

# GARMIN IRON TRIATHLON ŚLESIN 2020

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska sp.z.o.o.

Data: 15.08.2020

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

Miejscowość: Ślesin



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	2	KALASZCZYŃSKI ŁUKASZ	PŁOCK	KM SPORT PRO TEAM	POL	1984	M35	1	10:30:37	00:12:33 (4)	00:01:55	01:03:53 (3)	00:00:54	00:35:20 (3)	01:54:35	1		
2	3	SZALA TOMASZ	NOWA IWICZNA	ILABO RACING TEAM POWERED BY CTS	POL	1990	M30	1	10:30:38	00:12:13 (1)	00:02:04	01:02:00 (2)	00:00:52	00:37:57 (7)	01:55:06	2		
3	4	ŁAWICKI MARCIN	LUBIN	MKS POLKOWICE	POL	1986	M30	2	10:30:37	00:12:14 (2)	00:01:59	01:04:09 (6)	00:00:49	00:36:38 (5)	01:55:49	3		
4	1	AUGUSTYŃIAK KRZYSZTOF	POLKOWICE	LABOSPORT TEAM MKS PIETVAL POLKOWICE	POL	1981	M35	2	10:30:37	00:12:25 (3)	00:01:58	01:03:57 (4)	00:00:51	00:36:46 (6)	01:55:57	4		
5	370	NIEWIEJSKI NIKODEM	OSTRZESZÓW		POL	1994	M25	1	11:00:14	00:13:37 (14)	00:02:27	01:03:59 (5)	00:01:26	00:40:26 (11)	02:01:55	5		
6	153	DUPLIICKI KAMIL	SOCHACZEW	BEKO	POL	1981	M35	3	10:30:51	00:14:38 (32)	00:02:02	01:06:53 (9)	00:01:06	00:39:24 (8)	02:04:03	6		
7	334	WITKOWSKI MATEUSZ	KOSZALIN	JW 1223	POL	1993	M25	2	11:00:13	00:16:00 (89)	00:02:20	01:09:38 (36)	00:01:07	00:36:28 (4)	02:05:33	7		
8	193	KOSMOWSKI MICHAŁ	KOŚCZAÓW	TRINERGY DOTSPORT	POL	1980	M40	1	10:30:46	00:13:41 (16)	00:02:15	01:06:55 (10)	00:01:03	00:41:50 (22)	02:05:44	8		
9	399	KOZAK KAROL	ELBLĄG	TRIWISE	POL	2000	M18	1	11:00:05	00:13:31 (11)	00:02:40	01:06:34 (8)	00:01:03	00:42:53 (32)	02:06:41	9		
10	149	KARASIŃSKI MARCIN	KALISZ	TRIATHLON KALISZ	POL	1970	M50	1	10:30:52	00:14:04 (22)	00:02:31	01:09:55 (44)	00:01:03	00:39:36 (9)	02:07:09	10		
11	358	SIEJAKOWSKI MICHAŁ	KWIDZYN	KTS IRONMAN	POL	1979	M40	2	11:00:27	00:13:44 (17)	00:02:15	01:08:19 (15)	00:00:56	00:42:19 (25)	02:07:33	11		
12	338	KALINOWSKI PAWEŁ	ŁOMIANKI	TRIZARZA	POL	1984	M35	4	11:00:11	00:13:44 (17)	00:02:37	01:08:44 (22)	00:01:17	00:41:33 (20)	02:07:55	12		
13	395	ŁAWSKI FILIP	WARSZAWA	ENDURE TEAM	POL	1992	M25	3	11:00:25	00:14:14 (26)	00:02:34	01:08:39 (19)	00:01:27	00:41:24 (19)	02:08:18	13		
14	202	PAWŁOWSKI RADOSŁAW	WARSZAWA	TRINERGY	POL	1976	M40	3	10:30:46	00:13:23 (9)	00:02:42	01:07:50 (13)	00:01:16	00:43:10 (34)	02:08:21	14		
15	116	STARZYK ŁUKASZ	WROCLAW	GVT	POL	1985	M35	5	10:31:01	00:14:05 (24)	00:02:47	01:06:32 (7)	00:01:34	00:43:33 (40)	02:08:31	15		
16	362	DMOWSKI PIOTR	PIASECZNO		POL	1985	M35	6	11:00:53	00:15:40 (69)	00:02:31	01:08:55 (24)	00:01:17	00:40:17 (10)	02:08:40	16		
17	135	NOWAK KRZYSZTOF	BELCHATÓW		POL	1984	M35	7	10:30:58	00:15:27 (60)	00:03:03	01:07:05 (11)	00:01:46	00:41:33 (20)	02:08:54	17		
18	359	RUDNIK TOMASZ	ŻARÓW	GVT	POL	1979	M40	4	11:00:28	00:16:28 (127)	00:02:22	01:08:44 (21)	00:01:18	00:40:35 (13)	02:09:27	18		
19	154	CEBERAK MACIEJ	LUBARTÓW	COACH CEBERAK	POL	1990	M30	3	10:30:49	00:14:05 (25)	00:02:30	01:10:34 (58)	00:01:10	00:41:12 (18)	02:09:31	19		
20	378	PAWELCZYK PIOTR	GDYNIA		POL	1994	M25	4	11:00:17	00:13:00 (8)	00:02:39	01:12:04 (84)	00:01:13	00:40:56 (17)	02:09:52	20		
21	347	GAJ PRZEMYSŁAW	KONIN	TRITON KONIN	POL	1998	M18	2	11:01:25	00:16:12 (106)	00:02:19	01:09:13 (29)	00:01:28	00:40:50 (16)	02:10:02	21		
22	107	SOSNOWSKI JAROSŁAW	PŁOCK	PTT DELTA / TEAMKALACH	POL	1980	M40	5	10:30:49	00:12:53 (6)	00:02:29	01:10:14 (51)	00:01:20	00:43:35 (41)	02:10:31	22		
23	374	OLEJNIK BARTOSZ	OPOCZNO	HUROM TRI TEAM	POL	1993	M25	5	11:00:53	00:14:24 (29)	00:02:06	01:10:38 (59)	00:00:53	00:42:31 (27)	02:10:32	23		
24	391	BIADUŃ DANIEL	WARSZAWA	LABOSPORT TEAM ABSOLUTEBIKES.PL	POL	1982	M35	8	11:01:58	00:15:14 (48)	00:02:54	01:07:49 (12)	00:01:26	00:43:23 (39)	02:10:46	24		
25	457	PYSZKA-BAZAN ALICJA	TYCHY		POL	1993	K25	1	11:00:05	00:13:46 (19)	00:02:09	01:11:02 (64)	00:01:29	00:42:23 (26)	02:10:49		1	
26	299	DĄBROWSKI ŁUKASZ	OSTRÓW WIELKOPOLSKI		POL	1982	M35	9	11:01:12	00:16:27 (125)	00:02:41	01:10:07 (47)	00:01:11	00:40:35 (13)	02:11:01	25		
27	386	NOWAK PAWEŁ	SIEKIERKI WIELKIE	MOTIV HOME TEAM	POL	1982	M35	10	11:00:58	00:15:06 (43)	00:03:05	01:08:55 (25)	00:01:08	00:43:13 (35)	02:11:27	26		
28	434	SZCZĘŚNIAK PIOTR	STRZELIN	GVT BMC 3SOFT	POL	1979	M40	6	11:00:22	00:15:52 (73)	00:02:36	01:08:43 (20)	00:01:07	00:43:14 (36)	02:11:32	27		
29	259	GRZYBEK ŁUKASZ	ŁÓDŹ		POL	1981	M35	11	11:01:01	00:16:26 (122)	00:03:00	01:10:17 (52)	00:01:09	00:40:41 (15)	02:11:33	28		
30	388	CHOJNACKI MARCIN	PRZANOWICE	TRIWISE	POL	1974	M45	1	11:01:01	00:16:06 (98)	00:03:07	01:08:56 (26)	00:01:26	00:42:10 (23)	02:11:45	29		
31	364	GIERASIMCZYK RAFAŁ	MORAĞ	KTS IRONMAN	POL	1993	M25	6	11:00:36	00:14:21 (28)	00:02:31	01:10:48 (62)	00:01:14	00:43:02 (33)	02:11:56	30		
32	354	BORKOWY MICHAŁ	BOJSZOWY	LABOSPORT TEAM	POL	1975	M45	2	11:01:38	00:16:34 (135)	00:02:45	01:08:09 (14)	00:01:52	00:42:40 (30)	02:12:00	31		
33	367	WAŃCZYK PAWEŁ	WROCLAW	#DAWAJKALACH	POL	1988	M30	4	11:01:20	00:15:53 (74)	00:04:29	01:22:07 (273)	00:02:50	00:26:50 (1)	02:12:09	32		
34	92	JAKUBCZAK ANDRZEJ	ROBAKOWO	VAN HOOPY BIKE MANUFAKTUR	POL	1979	M40	7	10:31:22	00:12:58 (7)	00:02:41	01:10:10 (49)	00:01:28	00:45:01 (73)	02:12:18	33		
35	433	SZEFER PIOTR	STANISŁAWÓW DRUGI	TRINERGY	POL	1974	M45	3	11:00:45	00:15:16 (50)	00:02:28	01:09:23 (32)	00:01:13	00:44:10 (54)	02:12:30	34		
36	385	MARKIEWICZ MARCIN	ŚWIDNICA	LABOSPORT TEAM GLKS ŻELAZNA ŚWIDNICA	POL	1972	M45	4	11:00:16	00:13:38 (15)	00:02:31	01:10:34 (57)	00:01:18	00:44:38 (63)	02:12:39	35		
37	407	EPELBAUM DARIUSZ	WARSZAWA	CTS CZAJA TRAINING SYSTEM	POL	1977	M40	8	11:01:20	00:16:01 (90)	00:02:27	01:09:27 (34)	00:01:09	00:43:38 (44)	02:12:42	36		
38	403	ZAWADZKI MATEUSZ	TORUŃ		POL	1995	M25	7	11:01:25	00:16:06 (98)	00:02:19	01:09:18 (30)	00:01:21	00:43:38 (44)	02:12:42	37		
39	15	WIĄCZEK KAROL	SWARZĘDZ		POL	1984	M35	12	10:31:14	00:15:33 (63)	00:02:26	01:10:45 (61)	00:01:20	00:42:43 (31)	02:12:47	38		
40	263	CHMIELEWSKI MICHAŁ	POZNAŃ	METZINK MICHAŁ CHMIELEWSKI	POL	1982	M35	13	11:00:33	00:14:53 (38)	00:02:22	01:09:38 (36)	00:01:04	00:45:01 (72)	02:12:58	39		
41	421	HANKIEWICZ ARTUR	POZNAŃ	CTS DIRECT FLOOR CITYZEN	POL	1979	M40	9	11:00:20	00:15:51 (72)	00:02:52	01:09:37 (35)	00:01:05	00:43:48 (48)	02:13:13	40		
42	418	DĄBROWSKI MICHAŁ	WARSZAWA		POL	1984	M35	14	11:01:21	00:15:34 (64)	00:02:30	01:10:03 (45)	00:01:46	00:43:21 (38)	02:13:14	41		
43	318	OLEK JAKUB	WARSZAWA		POL	1987	M30	5	11:01:53	00:14:42 (34)	00:04:09	01:10:20 (53)	00:01:32	00:42:35 (29)	02:13:18	42		
44	330	DEBERT JAREK	WARSZAWA	TRINERGY TEAM	POL	1980	M40	10	11:00:45	00:17:04 (168)	00:02:29	01:09:09 (28)	00:01:12	00:43:49 (49)	02:13:43	43		
45	339	WOJDAS SŁAWOMIR	SOCHACZEW		POL	1990	M30	6	11:00:11	00:14:16 (27)	00:02:12	01:11:39 (76)	00:01:25	00:44:16 (56)	02:13:48	44		
46	155	GUTKOWSKI JAKUB	STOPKA		POL	1986	M30	7	10:31:09	00:16:10 (104)	00:02:56	01:09:40 (38)	00:01:37	00:43:39 (46)	02:14:02	45		
47	383	CHABASIŃSKI RAFAŁ	SZCZECIN	LABOSPORT TEAM	POL	1976	M40	11	11:01:45	00:15:16 (50)	00:02:41	01:08:25 (16)	00:01:07	00:46:47 (102)	02:14:16	46		

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Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska sp.z.o.o.

