

# GARMIN IRON TRIATHLON STĘŻYCA 2019

Organizator: LABOSPORT Polska sp. z o.o.  
 Data: 29.06.2019  
 Dystans: 1/8 IM (0,475-22,5-5,275)  
 Miejscowość: STĘŻYCA



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	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
1	375	SŁUPIK TOMASZ	WARSZAWA		POL	1993	M20	1	00:06:23 (3)	00:02:52	00:34:57 (1)	00:00:56	00:19:47 (1)	01:04:55	1		
2	437	DUPICKI KAMIL	SOCHACZEW	WARSAW MASTER TEAM	POL	1981	M30	1	00:07:23 (16)	00:02:30	00:35:26 (4)	00:00:45	00:19:52 (2)	01:05:56	2		
3	315	KRZEMIŃSKI JAKUB	GDAŃSK	FUNDACJA JEPPESENA BIKE U UP	POL	1994	M20	2	00:06:55 (6)	00:02:38	00:35:08 (3)	00:00:57	00:20:20 (3)	01:05:58	3		
4	378	POPŁAWSKI JAKUB TADEUSZ	GDAŃSK	WETERYNEK.PL/BIKEUUP	POL	1989	M30	2	00:07:41 (27)	00:02:51	00:35:07 (2)	00:01:11	00:21:08 (8)	01:07:58	4		
5	389	SZTENDEREWICZ RAFAŁ	WŁOCŁAWEK	SPORTEVO	POL	1977	M40	1	00:07:59 (32)	00:03:07	00:36:01 (7)	00:01:02	00:21:13 (10)	01:09:22	5		
6	316	ZINIEWICZ ŁUKASZ	MALBORK	WANIEWSKI COACHING	POL	1979	M40	2	00:07:23 (17)	00:03:00	00:37:18 (18)	00:01:02	00:20:43 (5)	01:09:26	6		
7	381	STEFAŃSKI WOJCIECH	GNIEZNO	GTT DIAMENT GNIEZNO	POL	1997	M20	3	00:07:20 (14)	00:02:39	00:38:12 (27)	00:00:53	00:20:26 (4)	01:09:30	7		
8	307	ŚLESICKI RAFAŁ	GDAŃSK	CIŚNIJ SZWAGIER OSTRE	POL	1986	M30	3	00:07:39 (25)	00:02:41	00:37:22 (19)	00:00:52	00:21:06 (7)	01:09:40	8		
9	326	KĄKOL MATEUSZ	KOŚCIERZYNA	SZKOŁA PŁYWANIA AQUATIC	POL	1987	M30	4	00:08:02 (34)	00:02:52	00:36:46 (14)	00:00:57	00:21:13 (9)	01:09:50	9		
10	327	GARBIEC TOMASZ	WARSZAWA	VARSO	POL	1975	M40	3	00:07:36 (23)	00:02:52	00:36:13 (9)	00:01:03	00:22:16 (19)	01:10:00	10		
11	293	LEMKE KRZYSZTOF	GDYNIA	GDYŃSKI TRIATHLON	POL	1977	M40	4	00:07:40 (26)	00:02:58	00:36:45 (13)	00:00:55	00:21:50 (13)	01:10:08	11		
12	517	KAMIŃSKI JAKUB	PASŁĘK	LABOSPORT TEAM ARTECH TEAM	POL	1991	M20	4	00:08:48 (58)	00:02:56	00:35:38 (5)	00:01:00	00:22:15 (18)	01:10:37	12		
13	438	CZECH MARIUSZ	GDYNIA	UKS TRI-TEAM RUMIA GRUPA RUBO	POL	1981	M30	5	00:07:10 (9)	00:03:49	00:36:26 (10)	00:00:59	00:22:20 (20)	01:10:44	13		
14	418	STRUK MACIEJ	WROCŁAW	AĘ TRI CLUB	POL	1979	M40	5	00:08:34 (46)	00:03:29	00:35:59 (6)	00:01:11	00:21:38 (11)	01:10:51	14		
15	463	BEDNARSKI MICHAŁ	ŁÓDŹ	PULS TRI TEAM	POL	1978	M40	6	00:07:12 (11)	00:03:07	00:36:50 (15)	00:01:04	00:23:30 (33)	01:11:43	15		
16	441	TOMASZEWICZ DAMIAN	ELBLĄG	TOMASZEWICZ TEAM	POL	1993	M20	5	00:07:16 (13)	00:03:10	00:37:30 (21)	00:01:02	00:22:49 (27)	01:11:47	16		
17	398	KOŁKOWSKI KAROL	GDYNIA	TORUS TRIATHLON TEAM TEAM ELWART	POL	1998	M20	6	00:08:35 (47)	00:02:48	00:37:11 (17)	00:01:02	00:22:14 (16)	01:11:50	17		
18	330	ULAŃSKI MACIEJ	SOMPOLNO		POL	2003	M16	1	00:07:29 (20)	00:03:39	00:37:08 (16)	00:01:10	00:22:44 (25)	01:12:10	18		
19	514	SZOT DAWID	SZTUM	TRINEGU	POL	1992	M20	7	00:08:44 (53)	00:02:57	00:37:50 (23)	00:00:57	00:22:48 (26)	01:13:16	19		
20	433	KLAWITTER LESZEK	GDYNIA	DUDYCZ TEAM	POL	1974	M40	7	00:07:55 (31)	00:03:29	00:36:41 (12)	00:01:01	00:24:13 (40)	01:13:19	20		
