09:03 (304)	03:13:44	253		
276	284	LITKOWSKI ZBIGNIEW	SIENNO	NIEZRZESZONY SIENNO	PL	1969	M50	17	11:08:15	00:23:08 (286)	00:11:14	01:38:59 (267)	00:03:07	00:57:26 (244)	03:13:54	254		
277	51	ŁUKASIK MATEUSZ	WARSZAWA		PL	1992	M25	29	11:06:02	00:21:35 (243)	00:09:25	01:47:28 (304)	00:01:02	00:54:32 (213)	03:14:02	255		
278	67	GALEWICZ MICHAŁ	CANNES		FR	1966	M50	18	11:08:10	00:26:27 (312)	00:10:31	01:42:43 (287)	00:02:09	00:52:56 (187)	03:14:46	256		
279	45	DOBROWOLSKI BARTOSZ	WARSZAWA	PROPCANDY	PL	1976	M40	60	11:07:14	00:21:14 (231)	00:09:53	01:46:28 (298)	00:01:35	00:56:01 (228)	03:15:11	257		
280	194	DEMBSKI-KORNAGA MATEUSZ	RADOM	WALTER HERZ WALTER HERZ	PL	1986	M30	42	11:07:09	00:23:11 (287)	00:09:12	01:36:48 (252)	00:01:14	01:05:09 (295)	03:15:34	258		
281	15	OPIŁOWSKI PAWEŁ	MODŁA	LABOSPORT TEAM	PL	1975	M40	61	11:05:31	00:22:45 (279)	00:10:48	01:30:01 (191)	00:01:20	01:10:58 (309)	03:15:52	259		
282	90	MOŹDŻONEK ANNA	WARSZAWA	TRIWAWA	PL	1981	K35	7	11:07:42	00:22:01 (255)	00:09:58	01:40:20 (278)	00:02:03	01:03:18 (289)	03:17:40		23	

Garmin Iron Triathlon Płock 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 26 maja 2019 r.

Dystans: 1/4 IRONMAN (0,95-45-10,55)