Data: 15.08.2020

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

Miejscowość: Ślesin



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	327	OWORUSZKO JAROSŁAW	WARSZAWA	CTS	POL	1971	M45	5	11:01:11	00:15:07 (44)	00:02:56	01:09:49 (41)	00:01:43	00:44:48 (64)	02:14:23	47		
49	20	DANIELSKI KAMIL	WARSZAWA	DANDEV	POL	1985	M35	15	10:32:26	00:14:56 (39)	00:02:29	01:11:42 (77)	00:01:08	00:44:13 (55)	02:14:28	48		
50	121	HELAK PAWEŁ	WARSZAWA	TRINERGY	POL	1976	M40	12	10:31:38	00:15:59 (88)	00:03:02	01:10:43 (60)	00:01:29	00:43:15 (37)	02:14:28	49		
51	381	WOJCIESZKO PIOTR	WROCLAW	GVT	POL	1981	M35	16	11:00:30	00:15:53 (80)	00:03:16	01:09:42 (40)	00:01:33	00:44:07 (53)	02:14:31	50		
52	397	ZIELIŃSKI KAMIL	WARSZAWA	APPLE MARINES APPLE MARINES	POL	1989	M30	8	11:00:17	00:13:26 (10)	00:02:22	01:12:58 (102)	00:01:27	00:44:19 (58)	02:14:32	51		
53	389	PAWLIN MATEUSZ	WARSZAWA	TRIZARZA	POL	1991	M25	8	11:00:39	00:16:58 (160)	00:02:44	01:13:13 (107)	00:01:07	00:40:33 (12)	02:14:35	52		
54	420	WAGEMANN ŁUKASZ	WROCLAW	GVT ADSYSTEM	POL	1979	M40	13	11:00:22	00:13:58 (21)	00:02:43	01:10:29 (54)	00:01:23	00:46:16 (91)	02:14:49	53		
55	289	BRZEZIŃSKI ANDRZEJ	KONIN	TRITON / TRENUJTRIATHLON.PL	POL	1976	M40	14	11:00:36	00:16:07 (100)	00:02:49	01:08:25 (17)	00:01:34	00:46:00 (82)	02:14:55	54		
56	350	ŚWIERC KAROL	MIKOŁÓW	POST MEDICAL SPORT TEAM	POL	1980	M40	15	11:01:40	00:15:19 (53)	00:02:41	01:11:01 (63)	00:01:11	00:44:50 (65)	02:15:02	55		
57	363	JEDOWSKI MACIEJ	SUSZ		POL	1981	M35	17	11:00:33	00:14:44 (35)	00:02:59				02:15:37	56		
58	405	PIETROWSKI SZYMON	ALEKSANDRÓW ŁÓDZKI	CELIRONMAN K.S. KONIEC KIEPSZCZENIA	POL	1982	M35	18	11:02:15	00:15:53 (74)	00:04:08	01:11:36 (75)	00:01:46	00:42:18 (24)	02:15:41	57		
59	401	TRZECIAK ŁUKASZ	PŁOKI	DOTSPORT.PL TRIATHLON TEAM	POL	1980	M40	16	11:01:04	00:16:16 (110)	00:03:08	01:11:07 (67)	00:01:13	00:44:03 (52)	02:15:47	58		
60	365	BIERNACKI KRYSZTIAN	WROCLAW	GVT	POL	1978	M40	17	11:00:25	00:15:07 (44)	00:03:08	01:09:22 (31)	00:01:22	00:47:03 (108)	02:16:02	59		
61	217	ROSIŃSKI JAROSŁAW	GDAŃSK		POL	1976	M40	18	10:31:17	00:15:08 (46)	00:02:52	01:08:38 (18)	00:02:15	00:47:39 (117)	02:16:32	60		
62	321	LEŚNIAK TOMASZ	OTWOCK	KUŹNIA TRIATHLONU	POL	1973	M45	6	11:00:11	00:15:24 (58)	00:02:44	01:09:51 (42)	00:01:15	00:47:31 (113)	02:16:45	61		
63	258	WOŹNIAK JACEK	GDAŃSK	CTS PORTA DRZWI	POL	1980	M40	19	11:02:26	00:16:04 (94)	00:02:37	01:10:31 (55)	00:01:32	00:46:22 (93)	02:17:06	62		
64	59	BŁASZCZYK ŁUKASZ	POZNAŃ-LUBOMYŚLE		POL	1985	M35	19	10:31:53	00:15:39 (67)	00:02:57	01:11:14 (69)	00:01:07	00:46:12 (88)	02:17:09	63		
65	257	KULIŃSKI PIOTR	BELCHATÓW	IRON FIGHTERS	POL	1990	M30	9	11:01:28	00:16:24 (118)	00:02:55	01:11:52 (81)	00:01:24	00:44:55 (68)	02:17:30	64		
66	67	HYHS JAN	WYSOCKO WIELKIE	OSW TRI TEAM	POL	1992	M25	9	10:31:01	00:16:23 (116)	00:02:36	01:11:25 (72)	00:01:51	00:45:16 (76)	02:17:31	65		
67	213	FOGIEL MICHAŁ	RADOM	LABOSPORT TEAM	POL	1990	M30	10	10:31:35	00:16:16 (110)	00:02:33	01:11:25 (73)	00:01:21	00:46:00 (82)	02:17:35	66		
68	406	SAWICKI ARKADIUSZ	WROCLAW	SCORPION	POL	1982	M35	20	11:00:28	00:15:56 (84)	00:02:49	01:08:48 (23)	00:01:06	00:49:17 (138)	02:17:56	67		
69	14	PRZEDPEŁSKI RADOSŁAW	ŁÓDŹ	SNG WILD DUCKS	POL	1982	M35	21	10:31:43	00:15:44 (70)	00:03:17	01:12:36 (95)	00:01:27	00:44:57 (70)	02:18:01	68		
70	294	BIHUN NATALIA	SIECHNICE	GT RAT	POL	1987	K30	1	11:00:42	00:16:24 (118)	00:02:57	01:12:19 (88)	00:01:55	00:44:31 (62)	02:18:06		2	
71	216	CZAJKOWSKI ADAM	KONSTANCIN-JEZIORNA		POL	1970	M50	2	10:31:05	00:15:15 (49)	00:03:02	01:12:44 (97)	00:01:28	00:45:40 (79)	02:18:09	69		
72	220	WAŚNIEWSKI DANIEL	NOWY DWÓR MAZOWIEC	DEWELPOPPOL TEAM	POL	1986	M30	11	10:33:23	00:18:00 (218)	00:03:11	01:12:08 (87)	00:01:20	00:43:40 (47)	02:18:19	70		
73	49	NOWAK SŁAWOMIR	WOLICA	ZDUN TRIATHLON TEAM	POL	1972	M45	7	10:31:35	00:15:58 (86)	00:02:29	01:11:43 (78)	00:01:21	00:46:55 (105)	02:18:26	71		
74	360	KASZTELAN RADOSŁAW	KWIDZYN	KWIDZYN BIKE RACING TEAM KWIDZYN	POL	1977	M40	20	11:00:59	00:16:04 (94)	00:02:49	01:11:07 (66)	00:01:48	00:46:39 (97)	02:18:27	72		
75	52	ROBIŃSKI MARCIN	WARSZAWA	KUŹNIA TRIATHLONU	POL	1981	M35	22	10:31:55	00:18:02 (220)	00:02:32	01:12:48 (100)	00:01:33	00:43:35 (41)	02:18:30	73		
76	104	MALENDACI MACIEJ	BIENIEWICE	MEDICOVER RUNNERS	POL	1987	M30	12	10:33:07	00:18:10 (230)	00:03:06	01:09:53 (43)	00:01:32	00:45:50 (81)	02:18:31	74		
77	442	HOJAN ADAM	POZNAŃ	CITYZEN	POL	1985	M35	23	11:00:19	00:15:16 (50)	00:03:25	01:09:05 (27)	00:01:25	00:49:37 (140)	02:18:48	75		
78	53	CZAJKOWSKI KRZYSZTOF	KOŁO	TRI FOR ME	POL	1975	M45	8	10:31:08	00:15:38 (66)	00:03:01	01:11:58 (83)	00:02:26	00:46:00 (82)	02:19:03	76		
79	55	MALINOWSKI JAROSŁAW	WARSZAWA	TRIMALINY	POL	1982	M35	24	10:33:23	00:18:06 (225)	00:02:50	01:13:19 (108)	00:01:34	00:43:36 (43)	02:19:25	77		
80	62	MAĆKOWSKI MACIEJ	POZNAŃ		POL	1981	M35	25	10:30:55	00:15:21 (56)	00:03:29	01:12:24 (90)	00:02:04	00:46:17 (92)	02:19:35	78		
81	361	SZUL DANIEL	SUSZ	KTS IRONMAN KWIDZYN BRAK	POL	1982	M35	26	11:01:40	00:16:53 (152)	00:03:16	01:10:11 (50)	00:01:22	00:47:57 (120)	02:19:39	79		
82	13	KOWALCZYK IGA	GÓLDAP		POL	1989	K30	2	10:31:01	00:15:09 (47)	00:02:27	01:14:22 (123)	00:01:16	00:46:26 (95)	02:19:40		3	
83	413	GROCHOWSKA OLA	WIŚNIA MAŁA	GVT	POL	1994	K25	2	11:00:20	00:14:04 (22)	00:02:45	01:14:13 (121)	00:01:13	00:47:31 (114)	02:19:46		4	
84	16	WIŚNIEWSKI DAMIAN	ŚLESIN	DIETETYK SPORTOWY - DAMIAN WIŚNIEWSKI	POL	1996	M18	3	10:31:19	00:16:09 (103)	00:02:54	01:09:23 (32)	00:01:11	00:50:14 (152)	02:19:51	80		
85	443	JEDRZECZYK PIOTR	PIASECZNO		POL	1973	M45	9	11:02:50	00:17:11 (172)	00:03:56	01:12:49 (101)	00:01:48	00:44:16 (56)	02:20:00	81		
86	156	KURZAC PIOTR	OSTRÓW WIELKOPOLSKI		POL	1982	M35	27	10:33:52	00:16:24 (118)	00:03:20	01:14:04 (118)	00:01:12	00:45:14 (74)	02:20:14	82		
87	319	STĘPIEŃ MAREK	WROCLAW	GŁOWA W FORMIE - PSYCHOLOGIA SPORTU	POL	1989	M30	13	11:01:58	00:17:08 (170)	00:03:48	01:10:06 (46)	00:01:36	00:47:36 (115)	02:20:14	83		
88	214	DUDELA ADRIAN	WARSZAWA	KAZIKI	POL	1980	M40	21	10:31:14	00:16:02 (92)	00:02:58	01:12:42 (96)	00:01:45	00:46:50 (104)	02:20:17	84		
89	34	SZLASKI IGOR	ZGIERZ	PROTRI	POL	1989	M30	14	10:31:48	00:16:35 (137)	00:03:23	01:12:05 (85)	00:01:38	00:46:40 (98)	02:20:21	85		
90	454	GORWA ROBERT	SZCZYTNKI	KUSH GANGSTA	POL	1978	M40	22	11:01:38	00:17:41 (197)	00:03:01	01:13:08 (106)	00:01:49	00:44:53 (66)	02:20:32	86		
91	282	GRYSZKIEWICZ PAWEŁ	WROCLAW	GVT	POL	1987	M30	15	11:00:39	00:15:53 (74)	00:02:49	01:11:31 (74)	00:01:40	00:48:50 (131)	02:20:43	87		
92	93	PIESIK DAWID	BYDGOSZCZ	ARRK	POL	1990	M30	16	10:31:06	00:16:39 (141)	00:03:04	01:13:07 (105)	00:01:35	00:46:32 (96)	02:20:57	88		
93	74	SWIANIEWICZ ANTONI	WARSZAWA	AKS POLONIA WARSZAWA	POL	1985	M35	28	10:31:20	00:15:23 (57)	00:02:28	01:10:10 (48)	00:01:32	00:51:35 (177)	02:21:08	89		
94	47	ZIELIŃSKI KAMIL	JAWOR		POL	1992	M25	10	10:31:21	00:18:41 (256)	00:02:43	01:14:40 (127)	00:01:10	00:43:55 (50)	02:21:09	90		

# GARMIN IRON TRIATHLON ŚLESIN 2020

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska sp.z.o.o.

