

# Garmin Iron Triathlon Nieporęt 2021

Organizator: LABOSPORT Polska s.c.

Data: 19 września 2021

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

Miejscowość: Nieporęt



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	ŁAWICKI MARCIN	LUBIN	MKS POLKOWICE	POL	1986	M35	1	11:00:00	00:13:55 (1)	00:01:37	01:04:17 (1)	00:01:48	00:38:35 (3)	02:00:12	1		
2	4	TOCHOWICZ KASPER	GOŁEŚZÓW	TRIWISE	POL	1995	M25	1	11:00:00	00:15:10 (6)	00:01:51	01:05:36 (3)	00:01:57	00:37:55 (2)	02:02:29	2		
3	115	OWCZAREK KRZYSZTOF	CZĘSTOCHOWA	TRIWISE	POL	1992	M25	2	11:00:03	00:14:29 (3)	00:02:18	01:10:40 (7)	00:01:59	00:40:23 (5)	02:09:49	3		
4	446	LATAWIEC BARTOSZ	LEGIONOWO	TRIYO Z LEGIO	POL	1978	M40	1	11:00:48	00:20:12 (83)	00:02:11	01:04:49 (2)	00:02:30	00:43:58 (25)	02:13:40	4		
5	175	ZIELIŃSKI KAMIL	WARSZAWA	TRIATHLETIC TEAM	POL	1989	M30	1	11:01:06	00:14:58 (5)	00:02:05	01:13:21 (20)	00:01:56	00:41:56 (10)	02:14:16	5		
6	329	TKACZYK MATEUSZ	PULAWY	SPORTOWE PULAWY	POL	1996	M25	3	11:00:12	00:18:31 (37)	00:03:14	01:10:44 (8)	00:02:59	00:39:25 (4)	02:14:53	6		
7	444	IZBIŃSKI RAFAŁ	SKARŻYSKO-KAMIENNA	TRINERGY	POL	1979	M40	2	11:00:25	00:18:31 (38)	00:02:20	01:09:48 (4)	00:02:58	00:41:22 (7)	02:14:59	7		
8	6	PYSZKA-BAZAN ALICJA	TYCHY	LABOSPORT TEAM	POL	1993	K25	1	11:00:00	00:14:42 (4)	00:02:02	01:14:42 (30)	00:02:03	00:41:34 (8)	02:15:03		1	
9	8	JAHNZ KAROLINA	STARGARD	GO2TRI	POL	1984	K35	1	11:00:09	00:15:45 (10)	00:01:55	01:12:45 (16)	00:01:45	00:43:27 (18)	02:15:37		2	
10	381	OGŁOBLIN ADAM	WARSZAWA	TRI AMO	POL	1992	M25	4	11:00:03	00:15:53 (11)	00:02:49	01:12:08 (13)	00:02:00	00:43:28 (19)	02:16:18		8	
11	183	HOFFMANN BARTOSZ	WARSZAWA	FORPRO	POL	1996	M25	5	11:00:09	00:15:36 (9)	00:02:23	01:13:12 (17)	00:02:13	00:43:33 (20)	02:16:57		9	
12	299	PRZEDPELSKI RADOŚLAW	ŁÓDŹ	SNG WILD DUCKS	POL	1982	M35	2	11:00:59	00:18:46 (45)	00:02:25	01:10:28 (6)	00:02:09	00:43:11 (17)	02:16:59		10	
13	458	ZABORNIAK MICHAŁ	ŁÓDŹ	BEDNARSKI TRI TEAM	POL	1995	M25	6	11:00:42	00:16:31 (14)	00:02:29	01:13:20 (19)	00:01:59	00:42:52 (14)	02:17:11		11	
14	317	DOBRZYCKI MAREK	WARSZAWA	ENDLESS PAIN	POL	1979	M40	3	11:00:15	00:18:26 (33)	00:02:11	01:10:05 (5)	00:02:24	00:45:31 (35)	02:18:37		12	
15	255	KAMIŃSKI RAFAŁ	WARSZAWA		POL	1984	M35	3	11:00:15	00:17:56 (24)	00:02:38	01:13:26 (21)	00:01:47	00:42:50 (13)	02:18:37		13	