21	337	SŁODOWICZ PIOTR	GDAŃSK	GRUPA TRÓJMIASTO	POL	1971	M40	8	00:09:10 (75)	00:02:46	00:38:02 (25)	00:01:00	00:22:37 (24)	01:13:35	21		
22	411	LEMKE LESZEK	GDYNIA	GDYŃSKI TRIATHLON	POL	1977	M40	9	00:09:00 (68)	00:03:13	00:37:51 (24)	00:01:22	00:22:10 (15)	01:13:36	22		
23	460	WINCZEWSKI MACIEJ	MARZĘCINO	MKS TRUSO ELBLĄG TRIATHLON	POL	2000	M18	1	00:06:38 (4)	00:02:45	00:40:50 (46)	00:01:02	00:22:36 (23)	01:13:51	23		
24	392	DUSIŃSKI KRZYSZTOF	REDA	RUNREM	POL	1979	M40	10	00:08:22 (41)	00:03:58	00:38:09 (26)	00:01:25	00:21:59 (14)	01:13:53	24		
25	366	MIKOŁAJCZAK MATEUSZ	RUMIA	WP	POL	1990	M20	8	00:09:17 (77)	00:02:21	00:38:57 (30)	00:00:55	00:22:35 (22)	01:14:05	25		
26	382	MAZUR ADAM	WROCŁAW		POL	1994	M20	9	00:07:38 (24)	00:02:59	00:40:58 (49)	00:00:58	00:21:46 (12)	01:14:19	26		
27	373	JEZIERSKI ADAM	ŁÓDŹ	PULS TRI TEAM	POL	1979	M40	11	00:07:25 (19)	00:03:13	00:39:11 (31)	00:01:00	00:24:02 (37)	01:14:51	27		
28	322	SZWEDOWSKI BŁAŻEJ	STAROGARD GDAŃSKI	TRI STAROGARD GDAŃSKI	POL	1989	M30	6	00:06:55 (7)	00:02:55	00:38:50 (29)	00:01:08	00:25:36 (61)	01:15:24	28		
29	420	NOWICKI MATEUSZ	BOJANO	TEAM WRACAM DO ZDROWIA	POL	1976	M40	12	00:09:26 (81)	00:04:14	00:36:38 (11)	00:01:24	00:24:04 (38)	01:15:46	29		
30	357	KACPERSKI OLAF	WARSZAWA		POL	1973	M40	13	00:08:26 (43)	00:03:29	00:40:14 (40)	00:01:14	00:22:29 (21)	01:15:52	30		
31	510	JAKOBSCHY ŁUKASZ	GDAŃSK	F3TEAM	POL	1976	M40	14	00:07:13 (12)	00:03:38	00:37:29 (20)	00:01:15	00:26:24 (75)	01:15:59	31		
32	403	GURZĘDA RYSZARD	OSTROŁĘKA		POL	1990	M20	10	00:07:11 (10)	00:04:02	00:41:14 (54)	00:01:20	00:22:14 (17)	01:16:01	32		
33	429	ROTHER MAREK	WROCŁAW	ROTHER MASTERS SWIM TEAM	POL	1968	M50	1	00:06:13 (1)	00:03:47	00:40:56 (48)	00:01:45	00:23:21 (31)	01:16:02	33		
34	384	SZYMKÓW SŁAWEK	STRASZYN	BANACH SPORT TEAM BST	POL	1970	M40	15	00:08:52 (61)	00:03:32	00:37:42 (22)	00:01:26	00:25:10 (51)	01:16:42	34		
35	290	GÓRSKI JAKUB	GDYNIA	VEGAN ATHEIST	POL	1979	M40	16	00:07:45 (28)	00:03:29	00:36:13 (8)	00:01:10	00:28:33 (103)	01:17:10	35		
36	299	ONOSZKO WOJCIECH	CHMIELNO		POL	1987	M30	7	00:09:26 (82)	00:03:10	00:40:45 (45)	00:00:48	00:23:09 (29)	01:17:18	36		
37	380	GALEWSKI ARIEL	CHOJNICE	1986	POL	1986	M30	8	00:08:26 (42)	00:03:17	00:39:42 (32)	00:01:27	00:24:45 (45)	01:17:37	37		
38	334	PIOTROWSKI DANIEL	GDYNIA		POL	1991	M20	11	00:06:22 (2)	00:03:47	00:39:54 (35)	00:01:16	00:26:25 (77)	01:17:44	38		
39	454	KOŚLA PAWEŁ	ŻYRARDÓW		POL	1983	M30	9	00:09:32 (84)	00:03:00	00:41:16 (56)	00:00:54	00:23:13 (30)	01:17:55	39		
40	365	ZIELIŃSKI TOMASZ	GDAŃSK	WIRTUALNA POLSKA TRIATHLON TEAM	POL	1984	M30	10	00:08:42 (52)	00:03:22	00:40:26 (42)	00:01:08	00:24:30 (41)	01:18:08	40		
41	400	NADRATOWSKI KAMIL	GDAŃSK	PROTEA TEAM	POL	1985	M30	11	00:08:50 (60)	00:03:45	00:41:14 (55)	00:00:54	00:23:47 (35)	01:18:30	41		
42	518	NIEMCZYK RAFAŁ	PASŁĘK	LABOSPORT TEAM ARTECH TEAM	POL	1974	M40	17	00:09:44 (91)	00:03:11	00:39:50 (34)	00:01:01	00:24:48 (46)	01:18:34	42		