Data: 15.08.2020

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

Miejscowość: Ślesin



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	412	PIĘTKA DANIEL	POZNAŃ	ZGRUPKA TEAM	POL	1977	M40	23	11:00:39	00:15:26 (59)	00:02:41	01:09:41 (39)	00:01:24	00:51:58 (186)	02:21:10	91		
96	229	SWĘDROWSKI JACEK	KONIN	TRITON KONIN	POL	1977	M40	24	10:31:24	00:18:40 (254)	00:03:30	01:12:48 (99)	00:01:44	00:44:30 (61)	02:21:12	92		
97	165	BOGUS RAFAŁ	CZĘSTOCHOWA	SCOUT TEAM CZĘSTOCHOWA	POL	1969	M50	3	10:30:58	00:16:55 (155)	00:03:06	01:11:11 (68)	00:01:38	00:48:25 (123)	02:21:15	93		
98	453	TRONINA GRZESIEK	CZESTOCHOWA		POL	1982	M35	29	11:02:39	00:16:16 (110)	00:02:34	01:15:21 (135)	00:01:05	00:46:14 (89)	02:21:30	94		
99	35	CELMER MARCIN	PŁOCK	PTT DELTA MARCEL	POL	1981	M35	30	10:31:11	00:17:53 (210)	00:03:26	01:13:46 (113)	00:01:34	00:44:54 (67)	02:21:33	95		
100	221	ZABORNY PAWEŁ	WARSZAWA	MBC TEAM	POL	1979	M40	25	10:32:11	00:16:24 (118)	00:03:12	01:11:02 (65)	00:01:40	00:49:30 (139)	02:21:48	96		
101	369	LIGENZA KAMIL	ZGIERZ	GT RAT	POL	1990	M30	17	11:01:04	00:16:05 (96)	00:02:53	01:11:51 (80)	00:01:19	00:49:56 (145)	02:22:04	97		
102	126	HALBRYT MACIEJ	GDYNIA	SESCOM SPORT TEAM	POL	1994	M25	11	10:30:52	00:13:32 (12)	00:02:21	01:10:33 (56)	00:01:17	00:52:23 (192)	02:22:06	98		00:02:00
103	324	PACURA KRZYSZTOF	WARSZAWA	Y.O. TEAM Y.O. TEAM	POL	1989	M30	18	11:00:54	00:15:19 (53)	00:03:57	01:12:34 (94)	00:01:42	00:48:34 (125)	02:22:06	99		
104	9	MIĘKUS TOMASZ	WARSZAWA (PRAGA-POL)	TRIZARZA	POL	1976	M40	26	10:31:29	00:16:42 (143)	00:02:49	01:14:15 (122)	00:02:03	00:46:22 (93)	02:22:11	100		
105	6	KOŁODZIECZYK ŁUKASZ	DOBIEŹKÓW	PULS TRI TEAM	POL	1980	M40	27	10:31:24	00:15:30 (61)	00:03:01	01:13:19 (109)	00:01:32	00:48:50 (131)	02:22:12	101		
106	138	SOBOLEWSKI MARIUSZ	WŁOCLAWEK	WŁOCLAWEK TRIATHLON TEAM	POL	1980	M40	28	10:31:20	00:15:37 (65)	00:04:00	01:14:05 (119)	00:01:57	00:46:43 (100)	02:22:22	102		
107	11	WIŚNIEWSKI TOMASZ	WROCLAW, DOLNOŚLĄSK	GVT	POL	1988	M30	19	10:30:45	00:13:36 (13)	00:02:50	01:15:44 (141)	00:01:27	00:48:49 (130)	02:22:26	103		
108	325	JAROCH KAMIL	KRAKÓW		POL	1992	M25	12	11:01:09	00:17:03 (167)	00:03:11	01:13:51 (114)	00:01:23	00:47:07 (109)	02:22:35	104		
109	422	KOKOT MARCIN	KONIN	TRITON KONIN	POL	1986	M30	20	11:01:33	00:15:56 (84)	00:03:00	01:16:41 (165)	00:01:32	00:45:34 (77)	02:22:43	105		
110	447	WIŚNIEWSKI KRZYSZTOF	WARSZAWA	<2:15 JAK WIATR POZWOLI ;)	POL	1982	M35	31	11:02:15	00:18:03 (222)	00:03:38	01:11:55 (82)	00:01:54	00:47:27 (111)	02:22:57	106		
111	375	ZUJKO KINGA	BIAŁYSTOK	SZALA COACH / NADAKTYWNI	POL	1996	K18	1	11:00:56	00:17:39 (193)	00:03:36	01:18:02 (191)	00:01:25	00:42:33 (28)	02:23:15		5	
112	132	RYBAK REMIGIUSZ	BIALÉ BŁOTA	BIKE U UP	POL	1977	M40	29	10:31:31	00:17:01 (162)	00:02:42	01:11:23 (71)	00:01:20	00:50:49 (162)	02:23:15	107		
113	173	TOKARSKI PRZEMYSŁAW	PIOTRKÓW TRYBUNALSKI	TRI AKTYWNY PIOTRKÓW TRI AKTYWNY PIOTRKÓW	POL	1979	M40	30	10:32:34	00:16:34 (134)	00:04:02	01:13:01 (103)	00:01:48	00:48:04 (121)	02:23:29	108		
114	134	CZUK ALEKSANDER	ZABRZEG	IRON TEAM	POL	1992	M25	13	10:30:49	00:12:37 (5)	00:02:38	01:16:11 (152)	00:00:56	00:51:07 (172)	02:23:29	109		
115	110	FIBNER KRZYSZTOF	SRODA WIELKOPOLSKA	METZINK TRI	POL	1991	M25	14	10:31:17	00:20:09 (299)	00:03:16	01:12:33 (93)	00:01:41	00:46:04 (85)	02:23:43	110		
116	371	GĘBALA WOJTEK	WARSZAWA		POL	1978	M40	31	11:01:50	00:16:27 (125)	00:03:16	01:15:16 (134)	00:01:50	00:46:55 (106)	02:23:44	111		
117	131	PAKUŁA MARCIN	GDYNIA ORLOWO	PAKUŁA TEAM ANIA PAKUŁA TEAM	POL	1973	M45	10	10:31:22	00:15:20 (55)	00:02:37	01:15:11 (133)	00:01:11	00:49:39 (141)	02:23:58	112		
118	326	DOLĘGA-KOZIEROWSKI JAN	PIASECZNO	MBC TEAM SPONSOR YOURSELF	POL	1988	M30	21	11:01:14	00:16:48 (146)	00:03:29	01:13:25 (110)	00:01:51	00:48:25 (123)	02:23:58	113		
119	111	BAŁDYS DARIUSZ	DĄBROWA GÓRNICZA	ARENA STREFA PŁYWANIA	POL	1977	M40	32	10:31:26	00:15:32 (62)	00:03:34	01:16:44 (166)	00:01:46	00:46:49 (103)	02:24:25	114		
120	445	MAZGAJ BARTŁOMIEJ	ALEKSANDRÓW ŁÓDZKI	HTF LUDWIK SIKORSKI	POL	1986	M30	22	11:02:32	00:16:15 (108)	00:03:05	01:15:07 (132)	00:01:21	00:48:42 (127)	02:24:30	115		
121	77	ANTONIUK MARCIN	WARSZAWA	23 TEAM	POL	1975	M45	11	10:31:40	00:16:53 (154)	00:03:12	01:12:20 (89)	00:01:10	00:51:04 (168)	02:24:39	116		
122	56	KONDAS DARIUSZ	WARSZAWA		POL	1983	M35	32	10:31:31	00:15:49 (71)	00:02:38	01:17:14 (174)	00:01:27	00:47:37 (116)	02:24:45	117		
123	244	JONIO KATARZYNA	SZELIGI	KUŹNIA TRIATHLONU	POL	1981	K35	1	10:32:32	00:17:10 (171)	00:02:23	01:16:12 (153)	00:01:10	00:47:52 (118)	02:24:47		6	
124	252	PAWIŃSKI MACIEJ	ŁÓDŹ	CELIRONMAN	POL	1984	M35	33	11:02:07	00:15:02 (41)	00:02:56	01:12:24 (90)	00:01:19	00:53:17 (210)	02:24:58	118		
125	5	HOFMAN ADAM	WARSZAWA	TRINERGY	POL	1980	M40	33	10:31:58	00:19:46 (291)	00:02:59	01:13:06 (104)	00:01:49	00:47:26 (110)	02:25:06	119		
126	124	MIOTK MICHAŁ	GDYNIA	RAK-TEAM-TRIATHLON	POL	1985	M35	34	10:31:26	00:15:53 (74)	00:02:42	01:15:22 (137)	00:01:23	00:49:52 (144)	02:25:12	120		
127	411	WALCZYK ŁUKASZ	WROCLAW	GVT BMC	POL	1982	M35	35	11:00:33	00:15:55 (81)	00:03:31	01:15:04 (131)	00:01:59	00:49:01 (134)	02:25:30	121		
128	161	JAGAS RADEK	GRABINA	HTF LUDWIK SIKORSKI	POL	1972	M45	12	10:32:21	00:16:21 (114)	00:03:21	01:16:08 (151)	00:01:08	00:48:41 (126)	02:25:39	122		
129	376	LEŻAŁA KRYSZTIAN	ŚRODA WIELKOPOLSKA		POL	1981	M35	36	11:01:28	00:21:29 (341)	00:04:03	01:27:16 (331)	00:02:14	00:30:45 (2)	02:25:47	123		
130	236	IWANOWSKI PIOTR	WARSZAWA		POL	1980	M40	34	10:32:55	00:17:49 (204)	00:03:48	01:12:06 (86)	00:02:06	00:50:00 (146)	02:25:49	124		
131	320	HOLUB ANDRZEJ	WARSZAWA	KUŹNIA TRIATHLONU ACCENTURE	POL	1980	M40	35	11:01:35	00:17:23 (180)	00:03:09	01:16:04 (148)	00:01:45	00:47:28 (112)	02:25:49	125		
132	54	ŻYŁOWSKI DAWID	GDAŃSK	IZERSKA GRUPA BIEGOWA	POL	1996	M18	4	10:31:55	00:17:01 (162)	00:02:40	01:18:59 (209)	00:01:09	00:46:04 (85)	02:25:53	126		
133	279	BUŁA JAN	BYTOM		POL	1997	M18	5	11:02:18	00:17:30 (187)	00:04:05	01:17:28 (181)	00:02:03	00:44:56 (69)	02:26:02	127		
134	190	BENTKOWSKA NATALIA	PRĄDOCIN	#WITKOWSKITEAM	POL	1993	K25	3	10:31:11	00:15:39 (67)	00:02:53	01:18:25 (195)	00:01:14	00:47:52 (119)	02:26:03		7	
135	317	LUPA MARCIN	WROCLAW	GVT	POL	1980	M40	36	11:00:25	00:16:33 (132)	00:02:57	01:14:13 (120)	00:02:02	00:50:45 (161)	02:26:30	128		
136	8	JAUMIEŃ ŁUKASZ	SOCHACZEW	TWW / WMT	POL	1984	M35	37	10:30:58	00:14:34 (31)	00:03:22	01:14:03 (117)	00:01:21	00:53:12 (208)	02:26:32	129		
137	188	WAWRZYŃIAK MAREK	GDYNIA		POL	1972	M45	13	10:33:16	00:19:23 (276)	00:03:09	01:11:16 (70)	00:01:16	00:51:57 (185)	02:27:01	130		
138	410	FLORCZAK KRZYSZTOF	WARSZAWA	KS MARATON OSTRÓW WLKP. BRACHTWO BIEGOWE I	POL	1972	M45	14	11:02:09	00:19:48 (293)	00:03:37	01:14:45 (130)	00:02:13	00:46:40 (98)	02:27:03	131		
139	158	GORKOWSKI SZYMON	POZNAŃ	PRO366	POL	1991	M25	15	10:32:16	00:19:20 (274)	00:02:52	01:18:47 (205)	00:01:45	00:44:20 (59)	02:27:04	132		
140	237	JEZIERSKI ADAM	ŁÓDŹ	PULS TRI TEAM	POL	1979	M40	37	10:31:04	00:14:51 (37)	00:02:35	01:13:30 (111)	00:01:03	00:55:06 (241)	02:27:05	133		
141	150	BRZEZIŃSKI ŁUKASZ	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1987	M30	23	10:33:13	00:16:47 (145)	00:02:57	01:14:24 (124)	00:01:17	00:52:13 (190)	02:27:38	134		