16	99	KUMOR TOMASZ	WARSZAWA	GVT	POL	1986	M35	4	11:00:06	00:17:08 (18)	00:02:26	01:11:44 (10)	00:03:36	00:44:18 (27)	02:19:12		14	
17	352	KOSOWSKI MARCIN	WROCLAW	MBC TEAM	POL	1986	M35	5	11:00:18	00:16:43 (15)	00:02:55	01:13:44 (22)	00:02:01	00:44:40 (30)	02:20:03		15	
18	10	BORKOWY MICHAŁ	BOJSZOWY	LABOSPORT TEAM	POL	1975	M45	1	11:00:58	00:20:08 (79)	00:04:01	01:11:56 (12)	00:01:53	00:42:07 (11)	02:20:05		16	
19	117	IWANOWSKI PIOTR	WARSZAWA	TRIWAWA	POL	1980	M40	4	11:00:48	00:18:12 (28)	00:03:21	01:14:13 (25)	00:02:07	00:42:58 (16)	02:20:51		17	
20	439	EPELBAUM DARIUSZ	WARSZAWA	CTS CZAJA TRAINING SYSTEM	POL	1977	M40	5	11:01:30	00:19:50 (75)	00:02:25	01:11:42 (9)	00:02:19	00:44:42 (31)	02:20:58		18	
21	195	DĄBROWSKI MICHAŁ	WARSZAWA	TRIATHLETIC TEAM	POL	1984	M35	6	11:00:33	00:21:15 (109)	00:02:07	01:11:52 (11)	00:02:38	00:43:40 (22)	02:21:32		19	
22	206	OWORUSZKO JAROSŁAW	WARSZAWA	CTS	POL	1971	M50	1	11:01:38	00:18:27 (36)	00:02:56	01:12:22 (14)	00:03:29	00:44:32 (28)	02:21:46		20	
23	218	POKORSKI MAREK	WARSZAWA	CTS - CZAJATRAININGSYSTEM	POL	1971	M50	2	11:01:33	00:18:07 (26)	00:03:00	01:12:38 (15)	00:02:27	00:46:02 (38)	02:22:14		21	
24	409	SOSNOWSKI JAROSŁAW	ŁŁOCK	PTT DELTA	POL	1980	M40	6	11:00:22	00:15:35 (8)	00:02:39	01:15:27 (37)	00:02:51	00:46:02 (38)	02:22:34		22	
25	385	JAMRÓZ WOJCIECH	WROCLAW	MILOTEAM	POL	1996	M25	7	11:01:38	00:18:55 (50)	00:02:48	01:15:04 (34)	00:02:14	00:43:49 (24)	02:22:50		23	
26	245	ŻELAZKO MARCIN	KARCZEW		POL	1982	M35	7	11:01:55	00:20:03 (77)	00:03:33	01:15:20 (36)	00:02:50	00:42:15 (12)	02:24:01		24	
27	7	PETEREK ANNA	POZNAŃ	LOCO PRINT TEAM/TRI AMO	POL	1990	K30	1	11:00:03	00:15:53 (11)	00:02:10	01:18:32 (63)	00:02:48	00:45:07 (34)	02:24:30		3	
28	376	WIŚNIEWSKI FILIP	SZKLARY GÓRNE	ŁAWKA TEAM	POL	1988	M30	2	11:01:49	00:21:33 (118)	00:03:31	01:14:41 (29)	00:01:56	00:43:41 (23)	02:25:22		25	
29	268	MAZUR ADAM	WROCLAW		POL	1994	M25	8	11:02:06	00:19:13 (60)	00:02:47	01:14:23 (26)	00:03:10	00:46:03 (40)	02:25:36		26	
30	451	WOŁOS EWELINA	WARSZAWA	TRIWAWA	POL	1987	K30	2	11:00:28	00:19:40 (70)	00:03:14	01:14:07 (23)	00:02:43	00:45:58 (37)	02:25:42		4	
31	466	MIAŁY ARTEM	JAWORZE		POL	1984	M35	8	11:01:55	00:18:41 (43)	00:05:27	01:15:38 (38)	00:03:03	00:42:57 (15)	02:25:46		27	
32	123	NOWICKI BARTOSZ	PIASTÓW	PODRÓŻNICZY.EU TEAM	POL	1984	M35	9	11:02:30	00:20:39 (100)	00:03:58	01:14:11 (24)	00:02:41	00:44:35 (29)	02:26:04		28	