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M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
43	422	LOREK KINGA	ELBLĄG	MKS TRUSO ELBLĄG	POL	1998	K20	1	00:07:02 (8)	00:02:46	00:41:25 (58)	00:01:01	00:26:24 (74)	01:18:38		1	
44	395	ŁASKI MAREK	STAROGARD GDAŃSKI	TRI STAROGARD GDAŃSKI MILL ITS MAREK ŁASKI	POL	1980	M30	12	00:07:48 (30)	00:03:32	00:40:40 (43)	00:01:24	00:25:19 (53)	01:18:43	43		
45	265	KRZEMIŃSKI PIOTR	GDAŃSK		POL	1983	M30	13	00:08:27 (44)	00:03:26	00:41:09 (51)	00:01:14	00:24:50 (47)	01:19:06	44		
46	393	ZIÓŁKOWSKI JULIAN	GDAŃSK	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	POL	1967	M50	2	00:08:47 (55)	00:03:39	00:38:39 (28)	00:01:38	00:26:24 (76)	01:19:07	45		
47	317	KAWCZYŃSKI PAWEŁ	GDYNIA	TRIDEA TEAM	POL	1982	M30	14	00:06:40 (5)	00:03:40	00:39:43 (33)	00:01:09	00:28:04 (98)	01:19:16	46		
48	434	JANYGA-KULIK KAROLINA	GDYNIA	KULIK&KUREK	POL	1976	K40	1	00:08:37 (50)	00:04:01	00:40:03 (37)	00:01:26	00:25:50 (65)	01:19:57		2	
49	396	GRABOWSKI TOMASZ	WARSZAWA	KUŹNIA TRIATHLONU	POL	1964	M50	3	00:08:47 (56)	00:03:50	00:40:04 (38)	00:01:23	00:25:57 (68)	01:20:01	47		
50	294	PARACKI MICHAŁ	PRUSZCZ GDAŃSKI	EUROCASH	POL	1981	M30	15	00:11:12 (138)	00:04:13	00:40:41 (44)	00:01:18	00:22:53 (28)	01:20:17	48		
51	516	KUCIABA JACEK	JAGATOWO		POL	1972	M40	18	00:08:49 (59)	00:03:40	00:41:32 (59)	00:01:40	00:24:40 (43)	01:20:21	49		
52	423	SELWA KAMIL	ELBLĄG	MKS TRUSO ELBLĄG	POL	2001	M18	2	00:07:22 (15)	00:03:21	00:44:23 (92)	00:00:57	00:24:38 (42)	01:20:41	50		
53	339	STUSIO DAMIAN	GDAŃSK		POL	1978	M40	19	00:10:07 (102)	00:04:11	00:44:21 (91)	00:01:33	00:20:48 (6)	01:21:00	51		
54	450	WŁÓDARCZAK AGATA	BYDGOSZCZ	TEAM ZOOT EUROPE / TRIZARZA / TRISPACE	POL	1992	K20	2	00:08:14 (38)	00:03:46	00:41:49 (65)	00:01:27	00:26:02 (70)	01:21:18		3	
55	342	KOPEĆ KONRAD	GDYNIA		POL	1977	M40	20	00:08:52 (62)	00:04:09	00:41:10 (52)	00:01:23	00:25:44 (63)	01:21:18	52		
56	455	ŚLIWIŃSKI PRZEMYSŁAW	PASŁĘK	KRAM	POL	1984	M30	16	00:09:08 (71)	00:03:55	00:40:52 (47)	00:01:57	00:25:47 (64)	01:21:39	53		
57	367	PEKRUL WOJCIECH	DOBRZYŃ NAD WISŁĄ	MIEDZYTRENINGAMI	POL	1993	M20	12	00:08:08 (37)	00:03:26	00:41:53 (66)	00:01:09	00:27:06 (83)	01:21:42	54		
58	379	PRĘDOTA KRZYSZTOF	WARSZAWA	TRUCHT TARCHOMIN TEAM	POL	1972	M40	21	00:11:06 (135)	00:03:49	00:42:14 (68)	00:01:29	00:23:22 (32)	01:22:00	55		
59	519	FIGIEL ARKADIUSZ	KALISZ	TEAM MASTERS BARRACUDA PHU MAFPOL	POL	1966	M50	4	00:08:48 (57)	00:04:20	00:41:42 (63)	00:01:29	00:26:12 (73)	01:22:31	56		
60	386	SZAPAR RADOŚLAW	POGÓRZE	CYBERPUNKS	POL	1979	M40	22	00:08:19 (39)	00:04:32	00:43:35 (81)	00:02:09	00:24:06 (39)	01:22:41	57		
61	292	AJTEL JAROSŁAW	GDANSK	TEAM LETJA	POL	1976	M40	23	00:08:02 (33)	00:03:42	00:40:17 (41)	00:01:47	00:29:13 (112)	01:23:01	58		
62	291	OLCZAK ARKADIUSZ	KOŚCIELEC	OLLO TEAM	POL	1972	M40	24	00:08:53 (64)	00:03:40	00:41:02 (50)	00:01:23	00:28:04 (99)	01:23:02	59		