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Data: 15.08.2020

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

Miejscowość: Ślesin



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	353	SZYMKÓW SŁAWEK	STRASZYN	BANACH SPORT TEAM BST	POL	1970	M50	4	11:02:34	00:18:11 (232)	00:03:15	01:15:49 (142)	00:01:32	00:49:08 (136)	02:27:55	135		
143	197	DALASIŃSKI ANDRZEJ	GRANICA	KUŹNIA TRIATHLONU	POL	1980	M40	38	10:32:45	00:17:45 (200)	00:03:57	01:18:06 (193)	00:01:55	00:46:14 (89)	02:27:57	136		
144	160	WITKOWSKI DAMIAN	KROTOSZYN	LABOSPORT TEAM	POL	1981	M35	38	10:32:42	00:16:59 (161)	00:03:31	01:16:16 (155)	00:01:14	00:50:06 (151)	02:28:06	137		
145	232	ŻYTOWIECKI MACIEJ	PŁOCK	1980	POL	1980	M40	39	10:31:09	00:16:11 (105)	00:03:24	01:15:36 (139)	00:01:27	00:51:49 (182)	02:28:27	138		
146	387	NOWAK ANNA	SEKIERKI WIELKIE	MOTIV HOME TEAM MOTIV HOME	POL	1983	K35	2	11:00:56	00:18:28 (248)	00:03:41	01:20:29 (239)	00:01:33	00:44:25 (60)	02:28:36		8	
147	162	MODELSKI RAFAŁ	SWARZEDZ		POL	1982	M35	39	10:33:35	00:17:19 (178)	00:05:40	01:14:40 (128)	00:02:27	00:48:46 (128)	02:28:52	139		
148	249	FORDOŃSKI MAREK	ZĄBKI	TRIZARZA	POL	1974	M45	15	10:31:31	00:16:53 (152)	00:03:26	01:17:32 (183)	00:01:56	00:49:07 (135)	02:28:54	140		
149	168	SOBCZAK MARCIN	WARSZAWA	TRIWAWA	POL	1976	M40	40	10:32:35	00:17:12 (175)	00:02:56	01:16:29 (161)	00:01:44	00:50:37 (158)	02:28:58	141		
150	194	KUBICKI LESZEK	WŁOCŁAWEK	NIEZRZESZONY	POL	1953	M65	1	10:31:11	00:14:41 (33)	00:03:22	01:13:43 (112)	00:01:38	00:55:36 (252)	02:29:00	142		
151	288	KOKOTEK MACIEJ	ŁÓDŹ	HTF KITA TEAM	POL	1977	M40	41	11:02:07	00:17:55 (213)	00:04:11	01:21:10 (255)	00:01:43	00:44:02 (51)	02:29:01	143		
152	103	DOMAŃSKI JAKUB	KOŁO		POL	1984	M35	40	10:32:13	00:18:11 (232)	00:03:37	01:17:17 (176)	00:01:09	00:48:57 (133)	02:29:11	144		
153	432	PAWELCZYK MARCIN	PRUSZKÓW		POL	1992	M25	16	11:00:42	00:14:25 (30)	00:02:36	01:19:23 (217)	00:01:37	00:51:19 (174)	02:29:20	145		
154	340	WINKLER MARCIN	SOMPOLNO	PRZYCHODNIA LEKARSKA SOMPOLNO	POL	1979	M40	42	11:01:30	00:16:51 (149)	00:03:42	01:11:45 (79)	00:01:46	00:55:30 (250)	02:29:34	146		
155	328	RYBICKI JAKUB	KRAKÓW	UNLIMITED SPORT	POL	1986	M30	24	11:00:48	00:18:45 (257)	00:04:29	01:17:32 (184)	00:01:51	00:46:57 (107)	02:29:34	147		
156	199	JÓŹWIAK ŁUKASZ	RUMIA	ENDURE TEAM	POL	1976	M40	43	10:31:53	00:16:52 (150)	00:03:52	01:15:32 (138)	00:02:06	00:51:25 (175)	02:29:47	148		
157	290	BIERNAT MARCIN	POZNAŃ	GSK FIT PIORUNY	POL	1991	M25	17	11:01:04	00:19:01 (268)	00:04:10	01:19:06 (214)	00:02:34	00:44:59 (71)	02:29:50	149		
158	112	KIERUZEL MICHAŁ	BELCHATÓW	MK	POL	1986	M30	25	10:31:40	00:16:26 (124)	00:03:31	01:15:51 (143)	00:02:18	00:51:53 (183)	02:29:59	150		
159	81	BROŹ KRZYSZTOF	KOŁO	TRI FOR ME WWW.PROJEKTOWAKB.PL	POL	1976	M40	44	10:30:55	00:16:29 (128)	00:02:46	01:14:38 (126)	00:01:06	00:55:12 (244)	02:30:11	151		
160	147	CIESZYŃSKI JACEK	SZKOCIA	ROWEROWA BRZOZA	POL	1963	M55	1	10:33:53	00:15:53 (74)	00:03:23	01:20:51 (248)	00:02:08	00:48:14 (122)	02:30:29	152		
161	452	DRAPPELLA DARIUSZ	GDAŃSK	CTS - CZAJATRRAININGSYSTEM	POL	1957	M60	1	11:01:06	00:15:58 (86)	00:02:43	01:15:51 (143)	00:01:32	00:54:26 (228)	02:30:30	153		
162	402	BRZUSKA LESŁAW	ŁÓDŹ		POL	1979	M40	45	11:02:37	00:17:26 (182)	00:03:24	01:17:19 (180)	00:02:45	00:50:01 (149)	02:30:55	154		
163	140	NIEDBAŁA RAFAŁ	POZNAŃ	SCIM	POL	1980	M40	46	10:32:07	00:19:40 (288)	00:03:15	01:12:46 (98)	00:02:23	00:52:58 (201)	02:31:02	155		
164	322	MALINOWSKI MARIUSZ	WARSZAWA	TRIMALINY #IMINSPIRATION #TEAMKARAS	POL	1987	M30	26	11:01:23	00:15:53 (74)	00:02:59	01:20:44 (247)	00:01:48	00:49:40 (142)	02:31:04	156		
165	446	HOŁUBOWICZ JACEK	POZNAŃ	KS POSNANIA TRIATHLON KS POSNANIA TRIATHLON	POL	1988	M30	27	11:00:23	00:17:12 (174)	00:02:42	01:16:50 (167)	00:01:30	00:52:56 (197)	02:31:10	157		
166	356	BOHDANOWICZ PATRYCJA	BYDGOSZCZ	FLOW RUNNERS BYDGOSZCZ FLOW DANCE STUDIO	POL	1984	K35	3	11:02:42	00:17:11 (172)	00:03:31	01:18:43 (203)	00:01:48	00:50:00 (148)	02:31:13		9	
167	408	BERNATOWICZ ŁUKASZ	WARSZAWA		POL	1976	M40	47	11:02:34	00:17:27 (183)	00:03:46	01:15:57 (147)	00:02:22	00:51:45 (180)	02:31:17	158		
168	346	PRZYBYLSKI JAROSŁAW	POŚADA		POL	1975	M45	16	11:00:51	00:14:47 (36)	00:03:37	01:20:55 (250)	00:01:44	00:50:19 (154)	02:31:22	159		
169	293	WŁÓDARCZAK AGATA	BYDGOSZCZ	TRINERGY / TRIZARZA	POL	1992	K25	4	11:01:33	00:16:13 (107)	00:02:52	01:19:55 (225)	00:01:34	00:50:55 (163)	02:31:29		10	
170	394	WŁODARCZYK PIOTR	ŁÓDŹ	LTP	POL	1976	M40	48	11:01:56	00:18:25 (244)	00:03:05	01:16:50 (167)	00:01:18	00:51:56 (184)	02:31:34	160		
171	284	PTASZNIK PRZEMYSŁAW	WIELICZKA	WMTRISELF	POL	1980	M40	49	11:01:06	00:15:04 (42)	00:03:47	01:14:36 (125)	00:01:38	00:56:39 (268)	02:31:44	161		
172	172	CZAPLA ŁUKASZ	TYCHY		POL	1981	M35	41	10:32:53	00:18:27 (247)	00:04:00	01:17:10 (173)	00:01:43	00:50:26 (155)	02:31:46	162		
173	440	WRÓBLEWSKI WOJCIECH	ZGIERZ	SNG WILD DUCKS	POL	1979	M40	50	11:01:31	00:17:51 (208)	00:03:38	01:14:02 (116)	00:01:49	00:54:29 (229)	02:31:49	163		
174	308	GALANCIAK PIOTR	ŁÓDŹ	ATOS POLSKA / HTF LUDWIK SIKORSKI / CYKLOMANI	POL	1983	M35	42	11:02:34	00:15:55 (81)	00:03:56	01:16:34 (162)	00:01:23	00:54:20 (226)	02:32:08	164		
175	247	SZABŁOWSKI KRZYSZTOF	ROSANÓW	SNG WILD DUCKS	POL	1978	M40	51	10:33:52	00:16:23 (116)	00:03:39	01:15:21 (135)	00:02:06	00:54:43 (233)	02:32:12	165		
176	192	WOJNAROWSKI ADAM	BRANNO	TRITON KONIN	POL	1981	M35	43	10:32:42	00:18:51 (261)	00:03:02	01:16:13 (154)	00:01:17	00:53:00 (202)	02:32:23	166		
177	313	DERDA PIOTR	KONIN		POL	1984	M35	44	11:01:15	00:18:36 (252)	00:04:49	01:21:34 (260)	00:01:42	00:45:46 (80)	02:32:27	167		
178	305	STRATYŃSKI FILIP	BRÓJCE	HTF LUDWIK SIKORSKI	POL	1975	M45	17	11:02:21	00:18:10 (230)	00:03:43	01:17:39 (186)	00:01:51	00:51:05 (171)	02:32:28	168		
179	416	MILCZAREK ARTUR	BOLESŁAWICE		POL	1980	M40	52	11:01:43	00:17:41 (196)	00:02:59	01:19:13 (215)	00:01:58	00:50:44 (160)	02:32:35	169		
180	329	GÓRECKI BARTŁOMIEJ	WARSZAWA	TRIWAWA	POL	1976	M40	53	11:02:24	00:17:56 (215)	00:02:47	01:19:57 (226)	00:01:30	00:50:42 (159)	02:32:52	170		
181	393	CISOWSKI ARTUR	WARSZAWA	AC CONSTRUCTION	POL	1977	M40	54	11:02:18	00:17:27 (183)	00:04:05	01:16:25 (159)	00:01:44	00:53:36 (213)	02:33:17	171		
182	148	DYBCZYŃSKI WOJCIECH	JACZÓW		POL	1991	M25	18	10:31:43	00:16:33 (132)	00:04:24	01:20:39 (244)	00:01:44	00:50:00 (146)	02:33:20	172		
183	287	SZYMCZAK PIOTR	BRANNO	BRANNO BRANNO	POL	1978	M40	55	11:01:50	00:19:00 (267)	00:03:58	01:16:40 (164)	00:02:07	00:51:37 (179)	02:33:22	173		
184	425	WOSZCZEK MICHAŁ	ŁÓDŹ	MERIDIAN EKSPERCI KREDYTOWI	POL	1977	M40	56	11:02:09	00:17:55 (214)	00:03:51	01:19:14 (216)	00:01:31	00:50:56 (164)	02:33:27	174		
185	226	OSTASZEWSKI MACIEJ	PRUSZKÓW	LABOSPORT TEAM	POL	1979	M40	57	10:32:03	00:16:36 (139)	00:02:49	01:17:29 (182)	00:01:53	00:54:45 (234)	02:33:32	175		
186	343	BUGAJ MIROSLAW	WARSZAWA		POL	1967	M50	5	11:01:14	00:13:48 (20)	00:04:03	01:21:37 (263)	00:02:03	00:52:06 (187)	02:33:37	176		
187	382	PIC DAWID	OSIELSKO		POL	1992	M25	19	11:00:59	00:16:58 (158)	00:03:12	01:19:01 (210)	00:01:32	00:52:57 (200)	02:33:40	177		
188	119	WOJCIECHOWSKA MONIKA	KOŁO	MLUKS TRIATHLON KOŁO	POL	1989	K30	3	10:32:08	00:19:10 (271)	00:02:45	01:18:36 (200)	00:01:34	00:51:35 (178)	02:33:40		11	