33	44	SWIANIEWICZ ANTONI	WARSZAWA	TRI AMO / AKS POLONIA WARSZAWA	POL	1985	M35	10	11:00:31	00:18:24 (31)	00:03:47	01:13:16 (18)	00:02:55	00:48:02 (67)	02:26:24		29	
34	406	STRÓŻAK TOMASZ	STRZYKUŁY	JAVA TEAM / TEAM KARAŚ	POL	1989	M30	3	11:01:49	00:18:52 (49)	00:02:49	01:14:48 (32)	00:02:21	00:48:09 (70)	02:26:59		30	
35	26	MALISZEWSKI MICHAŁ	STRASZYN		POL	1976	M45	2	11:00:45	00:17:21 (21)	00:04:38	01:16:16 (41)	00:02:41	00:46:55 (47)	02:27:51		31	
36	422	BUJKO TOMASZ	WIELGOLAS	TRIATHLON SIEDLCE CLUB	POL	1984	M35	11	11:00:22	00:18:49 (47)	00:03:15	01:16:19 (43)	00:02:30	00:47:23 (56)	02:28:16		32	
37	355	HUNKIEWICZ WOJCIECH	MARKI	MCP	POL	1972	M45	3	11:01:03	00:18:43 (44)	00:02:56	01:15:45 (39)	00:02:18	00:48:37 (76)	02:28:19		33	
38	41	ANTONIUK MARCIN	WARSZAWA	23 TEAM	POL	1975	M45	4	11:00:50	00:19:08 (59)	00:02:43	01:14:54 (33)	00:02:20	00:49:28 (89)	02:28:33		34	
39	374	NOWOK MICHAŁ	RUDA ŚLĄSKA	IM INSPIRATION	POL	1997	M18	1	11:03:36	00:21:23 (115)	00:03:24	01:16:25 (45)	00:02:33	00:44:54 (32)	02:28:39		35	
40	423	HARTLIŃSKI GRZEGORZ	JAROTY OLSZTYN		POL	1984	M35	12	11:01:04	00:19:42 (71)	00:03:35	01:19:00 (66)	00:02:46	00:43:39 (21)	02:28:42		36	
41	434	KOSECKI KONRAD	ZĄBKI	TRICLUB	POL	1981	M40	7	11:01:21	00:18:51 (48)	00:02:53	01:14:23 (26)	00:02:07	00:50:52 (122)	02:29:06		37	
42	156	MODER BARTŁOMIEJ	WARSZAWA	KAZIKI	POL	1989	M30	4	11:01:19	00:19:30 (64)	00:04:12	01:16:17 (42)	00:02:17	00:47:15 (54)	02:29:31		38	
43	453	BEDYŃSKI RADEK	WARSZAWA	KUŹNIA TRIATHLONU	POL	1973	M45	5	11:02:13						02:29:39		39	
44	92	MATUSIAK MATEUSZ	ZGIERZ	SNG WILD DUCKS	POL	1987	M30	5	11:00:53	00:18:39 (41)	00:03:59	01:16:39 (48)	00:02:34	00:47:56 (65)	02:29:47		40	
45	413	URBAŃSKA EWA	ŁOCHOWO	TM IRON TEAM	POL	1976	K45	1	11:00:56	00:19:48 (74)	00:03:16	01:14:43 (31)	00:02:45	00:49:29 (91)	02:30:01		5	
46	410	TIDE KRZYSZTOF	ŻORY	IM INSPIRATION	POL	1997	M18	2	11:03:33	00:18:10 (27)	00:03:44	01:20:14 (82)	00:02:19	00:45:52 (36)	02:30:19		41	
47	100	GAWIN KRZYSZTOF	WARSZAWA	TRI NEGU	POL	1992	M25	9	11:03:56	00:20:11 (81)	00:02:41	01:19:01 (67)	00:02:15	00:46:18 (41)	02:30:26		42	
48	465	JAROMSKI MAKSYMILIAN	WARSZAWA		POL	1993	M25	10	11:01:01	00:19:34 (67)	00:02:37	01:17:01 (50)	00:02:00	00:49:19 (86)	02:30:31		43	
49	135	WASILEWSKI PIOTR	GŁOSKÓW		POL	1978	M40	8	11:00:25	00:17:33 (23)	00:02:40	01:17:09 (52)	00:02:51	00:50:22 (110)	02:30:35		44	