63	295	KOWALSKI MICHAŁ	KOŚCIERZYNA	KSR TEAM	POL	1973	M40	25	00:09:52 (92)	00:04:00	00:43:25 (79)	00:01:07	00:24:42 (44)	01:23:06	60		
64	314	LABUHN MARTA	GDYNIA	TRIDEA TEAM	POL	1991	K20	3	00:09:10 (74)	00:03:51	00:42:53 (72)	00:01:29	00:25:44 (62)	01:23:07		4	
65	449	DEKA TOMASZ	SOCHACZEW	WARSAW MASTERS TEAM	POL	1981	M30	17	00:10:22 (110)	00:03:22	00:43:58 (88)	00:01:36	00:23:56 (36)	01:23:14	61		
66	439	ROST ZBYSZEK	GDAŃSK		POL	1982	M30	18	00:08:28 (45)	00:04:39	00:40:06 (39)	00:01:27	00:29:00 (107)	01:23:40	62		
67	278	DEMBCZYŃSKI MICHAŁ	GDAŃSK		POL	1993	M20	13	00:08:21 (40)	00:03:43	00:42:57 (73)	00:01:10	00:27:44 (94)	01:23:55	63		
68	377	POPLAWSKI TADEUSZ	GDAŃSK	WETERYNEK.PL/BIKE U UP/	POL	1965	M50	5	00:09:34 (85)	00:05:16	00:39:58 (36)	00:02:20	00:27:00 (81)	01:24:08	64		
69	452	DUTKIEWICZ SŁAWOMIR	SOPOT	UKS TRS SUSZ	POL	1972	M40	26	00:08:03 (36)	00:03:58	00:42:59 (74)	00:02:00	00:27:32 (91)	01:24:32	65		
70	301	STAŃCZAK MARIUSZ	WARSZAWA	ES TRI PROJECT TEAM	POL	1971	M40	27	00:10:53 (132)	00:03:55	00:41:33 (60)	00:01:21	00:26:57 (79)	01:24:39	66		
71	408	CYLKOWSKI GRZEGORZ	STAROGARD GDAŃSKI	TRI STAROGARD GDAŃSKI	POL	1983	M30	19	00:09:54 (93)	00:03:42	00:43:13 (77)	00:01:22	00:27:08 (85)	01:25:19	67		
72	266	TOPOROWSKI MARIUSZ	GDAŃSK	MRKS GDAŃSK	POL	1967	M50	6	00:10:10 (104)	00:05:21	00:42:35 (70)	00:01:51	00:25:27 (58)	01:25:24	68		
73	414	FIEDOROW MATEUSZ	GDYNIA	WSNT	POL	1989	M30	20	00:08:02 (35)	00:05:05	00:43:56 (87)	00:01:35	00:27:01 (82)	01:25:39	69		
74	369	WIZA HUGO	WARSZAWA	ASSECO ACTIVE TEAM	POL	2002	M16	2	00:08:41 (51)	00:04:15	00:41:10 (53)	00:01:58	00:29:35 (118)	01:25:39	70		
75	308	STAWOWCZYK WALDEMAR	OSINA	STAWOWCZYK TEAM	POL	1978	M40	28	00:12:31 (163)	00:04:16	00:41:44 (64)	00:01:53	00:25:24 (57)	01:25:48	71		
76	288	JADCZAK JOANNA	WŁOCŁAWEK	WŁOCŁAWEK TRIATHLON TEAM	POL	1979	K40	2	00:08:53 (65)	00:03:41	00:44:00 (89)	00:01:10	00:28:14 (100)	01:25:58		5	
77	388	BRZEZIŃSKI MACIEJ	SOPOT	WITC	POL	1986	M30	21	00:10:04 (98)	00:03:50	00:45:11 (99)	00:01:38	00:25:22 (55)	01:26:05	72		
78	332	GLESZCZYŃSKI MICHAŁ	GDAŃSK		POL	1980	M30	22	00:10:34 (125)	00:04:10	00:43:50 (86)	00:01:35	00:26:00 (69)	01:26:09	73		
79	362	GONCZAR STEFAN	WARSZAWA		POL	1992	M20	14	00:10:18 (107)	00:05:24	00:43:36 (82)	00:01:58	00:24:54 (48)	01:26:10	74		
80	305	ŁAWECKI JAKUB	ROTMANKA		POL	1992	M20	15	00:10:32 (123)	00:03:46	00:46:05 (115)	00:01:01	00:25:14 (52)	01:26:38	75		
81	284	KALUZIŃSKI TOMASZ	MALBORK		POL	1976	M40	29	00:11:15 (141)	00:03:36	00:42:11 (67)	00:02:27	00:27:11 (87)	01:26:40	76		
82	426	KREFFT MARIA	PARCHOWO	MLKS BASZTA BYTÓW	POL	2000	K18	1	00:12:51 (167)	00:03:24	00:42:44 (71)	00:01:28	00:26:10 (72)	01:26:52		6	00:00:15
83	447	PAWEŁKIEWICZ MATEUSZ	GDAŃSK		POL	1990	M20	16	00:09:37 (86)	00:03:25	00:44:26 (93)	00:01:11	00:28:21 (101)	01:27:00	77		
84	371	KOWALEWSKI ZBIGNIEW	GDAŃSK	NIEZRZESZONY	POL	1959	M60+	1	00:08:45 (54)	00:03:55	00:41:20 (57)	00:02:28	00:30:36 (135)	01:27:04	78		