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Data: 15.08.2020

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

Miejscowość: Ślesin



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	99	BESZLEJ MACIEJ	WROCLAW		POL	1984	M35	45	10:32:19	00:18:02 (220)	00:03:34	01:19:48 (223)	00:01:57	00:50:27 (156)	02:33:48			178
190	262	CIESIELSKI KACPER	WARSZAWA	AZS UW	POL	1991	M25	20	11:02:13	00:20:45 (322)	00:04:03	01:21:21 (257)	00:02:19	00:46:10 (87)	02:34:38			179
191	264	RADKO KRYSZTYAN	PONIATOWICE	GVT	POL	1976	M40	58	11:00:31	00:17:53 (210)	00:03:14	01:12:28 (92)	00:01:51	00:59:14 (309)	02:34:40			180
192	91	OCHMAŃSKI MARIUSZ	ZDUŃSKA WOLA	BRUBECK TRIATHLON TEAM	POL	1973	M45	18	10:32:59	00:19:48 (294)	00:03:44	01:16:04 (148)	00:03:23	00:51:46 (181)	02:34:45			181
193	311	NAWROCKI OSKAR	CHODZIEŻ	KST	POL	1988	M30	28	11:02:24	00:17:48 (203)	00:04:47	01:13:58 (115)	00:01:22	00:56:51 (272)	02:34:46			182
194	58	WOŹNIAK DARIUSZ	OSTRÓW WIELKOPOLSKI	BS WOŹNIAK	POL	1973	M45	19	10:31:53	00:18:08 (228)	00:03:36	01:18:44 (204)	00:01:29	00:52:51 (196)	02:34:48			183
195	439	RYCZKOWSKI ROBERT	ZĄBKI		POL	1973	M45	20	11:01:17	00:17:59 (217)	00:03:59	01:17:45 (187)	00:01:50	00:53:15 (209)	02:34:48			184
196	113	POLKOWSKA MONIKA	SKÓRZEWO	CTS	POL	1978	K40	1	10:32:50	00:18:01 (219)	00:03:21	01:21:50 (264)	00:01:40	00:50:05 (150)	02:34:57			12
197	200	BUDREWICZ MILENA	WARSZAWA	MBC - MACIEJ BODNAR COACHING WORLD DENTAL	POL	1986	K30	4	10:32:13	00:16:34 (135)	00:03:00	01:22:06 (270)	00:01:47	00:51:34 (176)	02:35:01			13
198	51	SOBEL ŁUKASZ	TYCHY	SKORUPA TEAM	POL	1985	M35	46	10:32:21	00:17:50 (207)	00:03:15	01:14:42 (129)	00:01:48	00:57:47 (287)	02:35:22			185
199	75	GOŁĘBIEWSKI ŁUKASZ	ŚLESIN	SKICIOKI	POL	1983	M35	47	10:32:08	00:17:43 (198)	00:04:02	01:19:03 (211)	00:02:30	00:52:07 (188)	02:35:25			186
200	450	NOWICKI BARTOSZ	PIASTÓW	PODRÓŻNICY.EU TEAM GARMIN POLSKA	POL	1984	M35	48	11:02:07	00:18:25 (244)	00:03:30	01:17:17 (176)	00:02:16	00:53:58 (219)	02:35:26			187
201	30	DROZDEK ŁUKASZ	TYCHY	TRICERATOPS MOTO360	POL	1977	M40	59	10:32:34	00:19:32 (284)	00:03:37	01:21:35 (261)	00:01:39	00:49:16 (137)	02:35:39			188
202	185	RUSTECKI JOLANTA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1986	K30	5	10:33:38	00:21:01 (330)	00:03:42	01:18:31 (197)	00:01:35	00:50:57 (165)	02:35:46			14
203	222	KAMIŃSKI JAREK	WARSZAWA		POL	1984	M35	49	10:31:45	00:17:44 (199)	00:03:34	01:20:34 (243)	00:01:46	00:52:12 (189)	02:35:50			189
204	366	SZYDŁOWSKI RAFAŁ	WARSZAWA	POWER TRAINING	POL	1988	M30	29	11:00:51	00:20:46 (324)	00:03:26	01:23:58 (297)	00:02:10	00:45:35 (78)	02:35:55			190
205	398	ZIĘTEK SEWERYN	LUBIN		POL	1980	M40	60	11:00:50	00:20:14 (302)	00:04:10	01:16:18 (157)	00:02:17	00:53:05 (204)	02:36:04			191
206	64	ZAKRZEWSKI ROBERT	KAZIMIERZ BISKUPI	MORSY KONIN	POL	1973	M45	21	10:31:29	00:17:22 (179)	00:03:04	01:15:56 (146)	00:01:59	00:57:46 (286)	02:36:07			192
207	436	SAJEWICZ MICHAŁ	ŁÓDŹ	BLOKERS ŁÓDŹ	POL	1980	M40	61	11:02:21	00:16:58 (158)	00:05:07	01:17:14 (175)	00:02:39	00:54:12 (224)	02:36:10			193
208	280	POLAK WOJCIECH	WARSZAWA	KUŹNIA TRIATHLONU	POL	1972	M45	22	11:01:23	00:17:17 (177)	00:04:35	01:15:51 (143)	00:02:43	00:55:50 (257)	02:36:16			194
209	48	LIŚKIEWICZ BARTŁOMIEJ	NOWY SĄCZ	SZKOŁA PLYWANIA BL	POL	1973	M45	23	10:32:51	00:16:57 (156)	00:02:53	01:20:42 (245)	00:02:12	00:53:33 (212)	02:36:17			195
210	198	PIETRUSZEWSKA EWA	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1988	K30	6	10:31:38	00:18:06 (226)	00:03:29	01:20:27 (238)	00:01:45	00:52:31 (194)	02:36:18			15
211	78	KUREK SEBASTIAN	ŁÓDŹ	SNG WILD DUCKS SEBASTIAN KUREK	POL	1975	M45	24	10:32:30	00:19:30 (281)	00:04:46	01:18:42 (202)	00:02:27	00:51:08 (173)	02:36:33			196
212	233	SKIBIŃSKI ADAM	LUBIEŃ KUJAWSKI		POL	1985	M35	50	10:33:26	00:20:33 (314)	00:02:50	01:27:01 (329)	00:01:01	00:45:14 (74)	02:36:39			197
213	428	ŚLIWA BOGUMIŁ	KALISZ		POL	1985	M35	51	11:02:37	00:17:15 (176)	00:03:48	01:19:53 (224)	00:02:29	00:53:19 (211)	02:36:44			198
214	29	BANEK EUGENIUSZ	GORZYCZKI	TRICERATOPS	POL	1977	M40	62	10:32:45	00:18:24 (241)	00:03:13	01:19:06 (213)	00:01:26	00:54:50 (236)	02:36:59			199
215	163	WACH MARCIN	WARSZAWA	TEAM KARAŚ	POL	1994	M25	21	10:32:59	00:21:35 (350)	00:03:30	01:20:19 (235)	00:01:20	00:50:16 (153)	02:37:00			200
216	291	JARMOŁOWICZ BEATA	GDAŃSK	CTS CZAJA TRAINING SYSTEM	POL	1970	K50	1	11:02:46	00:20:23 (308)	00:02:54	01:16:06 (150)	00:02:25	00:55:13 (246)	02:37:01			16
217	224	GLUBIAK TOMASZ	INOWROCLAW	CRONIMET PL CRONIMET PL	POL	1965	M55	2	10:31:33	00:16:48 (146)	00:02:57	01:21:27 (259)	00:01:49	00:54:08 (222)	02:37:09			201
218	151	MIKA AMELIA	PIASECZNO	GT TEAM	POL	1978	K40	2	10:32:48	00:19:35 (286)	00:03:50	01:20:29 (240)	00:02:17	00:51:02 (167)	02:37:13			17
219	115	GOŁKOWSKI RADOSŁAW	ZAWIERCIE		POL	1984	M35	52	10:33:42	00:22:00 (355)	00:03:06	01:17:00 (170)	00:02:11	00:53:05 (204)	02:37:22			202
220	373	AUGUSTYNIAK PIOTR	BYDGOSZCZ	FLOW RUNNERS BYDGOSZCZ SHIUZ BYDGOSZCZ	POL	1976	M40	63	11:02:42	00:21:03 (331)	00:03:36	01:17:56 (190)	00:01:49	00:53:00 (202)	02:37:24			203
221	379	MICHALAK BARTOSZ	WRZEŚNIA	FTI RACING TEAM	POL	1995	M25	22	11:02:21	00:18:48 (258)	00:03:18	01:18:36 (199)	00:01:22	00:55:28 (248)	02:37:32			204
222	431	STAŃCZAK BARTOSZ	STRZEGOWO	LUFTTRITEAM MAMUT CAMP	POL	1979	M40	64	11:00:45	00:18:18 (236)	00:04:18	01:16:24 (158)	00:02:22	00:56:14 (262)	02:37:36			205
223	243	JUSZCZYŹYŃSKI KRZYSZTOF	ŁÓDŹ	DECATHLON TEAM	POL	1979	M40	65	10:33:35	00:19:36 (287)	00:03:25	01:19:57 (227)	00:01:21	00:53:40 (214)	02:37:59			206
224	98	DĄBROWSKI JAROSŁAW	SZCZECIN	CKS ORKA SZCZECIN	POL	1969	M50	6	10:31:17	00:16:06 (97)	00:03:12	01:21:50 (264)	00:01:13	00:55:40 (254)	02:38:01			207
225	196	CIEŚLEWICZ PIOTR	ŁASK		POL	1994	M25	23	10:31:50	00:18:58 (266)	00:03:51	01:18:48 (206)	00:01:38	00:54:51 (237)	02:38:06			208
226	57	SZARATA TOMASZ	MIEŁOZYCE	KB HARCOWNIK JELCZ-LASKOWICE	POL	1973	M45	25	10:33:29	00:20:22 (306)	#####	01:25:49 (317)	01:24:37	00:48:47 (129)	02:38:12			209
227	414	KALINOWSKI GRZEGORZ	WISZNIA MAŁA	GVT	POL	1974	M45	26	11:00:36	00:18:24 (241)	00:03:59	01:19:59 (229)	00:01:53	00:54:00 (221)	02:38:15			210
228	152	BIŁKO KRYSZTYAN	WARSZAWA	4BIŁKO TEAM 4BIŁKO	POL	1987	M30	30	10:30:56	00:21:25 (340)	00:04:16	01:19:36 (220)	00:02:32	00:50:32 (157)	02:38:21			211
229	351	WNUK JAN	WARSZAWA		POL	1990	M30	31	11:01:17	00:19:59 (297)	00:03:50	01:16:17 (156)	00:02:10	00:56:10 (261)	02:38:26			212
230	143	KAROLAK TOMASZ	KOŚCIELNA WIEŚ		POL	1984	M35	53	10:31:51	00:17:49 (204)	00:03:42	01:20:25 (237)	00:01:39	00:54:51 (237)	02:38:26			213
231	292	OLCZAK ARKADIUSZ	KOŚCIELEC	OLLO TEAM	POL	1972	M45	27	11:01:48	00:17:50 (206)	00:03:12	01:17:18 (179)	00:01:21	00:58:49 (304)	02:38:30			214
232	178	RASZCZYŃSKI ROBERT	BELCHATÓW	SIDOR TEAM	POL	1981	M35	54	10:33:16	00:18:07 (227)	00:03:10	01:17:00 (170)	00:01:37	00:58:40 (300)	02:38:34			215
233	270	LISIUS TOMASZ	GDAŃSK		POL	1964	M55	3	11:01:53	00:18:18 (236)	00:04:11	01:20:04 (230)	00:02:09	00:53:54 (216)	02:38:36			216
234	276	TRYBUSZKIEWICZ WOJCIECH	WARSZAWA	GENERALI RUNNING CLUB	POL	1972	M45	28	11:00:41	00:17:02 (164)	00:04:22	01:22:06 (270)	00:01:58	00:53:10 (207)	02:38:38			217
235	427	MILNER SZYMON	BYDGOSZCZ	TĘCZA	POL	1984	M35	55	11:01:46	00:22:35 (362)	00:03:18	01:18:04 (192)	00:02:19	00:52:23 (192)	02:38:39			218