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

Miejscowość: Nieporęt



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
50	228	SKÓRKA PAWEŁ	WARSZAWA		POL	1988	M30	6	11:03:30	00:19:05 (57)	00:05:40	01:17:33 (55)	00:03:17	00:45:02 (33)	02:30:37	45		
51	111	CIEŚLA ROBERT	BELCHATÓW		POL	1991	M30	7	11:01:05	00:18:15 (29)	00:02:33	01:20:30 (86)	00:02:43	00:46:58 (49)	02:30:59	46		
52	68	RUMIN PAWEŁ	WARSZAWA		POL	1985	M35	13	11:00:24	00:14:22 (2)	00:04:49	01:17:00 (49)	00:03:33	00:51:29 (133)	02:31:13	47		
53	276	PRUCHNIEWSKI SŁAWOMIR	WARSZAWA	ASSECO ACTIVE TEAM	POL	1979	M40	9	11:00:45	00:20:16 (87)	00:02:53	01:17:14 (53)	00:01:43	00:49:36 (94)	02:31:42	48		
54	435	LEWANDOWSKI JAKUB	WARSZAWA		POL	1997	M18	3	11:02:03	00:20:19 (90)	00:02:51	01:20:23 (85)	00:01:51	00:46:22 (42)	02:31:46	49		
55	242	DMOWSKI BARTOSZ	WARSZAWA	TRIWAWA	POL	1972	M45	6	11:02:33	00:20:19 (90)	00:04:18	01:16:22 (44)	00:02:45	00:48:16 (72)	02:32:00	50		
56	273	BANKIEWICZ DAMIAN	CZĘSTOCHOWA	ASSECO ACTIVE TEAM	POL	1971	M50	3	11:04:45	00:25:30 (237)	00:06:08	01:30:40 (216)	00:02:52	00:26:56 (1)	02:32:06	51		
57	265	CIASTO SEBASTIAN	PRZECZLEBIE		POL	1985	M35	14	11:01:16	00:17:09 (19)	00:02:52	01:19:13 (68)	00:03:42	00:50:11 (107)	02:33:07	52		
58	29	SZYP WOJCIECH	WARSZAWA		POL	1990	M30	8	11:02:54	00:22:23 (147)	00:03:20	01:14:27 (28)	00:02:43	00:50:30 (113)	02:33:23	53		
59	146	BUGAJ MIROSLAW	WARSZAWA		POL	1967	M50	4	11:00:06	00:16:14 (13)	00:03:01	01:21:31 (101)	00:02:47	00:49:55 (102)	02:33:28	54		
60	441	DOMAŃSKI BŁAŻEJ	WARSZAWA	TRICLUB	POL	1981	M40	10	11:04:20	00:20:26 (96)	00:03:00	01:19:14 (69)	00:02:52	00:48:04 (68)	02:33:36	55		
61	322	SUCHAŃSKI MICHAŁ	WARSZAWA		POL	1992	M25	11	11:03:13	00:20:12 (83)	00:03:13	01:20:48 (92)	00:02:35	00:46:55 (48)	02:33:43	56		
62	89	CIEŚLSKI KACPER	WARSZAWA	I'M INSPIRATION	POL	1991	M30	9	11:04:34	00:21:49 (130)	00:05:43	01:21:46 (104)	00:03:10	00:41:21 (6)	02:33:49	57		
63	67	PROROK TOMASZ	WARSZAWA	CTS - CZAJTRAININGSYSTEM	POL	1979	M40	11	11:04:51	00:21:15 (108)	00:04:21	01:18:05 (57)	00:02:52	00:47:32 (61)	02:34:05	58		
64	109	KAMIŃSKI JAREK	WARSZAWA	TRIATHLETIC TEAM	POL	1984	M35	15	11:01:30	00:21:28 (116)	00:02:58	01:19:34 (71)	00:01:54	00:48:17 (73)	02:34:11	59		
65	443	DYŁĘGOWSKI KRZYSZTOF	WARSZAWA	KUŹNIA TRIATHLONU	POL	1984	M35	16	11:05:31	00:18:59 (55)	00:03:00	01:18:43 (64)	00:03:19	00:50:37 (116)	02:34:38	60		