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85	451	NADRATOWSKI KAROL	GDAŃSKI		POL	1996	M20	17	00:08:37 (49)	00:04:52	00:46:24 (119)	00:01:49	00:25:24 (56)	01:27:06	79		
86	390	BEREDA KRZYSZTOF	WARSZAWA	KUŹNIA TRIATHLONU	POL	1970	M40	30	00:11:10 (137)	00:04:47	00:43:27 (80)	00:01:58	00:25:56 (67)	01:27:18	80		
87	417	ZACKIEWICZ PAULINA	SUWAŁKI	BIGYELLOWFOOT ADVENTURETEAM 1992	POL	1992	K20	4	00:11:43 (153)	00:03:53	00:46:54 (124)	00:01:14	00:23:41 (34)	01:27:25		7	
88	338	KACMAJOR TOMASZ	GDAŃSK		POL	1986	M30	23	00:10:09 (103)	00:04:39	00:44:52 (94)	00:02:34	00:25:20 (54)	01:27:34	81		
89	361	WOŹNIAK TOMASZ	GDAŃSK	TRIDEA TEAM	POL	1976	M40	31	00:10:47 (130)	00:04:21	00:45:38 (106)	00:01:34	00:25:30 (59)	01:27:50	82		
90	399	RÓŻAŁSKA ALEKSANDRA	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM	POL	1978	K40	3	00:08:52 (63)	00:04:04	00:45:16 (102)	00:02:40	00:27:07 (84)	01:27:59		8	
91	303	ŁAWECKI DARIUSZ	ROTMANKA		POL	1964	M50	7	00:09:04 (70)	00:04:31	00:43:44 (85)	00:01:48	00:29:10 (109)	01:28:17	83		
92	282	JAROSIEWICZ GOSIA	GDAŃSK		POL	1979	K40	4	00:09:08 (72)	00:04:23	00:45:24 (105)	00:01:28	00:28:00 (97)	01:28:23		9	
93	457	PAKURA PIOTR	GDAŃSK	DREAM TRI TEAM	POL	1978	M40	32	00:10:06 (101)	00:04:06	00:43:41 (84)	00:01:37	00:29:13 (113)	01:28:43	84		
94	427	BACHEWICZ KRZYSZTOF	ELBLĄG		POL	1984	M30	24	00:08:36 (48)	00:04:38	00:43:22 (78)	00:02:27	00:29:41 (119)	01:28:44	85		
95	394	BARTEL ANITA	GDAŃSK	TORUS TRIATHLON TEAM	POL	1972	K40	5	00:07:23 (18)	00:04:24	00:45:17 (103)	00:01:34	00:30:44 (138)	01:29:22		10	
96	374	BORCOWSKI JANUSZ	GDYNIA	WETERYNEK.PL/BIKE U UP	POL	1965	M50	8	00:09:16 (76)	00:04:38	00:41:35 (62)	00:01:55	00:32:04 (152)	01:29:28	86		
97	404	MRZYGŁÓD ŁUKASZ	GDYNIA	TEAM RUNZADAR	POL	1977	M40	33	00:10:21 (109)	00:04:00	00:44:56 (95)	00:01:42	00:28:43 (106)	01:29:42	87		
98	300	BUCZMA DOROTA	GDYNIA		POL	1973	K40	6	00:10:26 (118)	00:04:22	00:45:16 (101)	00:01:16	00:28:22 (102)	01:29:42		11	
99	335	GULKOWSKI WOJCIECH	WARSZAWA	TRUCHT TARCHOMIN TEAM	POL	1961	M50	9	00:11:15 (140)	00:05:07	00:43:37 (83)	00:01:53	00:27:41 (93)	01:29:48	88		00:00:15
100	304	DYGUŁA BARTOSZ	PRUSZCZ GDAŃSKI	49BLOT.	POL	1981	M30	25	00:10:27 (119)	00:04:31	00:41:33 (61)	00:01:34	00:31:44 (148)	01:29:49	89		
101	424	LEWINSKA SYLWIA	BANINO		POL	1976	K40	7	00:09:21 (80)	00:04:13	00:44:20 (90)	00:01:48	00:30:15 (129)	01:29:57		12	
102	331	POLACZUK PIOTR	GDAŃSK	TORUS	POL	1973	M40	34	00:11:47 (156)	00:04:36	00:43:06 (76)	00:01:49	00:29:06 (108)	01:30:24	90		
103	421	WALIGÓRA BOŻENA	SOPOT	BOŻENA WALIGÓRA BOŻENA WALIGÓRA	POL	1971	K40	8	00:10:05 (99)	00:04:31	00:47:00 (127)	00:01:35	00:27:49 (95)	01:31:00		13	
104	353	BIEŁOUS AREK	GDAŃSK	COMPLEXSPORTS TRIATHLON TEAM	POL	1976	M40	35	00:10:24 (115)	00:04:18	00:45:03 (98)	00:02:04	00:29:11 (110)	01:31:00	91		
105	448	WRÓBLEWSKI PAWEŁ	SULĘCZYNO		POL	1978	M40	36	00:08:53 (66)	00:04:12	00:48:36 (143)	00:01:12	00:27:53 (96)	01:31:01	92		00:00:15
106	453	GIERSZEWSKA-KWAPISZ ANNA	SOPOT	TSUNAMI TRI	POL	1979	K40	9	00:11:00 (133)	00:05:39	00:46:56 (126)	00:01:36	00:25:52 (66)	01:31:03		14	
107	296	NIEWCZAS-WIEPRZOWSKA KATARZYNA	WARSZAWA	LEKARSKA GRUPA KOLARSKA	POL	1984	K30	1	00:09:02 (69)	00:03:37	00:47:39 (132)	00:01:33	00:29:15 (114)	01:31:06		15	
108	446	LEWANDOWSKA WIKTORIA	GDAŃSK		POL	1991	K20	5	00:07:30 (21)	00:03:45	00:48:02 (136)	00:01:19	00:30:41 (136)	01:31:17		16	
109	347	PROCAJŁO SŁAWOMIR	ELBLĄG		POL	1982	M30	26	00:09:27 (83)	00:05:19	00:45:13 (100)	00:01:51	00:29:31 (117)	01:31:21	93		
110	405	OPARA ZBIGNIEW	WARSZAWA		POL	1946	M60+	2	00:13:43 (177)	00:05:39	00:43:03 (75)	00:01:37	00:27:34 (92)	01:31:36	94		
111	407	TARASZKIEWICZ MICHAŁ	GDYNIA		POL	1982	M30	27	00:11:29 (148)	00:04:20	00:46:56 (125)	00:01:47	00:27:09 (86)	01:31:41	95		
112	376	ANDRZEJEWSKA DOROTA	GDAŃSK		POL	1983	K30	2	00:12:07 (161)	00:04:32	00:46:03 (113)	00:01:38	00:27:24 (89)	01:31:44		17	
113	512	WIŚNIEWSKA SANDRA	ŁAWA	SSP ORKA ŁAWA	POL	2003	K16	1	00:07:31 (22)	00:03:38	00:46:23 (117)	00:01:19	00:32:57 (158)	01:31:48		18	
114	280	ZIELIŃSKI KAMIL	KIELCE		POL	1990	M20	18	00:09:20 (79)	00:04:46	00:46:00 (112)	00:01:24	00:30:04 (125)	01:31:49	96		00:00:15
115	363	WESELAK PAULINA	GDAŃSK		POL	1992	K20	6	00:10:00 (96)	00:04:27	00:49:15 (149)	00:01:34	00:26:58 (80)	01:32:14		19	
116	328	SEROKA JERZY	GDAŃSK	SMARUJ NA TRENING TEAM WWW.JUREKSEROKA.INFO	POL	1977	M40	37	00:10:26 (117)	00:04:17	00:46:18 (116)	00:01:09	00:30:13 (128)	01:32:23	97		
117	343	GAJEWSKI MARCIN	GDANSK WRZESZCZ	NORDEA TRIATHLON TEAM	POL	1985	M30	28	00:10:33 (124)	00:07:25	00:45:59 (111)	00:03:15	00:25:35 (60)	01:32:47	98		
118	402	CZERWIEC MICHAŁ	RUMIA		POL	1982	M30	29	00:09:41 (89)	00:04:19	00:46:43 (123)	00:01:49	00:30:21 (131)	01:32:53	99		
119	428	ROŚ SŁAWEK	NOWA WIEŚ WIELKA	SELEKCJA NATURALNA	POL	1988	M30	30	00:09:37 (87)	00:04:15	00:47:39 (131)	00:01:38	00:29:58 (123)	01:33:07	100		
120	310	ZIELIŃSKI RAFAŁ	GDAŃSK	ALPAMAYO.PL ALPAMAYO.PL	POL	1992	M20	19	00:12:36 (165)	00:05:21	00:48:07 (137)	00:01:07	00:26:05 (71)	01:33:16	101		
121	406	OPARA-KOZYSA ALICJA	WARSZAWA		POL	1981	K30	3	00:11:12 (139)	00:04:38	00:42:33 (69)	00:01:53	00:33:10 (162)	01:33:26		20	
122	345	MICHALAK TOMASZ	WARSZAWA	FIZJOTOMIA FIZJOTOMIA	POL	1992	M20	20	00:09:09 (73)	00:04:33	00:46:40 (122)	00:02:18	00:30:56 (141)	01:33:36	102		
123	320	STRYJEWSKI ŁUKASZ	GDAŃSK		POL	1991	M20	21	00:09:19 (78)	00:04:28	00:50:58 (157)	00:02:17	00:26:44 (78)	01:33:46	103		
124	425	FOLWARSKA MAŁGORZATA	GDAŃSK	GMZH FOLWARSZY	POL	1982	K30	4	00:10:40 (126)	00:04:54	00:47:59 (135)	00:02:02	00:28:36 (104)	01:34:11		21	
125	351	CIECHANOWSKI SZYMON	GDAŃSK	CTS - CZAJATRAININGSYSTEM	POL	1977	M40	38	00:10:47 (131)	00:04:58	00:44:56 (96)	00:02:14	00:31:38 (147)	01:34:33	104		
126	385	POŁOM-VERZHBITSKAYA ANNA	GDANSK	LPP TEAM	POL	1986	K30	5	00:12:45 (166)	00:05:04	00:49:18 (150)	00:02:17	00:25:09 (50)	01:34:33		22	