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Miejscowość: Ślesin



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	335	MARDOSZ KAJETAN	WIELICZKA	Y.O. TEAM Y.O TEAM	POL	1992	M25	24	11:00:56	00:14:58 (40)	00:03:33	01:25:39 (316)	00:01:37	00:52:56 (198)	<b>02:38:43</b>	219		
237	423	RYMKIEWICZ ZBIGNIEW	WARSZAWA		POL	1981	M35	56	11:01:48	00:17:52 (209)	00:03:23	01:18:33 (198)	00:02:16	00:56:45 (269)	<b>02:38:49</b>	220		
238	424	MOŹDŻONEK MICHAŁ	WARSZAWA	LABOSPORT TEAM TRIAWA HUB.LU	POL	1977	M40	66	11:02:01	00:16:52 (151)	00:03:14	01:15:41 (140)	00:01:28	01:01:55 (331)	<b>02:39:10</b>	221		
239	448	KOSZAREK KRZYSZTOF	SŁUPCA	WTT WIŚNIA TRI TEAM PAN	POL	1991	M25	25	11:02:32	00:18:34 (251)	00:03:25	01:19:58 (228)	00:02:10	00:55:08 (243)	<b>02:39:15</b>	222		
240	87	CISOWSKI GRZEGORZ	WARSZAWA	C-GEO	POL	1980	M40	67	10:31:48	00:18:19 (238)	00:03:45	01:17:17 (176)	00:01:49	00:58:08 (291)	<b>02:39:18</b>	223		
241	300	WITCZAK MACIEJ	KALISZ		POL	1978	M40	68	11:00:47	00:21:58 (354)	00:04:20	01:18:09 (194)	00:02:54	00:52:16 (191)	<b>02:39:37</b>	224		
242	341	KAPCIŃSKI PIOTR	POZNAŃ	OLB	POL	1984	M35	57	11:02:18	00:20:48 (326)	00:04:02	01:21:27 (258)	00:02:19	00:51:04 (169)	<b>02:39:40</b>	225		
243	273	STASZEWSKI TOMASZ	ŁÓDŹ	BIEGACZ NOWOSOLNA 1973	POL	1973	M45	29	11:01:01	00:18:26 (246)	00:04:58	01:19:04 (212)	00:02:46	00:54:30 (230)	<b>02:39:44</b>	226		
244	40	ŚLEBIODA ANDRZEJ	KLECZEW	OSIR KLECZEW	POL	1975	M45	30	10:33:19	00:20:44 (321)	00:04:15	01:23:48 (290)	00:01:15	00:49:42 (143)	<b>02:39:44</b>	227		
245	17	MILLER MICHAŁ	GŁOWNO	#HAPPYRUNNERS	POL	1978	M40	69	10:32:15	00:17:38 (192)	00:04:27	01:19:29 (218)	00:02:51	00:55:29 (249)	<b>02:39:54</b>	228		
246	167	DESSELBERGER ANDRZEJ	WŁOCŁAWEK	ENERGY TRI WŁOCŁAWEK LABOSPORT TEAM	POL	1969	M50	7	10:33:20	00:18:49 (259)	00:02:51	01:22:40 (281)	00:01:27	00:54:09 (223)	<b>02:39:56</b>	229		
247	22	GAWRONSKI PAWEŁ	KRAKOW		POL	1985	M35	58	10:33:10	00:18:03 (222)	00:05:07	01:19:44 (221)	00:02:02	00:55:04 (240)	<b>02:40:00</b>	230		
248	137	LEWANDOWSKI ADAM	MIEKINIA	BAJA ŻONA	POL	1986	M30	32	10:32:03	00:17:25 (181)	00:04:02	01:17:52 (188)	00:02:05	00:58:37 (298)	<b>02:40:01</b>	231		
249	39	CIECHAŃSKI FILIP	BUKOWIEC		POL	1992	M25	26	10:32:13	00:20:37 (319)	00:04:56	01:17:02 (172)	00:02:19	00:55:12 (244)	<b>02:40:06</b>	232		
250	256	CHLOSTA MAREK	MYŚLENICE	KAZIKI	POL	1975	M45	31	11:01:36	00:16:31 (130)	00:03:10	01:18:41 (201)	00:01:19	01:00:26 (322)	<b>02:40:07</b>	233		
251	187	KSIĄŻEK DYMISTR	WARSZAWA		POL	1978	M40	70	10:32:29	00:16:57 (156)	00:04:01	01:26:04 (319)	00:02:03	00:51:04 (169)	<b>02:40:09</b>	234		
252	71	SZOPLIK ZENON	LESZNO		POL	1974	M45	32	10:32:39	00:19:41 (289)	00:04:20	01:20:58 (251)	00:02:33	00:53:09 (206)	<b>02:40:41</b>	235		
253	215	GALEWICZ EWA	PŁOCK		POL	1992	K25	5	10:32:06	00:17:46 (202)	00:03:28	01:20:32 (241)	00:02:03	00:57:00 (275)	<b>02:40:49</b>		18	
254	69	POLKOWSKI MARCIN	SKÓRZEWO	CTS	POL	1976	M40	71	10:32:55	00:19:19 (273)	00:04:11	01:16:27 (160)	00:01:46	00:59:07 (308)	<b>02:40:50</b>	236		
255	23	GRODOMIŃSKI HUBERT	KŁODAWA	TRI FOR ME	POL	1975	M45	33	10:31:24	00:20:35 (315)	00:03:14	01:17:00 (169)	00:01:57	00:58:04 (289)	<b>02:40:50</b>	237		
256	396	PODGÓRSKI TOMASZ	WROCŁAW	OVG TEAM PAN BALON	POL	1980	M40	72	11:01:12	00:18:56 (265)	00:04:15	01:19:35 (219)	00:02:04	00:56:19 (263)	<b>02:41:09</b>	238		
257	348	RĘBIŚ JOANNA	PIASECZNO	KUŹNIA TRIATHLONU	POL	1975	K45	1	11:01:55	00:21:13 (336)	00:03:51	01:28:02 (338)	00:02:02	00:46:45 (101)	<b>02:41:53</b>		19	
258	189	WŁOCHAL ŁUKASZ	POZNAŃ		POL	1987	M30	33	10:33:57	00:19:46 (291)	00:03:18	01:23:12 (283)	00:02:14	00:53:47 (215)	<b>02:42:17</b>	239		
259	296	ROSZUK JAKUB	OZIMEK	KRISS COACHING	POL	1979	M40	73	11:01:09	00:16:21 (114)	00:04:10	01:20:59 (252)	00:02:25	00:58:22 (293)	<b>02:42:17</b>	240		
260	45	BŁASZCZYK MATEUSZ	POZNAN		POL	1987	M30	34	10:31:58	00:19:23 (275)	00:04:12	01:18:57 (207)	00:03:20	00:56:57 (273)	<b>02:42:49</b>	241		
261	120	TOKARSKI DAMIAN	PIOTRKÓW KUJAWSKI		POL	1972	M45	34	10:33:16	00:20:23 (309)	00:03:13	01:20:54 (249)	00:02:14	00:56:23 (265)	<b>02:43:07</b>	242		
262	105	GOLER ELA	WARSZAWA	MBC - MACIEJ BODNAR COACHING	POL	1986	K30	7	10:33:38	00:19:06 (270)	00:03:42	01:23:50 (293)	00:01:31	00:55:07 (242)	<b>02:43:16</b>		20	
263	95	WIELGUS MARIUSZ	KONARZEWO	MARYSIA TEAM	POL	1991	M25	27	10:32:23	00:17:07 (169)	00:04:55	01:21:18 (256)	00:02:52	00:57:06 (279)	<b>02:43:18</b>	243		
264	261	MACIEJEWSKI ADAM	KONIN	TRITON KONIN	POL	1999	M18	6	11:02:09	00:17:58 (216)	00:03:41	01:23:57 (296)	00:02:11	00:55:40 (254)	<b>02:43:27</b>	244		
265	384	OBIEDZIŃSKA ALEKSANDRA	KWIDZYN	GTS IRONMAN	POL	1977	K40	3	11:02:01	00:15:55 (81)	00:03:01	01:20:06 (231)	00:02:11	01:02:16 (333)	<b>02:43:29</b>		21	
266	380	MARCINKOWSKI PRZEMYSŁAW	TYNIEC MAŁY	GVT	POL	1973	M45	35	11:02:12	00:21:31 (345)	00:03:21	01:20:07 (232)	00:02:03	00:56:31 (266)	<b>02:43:33</b>	245		
267	18	NIKEL NATALIA	SUSZ	KTS IRONMAN/ CSW CHAMPION LUBAWA	POL	1997	K18	2	10:31:28	00:16:15 (108)	00:02:26	01:23:17 (284)	00:01:25	01:00:34 (324)	<b>02:43:57</b>		22	
268	10	KNAPIK KAROL	OSIELSKO	TEAM KALACH	POL	1990	M30	35	10:31:50	00:16:39 (141)	00:02:54	01:23:35 (287)	00:02:12	00:58:41 (301)	<b>02:44:01</b>	246		
269	315	JASNOCH ARKADIUSZ	ŁĘCZYCE		POL	1986	M30	36	11:02:32	00:18:21 (240)	00:04:12	01:27:25 (332)	00:01:27	00:52:44 (195)	<b>02:44:09</b>	247		
270	80	LIESE MACIEJ	WARSZAWA		POL	1977	M40	74	10:33:10	00:16:44 (144)	00:04:29	01:17:55 (189)	00:02:04	01:03:16 (338)	<b>02:44:28</b>	248		
271	179	MATEJA BOŻENA	GDAŃSK	SMARUJ NA TRENING TEAM	POL	1959	K60	1	10:32:53	00:20:51 (328)	00:03:25	01:27:27 (334)	00:01:58	00:50:59 (166)	<b>02:44:40</b>		23	
272	323	JURKOWSKI ARTUR	RUSZOWICE	CROSS STRACENÓW TEAM	POL	1967	M50	8	11:02:53	00:20:37 (318)	00:04:36	01:19:47 (222)	00:02:43	00:57:04 (276)	<b>02:44:47</b>	249		
273	332	ROSA MARCIN	SIEDLCE	TRIATHLON CLUB SIEDLCE	POL	1987	M30	37	11:02:44	00:19:57 (295)	00:03:42	01:23:54 (295)	00:02:28	00:54:47 (235)	<b>02:44:48</b>	250		
274	255	STASIAK MATEUSZ	KALISZ		POL	1980	M40	75	11:02:37	00:19:26 (280)	00:03:49	01:25:18 (311)	00:02:23	00:53:56 (217)	<b>02:44:52</b>	251		
275	310	MYNC ANGELIKA	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1991	K25	6	11:01:30	00:17:40 (195)	00:05:06	01:27:26 (333)	00:01:48	00:52:56 (198)	<b>02:44:56</b>		24	
276	175	OWSIANY JAKUB	WROCŁAW		POL	1982	M35	59	10:31:38	00:17:02 (164)	00:05:14	01:23:08 (282)	00:02:16	00:57:20 (282)	<b>02:45:00</b>	252		
277	36	PILARCZYK BARTEK	OSTRÓW WLKP.	SUPERSONIC	POL	1978	M40	76	10:31:14	00:16:03 (93)	00:04:18	01:28:04 (339)	00:02:47	00:53:59 (220)	<b>02:45:11</b>	253		
278	146	KŁAK WALDEMAR	CZECHOWICE-DZIEDZICE		POL	1969	M50	9	10:31:48	00:18:17 (234)	00:04:50	01:25:30 (313)	00:02:42	00:53:58 (218)	<b>02:45:17</b>	254		
279	170	WOJDECKA KAROLINA	WARSZAWA	MBC TEAM	POL	1986	K30	8	10:33:38	00:19:41 (289)	00:03:16	01:23:37 (288)	00:01:45	00:57:17 (281)	<b>02:45:36</b>		25	
280	46	HORODNICZY MARIUSZ	ŁÓDŹ		POL	1983	M35	60	10:31:27	00:16:35 (137)	00:03:15	01:17:38 (185)	00:01:40	01:06:40 (355)	<b>02:45:48</b>	255		
281	426	RUBAJ ADAM	KWIDZYN	KTS IRONMAN	POL	1974	M45	36	11:01:17	00:16:32 (131)	00:03:46	01:16:35 (163)	00:01:52	01:07:06 (358)	<b>02:45:51</b>	256		
282	26	DURA ZOFIA	KWILCZ		POL	1997	K18	3	10:32:00	00:16:26 (122)	00:02:55	01:28:11 (340)	00:02:17	00:56:02 (259)	<b>02:45:51</b>		26	

# GARMIN IRON TRIATHLON ŚLESIN 2020

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska sp.z.o.o.