Miejscowość: Płock



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Organizator cyklu



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	Kara
283	320	KALINCA AMALIA	WARSZAWA	WARSZAW INTERNATIONAL TRIATHLON CLUB	PL	1986	K30	4	11:05:56	00:22:23 (270)	00:11:09	01:41:15 (281)	00:03:02	00:59:54 (266)	03:17:43		24	
284	207	MICHALSKI TOMASZ	ŁÓDŹ		PL	1989	M30	43	11:07:53	00:23:31 (291)	00:11:36	01:42:59 (288)	00:02:41	00:57:44 (247)	03:18:31	260		
285	115	WIKLAK ADAM	NOWA IWICZNA	AGMA PROJEKT	PL	1975	M40	62	11:07:47	00:22:25 (271)	00:09:40	01:42:25 (284)	00:01:40	01:02:26 (282)	03:18:36	261		
286	190	ŚWISTAK MATEUSZ	PIASTÓW	QUASARS MATEUSZ ŚWISTAK	PL	1985	M30	44	11:07:22	00:17:06 (84)	00:09:57	01:45:10 (294)	00:02:10	01:04:33 (292)	03:18:56	262		
287	37	MARKOWSKI JAROSŁAW	WARSZAWA	KUŹNIA TRIATHLONU	PL	1964	M55	7	11:05:19	00:23:07 (285)	00:10:31	01:40:49 (279)	00:02:10	01:02:25 (281)	03:19:02	263		
288	289	ŚWIECH KRYSZTIAN	WŁOCŁAWEK	KRYSZTIAN ŚWIECH	PL	1980	M35	65	11:03:56	00:22:47 (280)	00:10:53	01:35:43 (244)	00:01:55	01:07:50 (301)	03:19:08	264		
289	201	GUSAROV VALERY	GUSEV	111 CLUB TECHNOPSIS GS	RU	1968	M50	19	11:08:06	00:21:51 (252)	00:12:02	01:39:55 (276)	00:02:18	01:03:11 (288)	03:19:17	265		
290	138	ANDRZEJEWICZ ŁUKASZ	WARSZAWA	WARSZAW MASTERS TEAM	PL	1991	M25	30	11:06:53	00:17:05 (83)	00:09:53	01:42:26 (285)	00:00:55	01:09:17 (305)	03:19:36	266		
291	109	PATYNOWSKI SŁAWOMIR	MYSIADŁO	AVERBIT	PL	1972	M45	31	11:07:36	00:23:34 (292)	00:12:58	01:38:28 (263)	00:03:53	01:01:22 (274)	03:20:15	267		
292	357	RACIBORSKI GRZEGORZ	BYDGOSZCZ	ASSECO ACTIVE TEAM	PL	1979	M40	63	11:07:51	00:25:55 (309)	00:10:30	01:46:45 (302)	00:01:08	00:56:09 (229)	03:20:27	268		
293	281	FERKO-CZAJKOWSKA STANISŁAWA	KONSTANCIN-JEZIORNA		PL	1967	K50	1	11:04:15	00:25:31 (306)	00:09:44	01:39:26 (270)	00:01:08	01:05:27 (296)	03:21:16		25	
294	64	KULESZA WOJCIECH	WARSZAWA		PL	1990	M25	31	11:07:57	00:21:44 (247)	00:09:40	01:45:47 (295)	00:02:08	01:02:03 (280)	03:21:22	269		
295	172	SADOWSKI ALEKSANDER	BRZOZOWA	GT KONA	PL	1974	M45	32	11:08:13	00:27:03 (313)	00:11:00	01:40:04 (277)	00:02:03	01:02:45 (285)	03:22:55	270		
296	169	GONTAR RAFAŁ	WARSZAWA		PL	1965	M50	20	11:06:24	00:22:03 (257)	00:11:48	01:46:51 (303)	00:01:38	01:01:19 (273)	03:23:39	271		
297	156	PANEK WOJCIECH	KRAKÓW		PL	1990	M25	32	11:08:08	00:28:07 (315)	00:11:00	01:46:42 (301)	00:01:07	00:56:48 (238)	03:23:44	272		
298	136	KAWKA PAWEŁ	KONIN	TRITON KONIN	PL	1973	M45	33	11:07:53	00:25:29 (305)	00:12:46	01:46:37 (300)	00:02:00	00:58:07 (253)	03:24:59	273		
299	225	CIECIERSKI DARIUSZ	PŁOCK		PL	1984	M35	66	11:07:06	00:18:34 (148)	00:09:54	01:49:23 (306)	00:01:30	01:05:53 (298)	03:25:14	274		
300	300	PIETRZYKOWSKI MACIEJ	WARSZAWA		PL	1985	M30	45	11:05:40	00:22:05 (259)	00:10:49	01:46:35 (299)	00:01:32	01:04:20 (291)	03:25:21	275		
301	338	ARROYO ADRIAN	WARSZAWA	WITC	CL	1983	M35	67	11:07:36	00:22:11 (264)	00:10:09	01:50:24 (309)	00:02:57	00:59:49 (264)	03:25:30	276		
302	339	KATA MARTA	WARSZAWA	WITC	PL	1991	K25	4	11:05:56	00:21:46 (248)	00:09:53	01:42:43 (286)	00:03:20	01:08:18 (303)	03:26:00		26	
303	276	BIAŁOŁOCKI JACEK	RYPIN - MŁAWA	KB LECH RYPIN	PL	1961	M55	8	11:05:43	00:23:13 (289)	00:10:52	01:46:23 (297)	00:02:19	01:05:36 (297)	03:28:23	277		
304	228	KUCZYŃSKI IGOR	WARSZAWA		PL	1971	M45	34	11:07:06	00:22:02 (256)	00:11:42	01:51:42 (311)	00:02:54	01:01:04 (272)	03:29:24	278		
305	335	WORONKO DAMIAN	BIAŁYSTOK		PL	1977	M40	64	11:07:01	00:22:59 (283)	00:13:07	01:39:06 (269)	00:01:49	01:13:47 (312)	03:30:48	279		
306	113	BUJKO KATARZYNA	MIŃSK MAZOWIECKI		PL	1987	K30	5	11:07:41	00:21:18 (234)	00:11:58	01:46:13 (296)	00:01:38	01:11:02 (310)	03:32:09	27		
307	104	BIELAK DANIEL	BODZANÓW		PL	1988	M30	46	11:07:51	00:27:15 (314)	00:12:33	01:50:23 (308)	00:02:13	01:00:18 (269)	03:32:42	280		
308	87	BUDZISZEWSKA MARTA	WARSZAWA - POLSKA		PL	1983	K35	8	11:04:59	00:21:51 (251)	00:12:09	01:57:49 (315)	00:01:37	00:59:53 (265)	03:33:19		28	
309	128	KLIMCZYK KATARZYNA	WARSZAWA (BEMOWO)		PL	1989	K30	6	11:03:50	00:20:57 (224)	00:09:58	01:51:45 (312)	00:02:05	01:09:42 (308)	03:34:27		29	
310	146	KAMIŃSKI GRZEGORZ	PŁOCK	MAŁACHOWIANKA	PL	1965	M50	21	11:07:46	00:25:26 (304)	00:10:07	01:41:26 (282)	00:01:30	01:18:32 (313)	03:37:01	281		
311	240	PIETRZYK MAŁGORZATA	WARSZAWA		PL	1990	K25	5	11:07:41	00:20:57 (224)	00:12:06	01:58:19 (316)	00:02:11	01:06:21 (299)	03:39:54		30	
312	249	CICHOWSKA BEATA	WARSZAWA		PL	1976	K40	5	11:07:49	00:22:07 (263)	00:11:22	01:56:09 (314)	00:02:19	01:08:13 (302)	03:40:10		31	
313	363	KOWALSKI EDMUND	RYBNO	FRUITLAND	PL	1973	M45	35	11:07:20	00:21:40 (245)	00:09:48	01:41:47 (283)	00:02:05	01:24:58 (316)	03:40:18	282		
314	181	ŚPIEWAK ALEKSANDER	WARSZAWA		PL	1982	M35	68	11:07:58	00:25:50 (307)	00:12:07	01:52:02 (313)	00:02:34	01:09:20 (306)	03:41:53	283		
315	258	SZYMAŃSKI MARCIN	WARSZAWA		PL	1981	M35	69	11:08:14	00:25:17 (303)	00:12:46	01:48:50 (305)	00:03:51	01:11:34 (311)	03:42:18	284		
316	184	MODRZEJEWSKI MICHAŁ	SOCHACZEW	LAMELA	PL	1964	M55	9	11:07:45	00:24:05 (296)	00:13:34	01:50:26 (310)	00:01:47	01:19:57 (314)	03:49:49	285		
317	177	USS DOMINIK	ŁOMIANKI		PL	1973	M45	36	11:07:58	00:23:00 (284)	00:13:00	01:49:37 (307)	00:02:38	01:21:54 (315)	03:50:09	286		