# GARMIN IRON TRIATHLON STĘŻYCA 2019

Organizator: LABOSPORT Polska sp. z o.o.  
 Data: 29.06.2019  
 Dystans: 1/8 IM (0,475-22,5-5,275)  
 Miejscowość: STĘŻYCA



Sponsor tytularny



Sponsorzy strategiczni



Partner strategiczny



Gospodarz



Gmina Stężyca  
 Tu żyje się najlepiej...

Organizator cyklu



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
127	412	AUGUSTYNIAK ADAM	ŁÓDŹ		POL	1986	M30	31	00:11:16 (143)	00:04:46	00:45:45 (108)	00:00:59	00:31:51 (150)	01:34:37	105		
128	397	KOŁASKI KRZYSZTOF	GDYNIA		POL	1987	M30	32	00:11:36 (151)	00:05:31	00:48:10 (138)	00:01:51	00:27:29 (90)	01:34:37	106		
129	329	TARASZKIEWICZ OLA	GDYNIA		POL	1986	K30	6	00:10:02 (97)	00:05:27	00:49:40 (151)	00:01:56	00:27:17 (88)	01:34:37		23	00:00:15
130	416	WISNIEWSKI PIOTR	GDANSK		POL	1976	M40	39	00:10:30 (121)	00:05:34	00:52:01 (164)	00:01:40	00:25:04 (49)	01:35:04	107		00:00:15
131	370	WIZA ARTUR	WARSZAWA	ASSECO ACTIVE TEAM	POL	1971	M40	40	00:10:32 (122)	00:04:26	00:45:38 (107)	00:01:40	00:32:58 (159)	01:35:14	108		
132	444	TOŁWIŃSKA AGNIESZKA	GRONOWO GÓRNE	BRAK BRAK	POL	1973	K40	10	00:13:33 (174)	00:03:53	00:46:25 (120)	00:01:44	00:29:43 (120)	01:35:18		24	
133	461	ZIĘBIŃSKI WOJCIECH	GOŁUBIE		POL	1956	M60+	3	00:10:20 (108)	00:06:10	00:45:54 (109)	00:02:43	00:30:17 (130)	01:35:24	109		
134	271	TOŁWIŃSKI BOGUSŁAW	ELBLĄG	MKS TRUSO ELBLĄG	POL	1968	M50	10	00:13:33 (175)	00:04:10	00:46:23 (118)	00:01:28	00:30:28 (133)	01:36:02	110		
135	443	BIĘGA SYLWIA	ELBLĄG	OPEN BALANCE GIT ELBLĄG	POL	1972	K40	11	00:11:21 (144)	00:04:05	00:48:44 (146)	00:01:29	00:30:28 (132)	01:36:07		25	
136	340	PASZKIEWICZ TOMASZ	GDAŃSK	PROTEA TEAM	POL	1955	M60+	4	00:11:25 (147)	00:07:49	00:44:59 (97)	00:02:33	00:29:21 (115)	01:36:07	111		
137	413	KOCIK ARKADIUSZ	ŁÓDŹ		POL	1968	M50	11	00:11:44 (154)	00:05:05	00:47:33 (130)	00:02:15	00:29:55 (122)	01:36:32	112		
138	419	PRUCNAL MICHAŁ	CRACÓW	LESSER POLANC	POL	1989	M30	33	00:09:39 (88)	00:06:03	00:50:04 (153)	00:01:50	00:29:13 (111)	01:36:49	113		
139	302	ZDANOWSKA JOANNA	KOBYLNIKI	ENDUHUB.COM	POL	1975	K40	12	00:11:22 (145)	00:03:58	00:48:41 (145)	00:01:43	00:31:10 (144)	01:36:54		26	
140	383	BRODOWSKA KAMILA	GDYNIA	COMPLEXSPORTS	POL	1982	K30	7	00:10:26 (116)	00:05:12	00:48:19 (140)	00:01:50	00:31:08 (143)	01:36:55	27		
141	359	LEWIŃSKA LUIZA	WARSZAWA		POL	1986	K30	8	00:13:24 (173)	00:05:49	00:47:50 (134)	00:01:28	00:28:41 (105)	01:37:12		28	
142	440	CZECH KAMILA	GDYNIA	KARWINY	POL	1982	K30	9	00:11:23 (146)	00:05:28	00:45:22 (104)	00:02:07	00:32:42 (156)	01:37:17		29	00:00:15
143	435	MOTYLSKI STANISŁAW	GDYNIA	FLEX RUNNERS FLEX	POL	1979	M40	41	00:09:41 (90)	00:06:20	00:48:13 (139)	00:02:53	00:30:10 (127)	01:37:17	114		
144	464	JASTRZEBSKI TOMASZ	GDANSK		POL	1976	M40	42	00:13:54 (178)	00:05:13	00:46:04 (114)	00:02:11	00:30:58 (142)	01:38:20	115		
145	333	GULKOWSKA EWA	WARSZAWA	TTT WARSZAWA TRUCHT TARCHOMIN TEAM	POL	1965	K50	1	00:13:22 (171)	00:05:20	00:46:33 (121)	00:02:42	00:30:54 (139)	01:38:51		30	