Data: 15.08.2020

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

Miejscowość: Ślesin



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	230	ZALAS JERZY	NOWE GULCZEWO	ODPADY-EXPERT	POL	1971	M45	37	10:32:19	00:16:20 (113)	00:04:12	01:21:00 (253)	00:02:31	01:01:49 (330)	02:45:52	257		
284	304	KOTOWSKI MAREK	WARSZAWA	#NIECHYZYAPIESKI	POL	1985	M35	61	11:01:09	00:16:50 (148)	00:04:58	01:24:18 (301)	00:01:48	00:58:07 (290)	02:46:01	258		
285	204	SZEWCZYK ROBERT	JAROCIN		POL	1978	M40	77	10:32:41	00:16:38 (140)	00:03:41	01:20:11 (233)	00:01:35	01:04:26 (344)	02:46:31	259		
286	429	BRZEZIŃSKI TOMASZ	WARSZAWA	PROMEDICA24	POL	1974	M45	38	11:02:44	00:20:53 (329)	00:04:11	01:24:12 (299)	00:02:44	00:54:32 (231)	02:46:32	260		
287	419	SOKOŁOWSKI TOMASZ	PRZEŹMIEROWO		POL	1974	M45	39	11:02:04	00:18:36 (252)	00:03:40	01:20:44 (246)	00:02:10	01:01:30 (328)	02:46:40	261		
288	129	CECHOWSKI PIOTR	LODZ		POL	1980	M40	78	10:32:39	00:21:20 (338)	00:04:09	01:22:30 (279)	00:01:53	00:56:50 (271)	02:46:42	262		
289	73	WACHOWIAK FILIP	DASZEWICE		POL	1991	M25	28	10:32:56	00:17:02 (164)	00:04:11	01:24:58 (309)	00:01:56	00:58:35 (297)	02:46:42	263		
290	241	OWCZARSKI DOMINIK	WARSZAWA		POL	1984	M35	62	10:33:08	00:21:30 (343)	00:04:05	01:20:23 (236)	00:01:50	00:59:05 (306)	02:46:53	264		
291	260	STAJUDA ŁUKASZ	PABIANICE	VIP SPORT	POL	1983	M35	63	11:01:41	00:17:33 (190)	00:04:03	01:25:34 (315)	00:02:00	00:57:44 (285)	02:46:54	265		
292	268	KRZAN GRZEGORZ	JĘDRZYCHÓW	GIANT POLSKA	POL	1962	M55	4	11:02:27	00:17:31 (188)	00:04:39	01:24:06 (298)	00:02:37	00:58:27 (295)	02:47:20	266		
293	28	LISZKA WOJCIECH	TYCHY	TRICERATOPS	POL	1977	M40	79	10:32:51	00:22:31 (359)	00:04:12	01:22:34 (280)	00:02:47	00:55:26 (247)	02:47:30	267		
294	76	ILJIN JACEK	JANÓW		POL	1979	M40	80	10:33:13	00:18:08 (228)	00:04:35	01:25:25 (312)	00:03:28	00:56:07 (260)	02:47:43	268		
295	61	KALUZIŃSKI TOMASZ	MALBORK		POL	1976	M40	81	10:31:58	00:22:50 (363)	00:04:29	01:24:43 (306)	00:01:30	00:54:20 (227)	02:47:52	269		
296	195	KOCHEL MICHAŁ	WROCLAW		POL	1980	M40	82	10:31:35	00:22:56 (364)	00:04:13	01:24:23 (303)	00:01:46	00:55:03 (239)	02:48:21	270		
297	349	ZAKRZEWSKI TOMASZ	MIKOŁÓW	POST MEDICAL SPORT TEAM	POL	1979	M40	83	11:01:45	00:22:34 (360)	00:03:41	01:24:23 (302)	00:01:22	00:56:22 (264)	02:48:22	271		
298	400	SZYMAŃSKA JUSTYNA	KIELCE		POL	1982	K35	4	11:01:58	00:18:49 (259)	00:04:29	01:25:00 (310)	00:02:53	00:57:14 (280)	02:48:25		27	
299	139	NOWAK DAMIAN	PULAWY		POL	1992	M25	29	10:33:03	00:21:43 (351)	00:04:39	01:23:48 (291)	00:04:02	00:54:18 (225)	02:48:30	272		
300	41	PLUCIENNIK DAMIAN	KOŁO	TRI FOR ME	POL	1990	M30	38	10:32:29	00:20:04 (298)	00:05:03	01:26:50 (325)	00:01:58	00:54:35 (232)	02:48:30	273		
301	272	ŚWIECH KRYSZTOF	WLOCLAWEK	KRYSZTOF ŚWIECH	POL	1980	M40	84	11:01:28	00:19:30 (281)	00:04:07	01:22:07 (274)	00:02:19	01:00:31 (323)	02:48:34	274		
302	144	BRYZGALSKI PAWEŁ	KONIN		POL	1983	M35	64	10:32:05	00:27:16 (372)					02:48:35	275		
303	271	ZYCH MACIEJ	PŁOCK	TRICLUB	POL	1994	M25	30	11:01:07	00:16:08 (102)	00:03:40	01:22:28 (278)	00:02:12	01:04:08 (340)	02:48:36	276		
304	32	TOMCZUK BARTOSZ	KALISZ		POL	1984	M35	65	10:31:55	00:18:04 (224)	00:03:20	01:29:31 (345)	00:02:11	00:55:43 (256)	02:48:49	277		
305	25	KOWALIK RAFAŁ	ZAWIERCIE	DRUŻYNA GRUBEGO MISIA	POL	1975	M45	40	10:33:14	00:18:40 (254)	00:04:24	01:25:32 (314)	00:01:36	00:58:39 (299)	02:48:51	278		
306	176	MAZURKIEWICZ JANUSZ	LODZ		POL	1982	M35	66	10:33:36	00:21:23 (339)	00:04:07	01:23:32 (286)	00:01:52	00:58:02 (288)	02:48:56	279		
307	96	PRZYBOROWSKI RADOŚLAW	KOŁO	RADEK - SOBIE	POL	1971	M45	41	10:31:40	00:20:49 (327)	00:03:59	01:20:13 (234)	00:02:15	01:01:55 (331)	02:49:11	280		
308	302	LEWANDOWSKA AGATA	MIEKINIA	BAJA	POL	1986	K30	9	11:02:56	00:19:05 (269)	00:04:29	01:26:41 (324)	00:03:18	00:55:50 (257)	02:49:23		28	
309	183	KRUPOWICZ MARCIN	WARSZAWA		POL	1964	M55	5	10:32:24	00:17:27 (183)	00:04:49	01:23:37 (289)	00:02:34	01:01:05 (326)	02:49:32	281		
310	246	SKRYDALEWICZ MARCIN	ŁÓDŹ	BLOCKERS ŁÓDŹ	POL	1982	M35	67	10:32:24	00:18:19 (238)	00:04:05	01:18:58 (208)	00:02:19	01:05:56 (348)	02:49:37	282		
311	7	LISIAK PATRYK	POZNAŃ	FRASTAŚ POZNAŃ	POL	1975	M45	42	10:33:57	00:18:28 (249)	00:03:24	01:29:14 (344)	00:01:56	00:56:38 (267)	02:49:40	283		
312	102	ANTOS MATEUSZ	TYCHY		POL	1980	M40	85	10:32:26	00:17:30 (186)	00:04:34	01:21:36 (262)	00:03:44	01:02:23 (334)	02:49:47	284		
313	184	WIKLAK ADAM	NOWA IWICZNA	AGMA PROJEKT	POL	1975	M45	43	10:33:45	00:18:52 (263)	00:04:21	01:27:00 (328)	00:01:44	00:58:34 (296)	02:50:31	285		
314	43	BUCZEK WOJCIECH	WARSZAWA		POL	1971	M45	44	10:31:33	00:19:25 (279)	00:04:25	01:27:11 (330)	00:02:49	00:57:05 (278)	02:50:55	286		
315	206	MALISZEWSKI PIOTR	ŁÓDŹ	19711971	POL	1971	M45	45	10:31:43	00:21:34 (348)	00:05:55	01:22:06 (270)	00:02:06	00:59:30 (311)	02:51:11	287		
316	72	FARBOS MAXIME	WARSAW	CFE POLSKA	ROU	1980	M40	86	10:32:59	00:16:01 (91)	00:03:47	01:20:33 (242)	00:01:52	01:09:06 (361)	02:51:19	288		
317	269	CZECHOWICZ GRZEGORZ	SIEDLCE	TRIATHLON SIEDLCE CLUB	POL	1980	M40	87	11:01:48	00:23:09 (366)	00:05:16	01:23:49 (292)	00:02:26	00:56:59 (274)	02:51:39	289		
318	88	HOJAN JAROSŁAW	POZNAŃ	CITYZEN	POL	1962	M55	6	10:32:48	00:22:11 (357)	00:04:51	01:22:04 (269)	00:02:32	01:00:18 (320)	02:51:56	290		
319	392	TARNOWSKI SEBASTIAN	TRZEBNICA		POL	1979	M40	88	11:02:29	00:22:34 (360)	00:05:05	01:21:57 (267)	00:02:43	00:59:38 (313)	02:51:57	291		
320	254	WOJCIECHOWSKI MATEUSZ	BYDGOSZCZ	ZIEMIA BYDGOSKA	POL	1987	M30	39	11:01:43	00:17:45 (200)	00:04:00	01:31:52 (358)	00:01:36	00:56:47 (270)	02:52:00	292		
321	285	BALAWANDER JAKUB	POZNAŃ	GO KUBA GO	POL	1974	M45	46	11:01:26	00:20:16 (303)	00:03:51	01:24:36 (305)	00:03:27	00:59:50 (315)	02:52:00	293		
322	218	LEDWOROWSKI JAKUB	BYDGOSZCZ	INTEL RUNNERS	POL	1994	M25	31	10:33:49	00:19:23 (276)	00:04:04	01:30:59 (353)	00:02:11	00:55:38 (253)	02:52:15	294		
323	444	ANIELAK JANEK	ŁÓDŹ		POL	1967	M50	10	11:02:59	00:21:35 (349)	00:05:46	01:22:26 (277)	00:05:22	00:57:22 (283)	02:52:31	295		
324	368	SZADKOWSKI PIOTR	WARSZAWA		POL	1978	M40	89	11:01:23	00:20:16 (303)	00:05:40	01:26:35 (322)	00:02:33	00:58:45 (303)	02:53:49	296		
325	295	SOBIECKI TOMASZ	GOSTYNIN		POL	1981	M35	68	11:02:04	00:17:32 (189)	00:04:09	01:26:18 (321)	00:01:49	01:04:14 (342)	02:54:02	297		
326	191	PLACEK MATEUSZ	ZDUŃSKA WOLA		POL	1992	M25	32	10:33:45	00:21:31 (344)	00:03:33	01:23:52 (294)	00:01:40	01:03:36 (339)	02:54:12	298		
327	37	KUNCE DANIEL	OSTRZESZÓW		POL	1988	M30	40	10:32:05	00:16:07 (100)	00:03:36	01:18:26 (196)	00:01:37	01:14:55 (374)	02:54:41	299		
328	166	KUŹMICH KRYSZTOF	KONIN		POL	1976	M40	90	10:32:03	00:16:29 (128)	00:04:35	01:22:10 (275)	00:01:24	01:10:13 (366)	02:54:51	300		
329	203	FERKO-CZAJKOWSKA STANISŁAWA	KONSTANCIN-JEZIORNA		POL	1967	K50	2	10:32:01	00:24:14 (368)	00:03:21	01:26:00 (318)	00:01:58	00:59:27 (310)	02:55:00		29	

# GARMIN IRON TRIATHLON ŚLESIN 2020

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska sp.z.o.o.