146	358	JAKUBOWSKI PIOTR	GDYNIA	SCALAR	POL	1970	M40	43	00:12:35 (164)	00:04:56	00:48:31 (142)	00:01:49	00:31:50 (149)	01:39:41	116		
147	344	KRAZIŃSKA SAMANTA	BOBROWNIKI	MIEDZYTRENINGAMI	POL	1992	K20	7	00:11:42 (152)	00:04:19	00:49:05 (148)	00:02:05	00:32:46 (157)	01:39:57		31	
148	273	PŁOTKA EMILIA	KOSZALIN		POL	1983	K30	10	00:10:44 (128)	00:04:32	00:53:42 (174)	00:01:32	00:29:58 (124)	01:40:28	32		
149	364	TUSZYŃSKA KATARZYNA	ŻUKOWO		POL	1975	K40	13	00:11:31 (149)	00:04:14	00:52:40 (169)	00:02:15	00:29:49 (121)	01:40:29		33	
150	387	KOŁODZIEJCZYK EWA	DOBIESZKÓW		POL	1981	K30	11	00:11:45 (155)	00:05:34	00:51:21 (159)	00:01:53	00:30:10 (126)	01:40:43		34	
151	431	LYCZAK-CZEPUKOJC ANNA	GDAŃSK		POL	1969	K50	2	00:10:12 (105)	00:05:06	00:45:54 (110)	00:03:21	00:36:37 (172)	01:41:10		35	
152	267	KALUKIEWICZ AMELIA	SŁUPNO		POL	1975	K40	14	00:12:52 (168)	00:05:14	00:51:56 (163)	00:01:53	00:29:24 (116)	01:41:19		36	
153	391	GAZARKIEWICZ ANTONI	GDAŃSK	BIURO HYDROGRAFICZNE MW GDYNIA SAM SOBIE	POL	1952	M60+	5	00:13:07 (170)	00:05:34	00:47:09 (129)	00:03:36	00:32:00 (151)	01:41:26	117		
154	312	KOWALCZYK JANUSZ	KOWALE		POL	1965	M50	12	00:10:14 (106)	00:04:54	00:51:22 (160)	00:02:15	00:32:33 (155)	01:41:33	118		00:00:15
155	306	DORAU RAFAŁ	DZIEMIANY	DORAŁY	POL	1969	M50	13	00:11:10 (136)	00:05:39	00:50:09 (154)	00:01:35	00:33:08 (160)	01:41:41	119		
156	458	AUGUSTYNIAK LILIANA	ŁÓDŹ	LIMONKOWO	POL	1983	K30	12	00:10:05 (100)	00:04:16	00:51:37 (161)	00:01:38	00:34:45 (167)	01:42:21		37	
157	352	OŹGO KAJA	PIASECZNO		POL	1988	K30	13	00:10:46 (129)	00:04:35	00:54:55 (178)	00:01:37	00:30:30 (134)	01:42:23		38	
158	285	WERLE NELLY	WARSZAWA		POL	1990	K20	8	00:12:06 (160)	00:05:15	00:51:54 (162)	00:02:32	00:30:42 (137)	01:42:29		39	
159	277	KAISER BARBARA	GDAŃSK		POL	1993	K20	9	00:10:23 (112)	00:05:01	00:53:09 (173)	00:01:55	00:32:06 (153)	01:42:34		40	
160	520	FIGIEL MARZENA	KALISZ	TEAM MASTER BARRACUDA	POL	1967	K50	3	00:11:35 (150)	00:05:36	00:50:49 (156)	00:01:12	00:33:41 (165)	01:42:53		41	
161	319	SKRENTNA EWELINA	ZŁOTÓW		POL	1997	K20	10	00:09:55 (94)	00:04:41	00:54:11 (176)	00:01:20	00:33:09 (161)	01:43:16		42	
162	251	ZDUNEK MAŁGORZATA	CZERSK		POL	1979	K40	15	00:11:52 (158)	00:04:47	00:55:08 (180)	00:01:25	00:31:17 (145)	01:44:29		43	
163	436	BARTCZAK MAGDA	TORUŃ	ETT - ELBLĄG TRIATHLON TEAM/TORUŃ MULTISPORT	POL	1985	K30	14	00:13:23 (172)	00:04:55	00:47:07 (128)	00:01:58	00:37:20 (174)	01:44:43		44	
164	409	JAKUBOWSKA MONIKA	GDAŃSK		POL	1969	K50	4	00:09:56 (95)	00:04:59	00:50:32 (155)	00:01:32	00:37:45 (176)	01:44:44		45	
165	354	PŁOTKA GRZEGORZ	KOSZALIN		POL	1982	M30	34	00:11:16 (142)	00:05:33	00:48:21 (141)	00:02:24	00:37:28 (175)	01:45:02	120		
166	456	KOREK PATRYCJUSZ	GDYNIA	FINASTRA	POL	1991	M20	22	00:11:03 (134)	00:05:20	00:54:15 (177)	00:01:51	00:33:22 (164)	01:46:06	121		00:00:15
167	513	JĘŻOWSKA EWELINA	WARSZAWA		POL	1986	K30	15	00:15:31 (183)	00:05:46	00:48:37 (144)	00:01:14	00:35:02 (169)	01:46:10		46	
168	318	SKRENTNY ANDRZEJ	ZŁOTÓW		POL	1963	M50	14	00:17:25 (186)	00:05:12	00:50:01 (152)	00:02:03	00:32:14 (154)	01:46:55	122		

# GARMIN IRON TRIATHLON STĘŻYCA 2019

Organizator: LABOSPORT Polska sp. z o.o.  
 Data: 29.06.2019  
 Dystans: 1/8 IM (0,475-22,5-5,275)  
 Miejscowość: STĘŻYCA



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
169	445	ROST GRZEGORZ	GDAŃSK		POL	1984	M30	35	00:15:09 (182)	00:05:26	00:51:07 (158)	00:01:44	00:33:59 (166)	01:47:25	123		
170	372	GULKOWSKI WŁADYSŁAW	STĘŻYCA	STĘŻYCA	POL	1958	M60+	6	00:12:19 (162)	00:06:24	00:52:16 (167)	00:01:38	00:34:50 (168)	01:47:27	124		
171	297	PIERNICKI JACEK	GDAŃSK		POL	1979	M40	44	00:10:23 (111)	00:05:39	00:52:09 (166)	00:01:11	00:38:57 (179)	01:48:19	125		
172	298	PIERNICKA MAŁGORZATA	GDAŃSK		POL	1983	K30	16	00:10:24 (114)	00:05:06	00:52:43 (170)	00:01:09	00:38:57 (178)	01:48:19		47	
173	430	ROTHER MARTA	WROCŁAW	ROTHER MASTERS SWIM TEAM	POL	1968	K50	5	00:07:48 (29)	00:05:30	01:02:42 (186)	00:01:36	00:30:55 (140)	01:48:31		48	
174	360	UCIECHOWSKI SŁAWOMIR	MALBORK		POL	1964	M50	15	00:15:55 (184)	00:06:04	00:48:55 (147)	00:02:19	00:35:19 (170)	01:48:32	126		
175	410	POGORZELSKI SŁAWOMIR	ELBLĄG		POL	1970	M40	45	00:17:26 (187)	00:05:35	00:52:47 (172)	00:01:58	00:31:21 (146)	01:49:07	127		
176	276	ZYGMUNTOWICZ PIOTR	GDYNIA	MORSY GDYŃSKIE	POL	1953	M60+	7	00:16:02 (185)	00:06:40	00:52:06 (165)	00:01:34	00:33:18 (163)	01:49:40	128		
177	283	GORZKOWSKI MAREK	WARSZAWA		POL	1991	M20	23	00:08:54 (67)	00:07:04	00:56:51 (182)	00:02:34	00:37:05 (173)	01:52:28	129		
178	415	ŚCIBIOR RYSZARD	WARSZAWA		POL	1954	M60+	8	00:12:00 (159)	00:05:41	00:47:48 (133)	00:03:31	00:44:40 (186)	01:53:40	130		
179	355	JĘDRZEJEWSKA ANNA	GDAŃSK		POL	1991	K20	11	00:10:28 (120)	00:06:47	00:56:20 (181)	00:03:10	00:38:03 (177)	01:54:48		49	
180	459	CWALINA RYSZARD	GDYNIA		POL	1979	M40	46	00:14:27 (179)	00:04:53	00:58:49 (184)	00:01:52	00:36:07 (171)	01:56:08	131		
181	401	OWCZAREK PAWEŁ	PABIANICE		POL	1971	M40	47	00:13:37 (176)	00:06:58	00:52:34 (168)	00:01:20	00:42:13 (183)	01:56:42	132		
182	356	KALUKIN KATARZYNA	GDYNIA	TRI LADIES COMPLEXSPORTS	POL	1976	K40	16	00:13:04 (169)	00:05:45	00:52:47 (171)	00:02:02	00:45:01 (187)	01:58:39		50	
183	442	SUCHECKI ŁUKASZ	TCZEW	POMERANIA WINTER SWIMMING	POL	1984	M30	36	00:10:44 (127)	00:06:09	00:57:40 (183)	00:02:20	00:41:47 (182)	01:58:40	133		
184	309	KĄTNIK LESZEK	GDAŃSK	DZIADKOWY KLUB SPORTOWY	POL	1951	M60+	9	00:11:50 (157)	00:09:41	00:55:07 (179)	00:03:58	00:39:36 (180)	02:00:12	134		
185	511	TKACZYK ZENON	GÓRA KALWARIA		POL	1957	M60+	10	00:15:02 (181)	00:06:40	00:53:44 (175)	00:02:06	00:42:43 (184)	02:00:15	135		
186	368	MARCINKOWSKA IZABELA	GDAŃSK	ADRES DOSTAWY :UL. METEORYTOWA 15 GDAŃSK FII	POL	1974	K40	17	00:14:41 (180)	00:10:47	01:01:37 (185)	00:03:09	00:44:01 (185)	02:14:15		51	
187	515	JERECZEK ANNA	GDANSK		POL	1992	K20	12	00:10:24 (113)	00:03:43	01:41:08 (187)	00:02:46	00:41:15 (181)	02:39:16		52	