Data: 15.08.2020

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

Miejscowość: Ślesin



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
330	70	WĘGLARSKI BARTOSZ	MIELNO		POL	1989	M30	41	10:33:42	00:21:10 (335)	00:03:31	01:29:07 (343)	00:01:31	00:59:43 (314)	02:55:02	301		
331	336	KRYSZTOFORSKI WOJCIECH	BYDGOSZCZ	ZOSIA TEAM/TEAM KARAS	POL	1985	M35	69	11:02:44	00:20:23 (309)	00:05:12	01:26:37 (323)	00:03:09	01:00:11 (318)	02:55:32	302		
332	404	KLAPENDA MARIUSZ	ŁĘCZYCA	MARIO TEAM	POL	1974	M45	47	11:02:01	00:27:41 (373)	00:05:22	01:23:17 (284)	00:03:45	00:55:34 (251)	02:55:39	303		
333	108	ZALEWSKI MATEUSZ	ŁÓDŹ	MBC - MACIEJ BODNAR COACHING HOTEL BOSS	POL	1985	M35	70	10:33:29	00:24:47 (369)	00:03:57	01:24:56 (308)	00:03:36	00:58:26 (294)	02:55:42	304		
334	251	WOJTANOWICZ MARCIN	ZDUŃSKA WOLA		POL	1976	M40	91	10:33:45	00:25:39 (370)	00:04:13	01:22:17 (276)	00:02:05	01:01:34 (329)	02:55:48	305		
335	89	SZYMALA PAWEŁ	ŁÓDŹ		POL	1979	M40	92	10:33:57	00:17:39 (194)	00:04:36	01:30:16 (349)	00:02:43	01:00:44 (325)	02:55:58	306		
336	164	OSTASZEWSKA MARTA	PRUSZKÓW	LABOSPORT TEAM	POL	1979	K40	4	10:32:22	00:20:40 (320)	00:03:22	01:31:32 (357)	00:01:41	00:58:52 (305)	02:56:07		30	
337	231	DZIEDZIC PAWEŁ	POZNAŃ	RANKOR	POL	1980	M40	93	10:33:49	00:19:57 (295)	00:03:27	01:21:57 (268)	00:01:42	01:09:45 (363)	02:56:48	307		
338	441	JASIŃSKI KAMIL	WARSAWA		POL	1978	M40	94	11:02:42	00:21:05 (332)	00:03:50	01:24:44 (307)	00:03:36	01:04:19 (343)	02:57:34	308		
339	314	PUCHALSKA MILENA	ŁĘCZYCE		POL	1988	K30	10	11:02:29	00:19:11 (272)	00:04:47	01:31:01 (354)	00:02:19	01:00:24 (321)	02:57:42		31	
340	238	KOŁODZIECZYK EWA	DOBIESZKÓW	PULS TRI TEAM	POL	1981	K35	5	10:33:10	00:19:23 (276)	00:03:30	01:36:09 (366)	00:01:37	00:57:04 (277)	02:57:43		32	
341	337	WAŁEK PIOTR	WARSAWA	RUNNERS TEAM QUIBL	POL	1972	M45	48	11:02:53	00:30:20 (378)	00:03:55	01:24:29 (304)	00:02:07	00:57:42 (284)	02:58:33	309		
342	331	KALUŻNA ANETA	WARSAWA	KUŹNIA TRIATHLONER	POL	1984	K35	6	11:02:27	00:19:34 (285)	00:05:01	01:30:00 (347)	00:02:44	01:01:24 (327)	02:58:43		33	
343	344	RIEMER TOMASZ	ŁÓDŹ	MKT	POL	1965	M55	7	11:02:39	00:20:12 (300)	00:04:35	01:21:09 (254)	00:02:52	01:10:09 (365)	02:58:57	310		
344	266	KOKOT DARIUSZ	KONIN	TRITON KONIN	POL	1988	M30	42	11:01:43	00:21:29 (341)	00:03:35	01:31:15 (356)	00:02:27	01:00:15 (319)	02:59:01	311		
345	133	GĘBICKI NORBERT	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1984	M35	71	10:33:42	00:20:25 (311)	00:05:01	01:26:52 (327)	00:01:46	01:05:01 (347)	02:59:05	312		
346	357	DMOWSKI WOJCIECH	PIASECZNO		POL	1957	M60	2	11:02:53	00:20:29 (313)	00:04:43	01:24:14 (300)	00:03:11	01:06:48 (357)	02:59:25	313		
347	225	PUDLIS DAWID	WROCLAW		POL	1990	M30	43	10:33:23	00:22:01 (356)	00:05:26	01:27:48 (337)	00:01:50	01:02:28 (335)	02:59:33	314		
348	430	MIKOŁAJCZYK MATEUSZ	ŁÓDŹ		POL	1981	M35	72	11:00:47	00:17:53 (210)	00:03:57	01:32:40 (362)	00:02:47	01:02:39 (337)	02:59:56	315		
349	118	TAMBORSKI TOMASZ	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1977	M40	95	10:32:19	00:18:17 (234)	00:05:05	01:26:05 (320)	00:02:59	01:08:06 (360)	03:00:32	316		
350	24	KUCZYŃSKI DANIEL	WARSAWA	PRĘŻNE VACKY	POL	1975	M45	49	10:32:39	00:21:44 (352)	00:04:16	01:28:41 (342)	00:02:07	01:04:12 (341)	03:01:00	317		
351	42	RATAJCZAK JOANNA	RUSZKÓW DRUGI	TRI FOR ME	POL	1979	K40	5	10:32:27	00:21:09 (334)	00:05:01	01:33:07 (363)	00:02:52	00:59:55 (316)	03:02:04		34	
352	316	CZUBA KRZYSZTOF	OZORKÓW		POL	1971	M45	50	11:02:59	00:20:36 (317)	00:05:04	01:30:17 (350)	00:03:40	01:02:36 (336)	03:02:13	318		
353	50	BERROCHE AMAURY	WARSAWA		FRA	1974	M45	51	10:32:48	00:22:11 (357)	00:05:48	01:32:33 (360)	00:02:43	00:59:36 (312)	03:02:51	319		
354	250	STANOWSKI MICHAŁ	PABIANICE	VIP SPORT	POL	1983	M35	73	10:33:19	00:21:31 (345)	00:03:38	01:29:53 (346)	00:01:34	01:06:27 (353)	03:03:03	320		
355	377	KOCIK ARKADIUSZ	ŁÓDŹ		POL	1968	M50	11	11:02:50	00:21:19 (337)	00:04:34	01:28:35 (341)	00:02:13	01:06:36 (354)	03:03:17	321		
356	208	NASIŁOWSKI PIOTR	WARSAWA	PIOTR NASIŁOWSKI- POTIS CONSULTING PIOTR NASH	POL	1989	M30	44	10:34:05	00:21:33 (347)	00:06:15	01:21:51 (266)	00:04:32	01:09:31 (362)	03:03:42	322		
357	128	WOJCIECHOWSKI WOJCIECH	BYDGOSZCZ		POL	1986	M30	45	10:31:45	00:20:45 (322)	00:03:25	01:33:37 (364)	00:01:11	01:04:50 (345)	03:03:48	323		
358	177	MARKOWIAK RAFAŁ	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1979	M40	96	10:33:03	00:20:22 (307)	00:03:29	01:40:16 (374)	00:01:48	00:58:18 (292)	03:04:13	324		
359	275	MOSTOWSKA JOANNA	WARSAWA		POL	1982	K35	7	11:02:47	00:20:12 (300)	00:04:43	01:37:49 (369)	00:02:33	00:59:05 (306)	03:04:22		35	
360	297	SZCZOTKA PIOTR	SIEDLCE		POL	1992	M25	33	11:02:15	00:18:24 (241)	00:04:50	01:41:47 (375)	00:01:52	00:58:42 (302)	03:05:35	325		
361	372	BALCERAK KATARZYNA	KOBYLANKA	GOZTRI	POL	1966	K50	3	11:02:12	00:20:28 (312)	00:04:34	01:32:40 (361)	00:02:37	01:06:00 (351)	03:06:19		36	
362	409	PAKUŁSKA-TOMZA DOROTA	SUCHY LAS	VOLKSWAGEN GROUP POLSKA	POL	1976	K40	6	11:02:39	00:20:35 (315)	00:04:24	01:39:24 (373)	00:02:35	01:00:00 (317)	03:06:58		37	
363	345	ŻMUDZIŃSKI TOMASZ	GDAŃSK		POL	1986	M30	46	11:02:50	00:23:40 (367)	00:04:19	01:30:36 (352)	00:02:07	01:06:26 (352)	03:07:08	326		
364	65	NOWAK MIRIAM	RUDA ŚLĄSKA	LAST BUT NOT LEAST	POL	1991	K25	7	10:32:32	00:17:34 (191)	00:03:51	01:39:20 (372)	00:02:28	01:05:59 (350)	03:09:12		38	
365	86	NOWAK ROMAN	SIERADZ	SCANFIL SCANFIL	POL	1980	M40	97	10:32:00	00:27:44 (374)	00:04:21	01:30:11 (348)	00:02:01	01:05:57 (349)	03:10:14	327		
366	449	HAREŃSKI PIOTR	POZNAŃ		POL	1976	M40	98	11:02:47	00:19:30 (281)	00:04:35	01:30:28 (351)	00:02:27	01:14:30 (372)	03:11:30	328		
367	278	WÓJTYCH ROBERT	GOŁAŃCZ	TRIATHLON TEAM AQUAPARK WĄGROWIEC	POL	1972	M45	52	11:01:36	00:18:51 (261)	00:04:19	01:35:38 (365)	00:01:46	01:11:21 (369)	03:11:55	329		
368	438	PANSZCZYK SŁAWOMIR	WARSAWA		POL	1989	M30	47	11:02:24	00:20:46 (324)	00:07:05	01:36:18 (367)	00:03:30	01:04:51 (346)	03:12:30	330		
369	306	ŁUKASIŃSKI PIOTR	WARSAWA	BŁĄD W NAZWIE	POL	1983	M35	74	11:01:51	00:18:32 (250)	00:06:35	01:27:41 (335)	00:02:56	01:15:39 (375)	03:13:23	331		00:02:00
370	60	ŻUKIEWICZ PIOTR	LUBIN	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	POL	1974	M45	53	10:33:29	00:21:06 (333)	00:05:17	01:32:12 (359)	00:02:45	01:12:06 (370)	03:13:26	332		
371	267	OWCZAREK PAWEŁ	PABIANICE		POL	1971	M45	54	11:02:56	00:23:08 (365)	00:03:55	01:31:14 (355)	00:04:01	01:11:10 (368)	03:13:28	333		
372	435	KRASICKI BENIAMIN	WARSAWA	PHO POLSKI HOLDING OCHRONY	POL	1973	M45	55	11:01:38			02:25:08 (378)	01:36:59	01:07:59 (359)	03:14:46	334		
373	84	LIPIŃSKI PIOTR	GRÓJEC	WWW.PIOTRLIPINSKI.PL	POL	1967	M50	12	10:33:26	00:20:17 (305)	00:04:47	01:27:47 (336)	00:02:17	01:21:24 (376)	03:16:32	335		
374	205	CHOJA SŁAWOMIR	PONIAŃTÓW	TOM FIT CENTER	POL	1966	M50	13	10:31:46	00:18:54 (264)	00:04:32	01:36:28 (368)	00:02:30	01:14:48 (373)	03:17:12	336		
375	455	JAROSZYŃSKI PAWEŁ	GRÓJEC		POL	1967	M50	14	11:01:56	00:21:45 (353)	00:05:46	01:26:51 (326)	00:02:42	01:22:41 (377)	03:19:45	337		
376	212	MICHALEWSKA ANNA	OLSZOWICE	DRUŻYNA GRUBEGO MISIA	POL	1978	K40	7	10:33:49	00:29:03 (376)	00:04:39	01:38:36 (370)	00:02:43	01:06:44 (356)	03:21:45		39	



# GARMIN IRON TRIATHLON ŚLESIN 2020

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska sp.z.o.o.

Data: 15.08.2020

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

Miejscowość: Ślesin



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
377	355	STOCZYNSKI DARIUSZ	SKIERNIEWICE	LINGA EXPO LINGA EXPO DO Z O.O.	POL	1965	M55	8	11:01:33	00:28:43 (375)	#####	00:04:53 (1)	03:42:37	01:14:23 (371)	03:24:38	338		
378	31	ŁATANIK ANETA	ALEKSANDRIA DRUGA		POL	1971	K45	2	10:32:16	00:26:55 (371)	00:05:43	01:51:42 (377)	00:02:56	01:09:51 (364)	03:37:07		40	
379	242	NEWSKI DARIUSZ	GOŁAŃCZ		POL	1972	M45	56	10:33:26	00:30:12 (377)	00:04:48	01:49:43 (376)	00:02:18	01:10:43 (367)	03:37:44	339		
380	85	CAL EWA	STARE MIASTO	TRITON KONIN	POL	1966	K50	4	10:32:10	00:37:03 (379)	00:03:56	01:39:06 (371)	00:04:22	01:23:49 (378)	03:48:16		41	