66	420	RACHWALIK TOMASZ	STASI ŁAS	AKS POLONIA WARSZAWA	POL	1972	M45	7	11:01:11	00:23:01 (167)	00:03:03	01:15:17 (35)	00:02:46	00:50:44 (120)	02:34:51	61		
67	407	JANCIUS DEIVIDAS	KAUNAS	POWERADE	LTU	1983	M35	17	11:01:35	00:18:26 (33)	00:03:16	01:21:08 (94)	00:02:27	00:49:40 (95)	02:34:57	62		
68	249	WENDEKIER RAFAŁ	WARSZAWA	TRIZARZA	POL	1991	M30	10	11:02:00	00:21:55 (134)	00:02:22	01:20:09 (80)	00:02:33	00:48:07 (69)	02:35:06	63		
69	133	DESSELBERGER ANDRZEJ	WŁOCŁAWEK	ENERGY TRI WŁOCŁAWEK	POL	1969	M50	5	11:05:52	00:21:02 (103)	00:03:29	01:18:07 (59)	00:02:06	00:50:27 (111)	02:35:11	64		
70	395	GRZYMKOWSKI ADAM	MARKI	#DAWAJ KALACH TEAM	POL	1974	M45	8	11:00:12	00:17:03 (17)	00:04:24	01:23:47 (130)	00:03:09	00:47:00 (51)	02:35:23	65		
71	51	KUR DANIEL	GDYNIA	ARKA GDYNIA	POL	1985	M35	18	11:02:22	00:21:37 (119)	00:03:31	01:20:02 (76)	00:02:42	00:47:32 (61)	02:35:24	66		
72	428	ZAREMBA ALEKSANDER	WARSZAWA		POL	1994	M25	12	11:07:03	00:20:05 (78)	00:02:48	01:19:37 (72)	00:02:37	00:50:30 (113)	02:35:37	67		
73	46	SKIERKOWSKI KAROL	MŁAWA	TWISTER TEAM	POL	1985	M35	19	11:01:41	00:18:55 (50)	00:04:39	01:20:00 (75)	00:02:28	00:49:53 (99)	02:35:55	68		
74	176	ZDANOWSKI TOMASZ	SITNE	TRIZARZA	POL	1994	M25	13	11:00:39	00:19:33 (66)	00:03:11	01:18:14 (61)	00:02:28	00:52:34 (141)	02:36:00	69		
75	252	WŁODARCZYK PIOTR	ŁÓDŹ	LTP / WWW.SPORTTRIATHLON.PL	POL	1976	M45	9	11:00:21	00:22:21 (146)	00:04:12	01:17:35 (56)	00:02:12	00:49:55 (102)	02:36:15	70		
76	177	TKACZYK ŁUKASZ	OKUNIEW	TRIZARZA	POL	1991	M30	11	11:01:36	00:21:47 (129)	00:03:03	01:16:16 (40)	00:02:17	00:53:06 (152)	02:36:29	71		
77	459	PIELAS IGOR	WARSZAWA	KAZIKI	POL	1990	M30	12	11:05:57	00:20:10 (80)	00:04:22	01:20:07 (79)	00:02:21	00:49:56 (104)	02:36:56	72		
78	40	WIERNIŃSKI ŁUKASZ	WARSZAWA		POL	1988	M30	13	11:05:03	00:20:21 (94)	00:02:37	01:21:22 (98)	00:02:59	00:49:41 (97)	02:37:00	73		
79	212	PISARSKI MARCIN	WARSZAWA		POL	1982	M35	20	11:04:41	00:20:13 (86)	00:03:57	01:21:09 (95)	00:03:16	00:48:27 (74)	02:37:02	74		
80	461	OSIECKI EDWIN	KONSTANCIN-JEZIORNA	KUŹNIA TRIATHLONU	POL	1969	M50	6	11:01:24	00:19:34 (67)	00:03:54	01:23:09 (117)	00:03:16	00:47:26 (57)	02:37:19	75		
81	224	ŻYTOWIECKI MACIEJ	PŁOCK		POL	1980	M40	12	11:01:47	00:20:44 (102)	00:05:34	01:20:06 (78)	00:03:03	00:47:57 (66)	02:37:24	76		
82	307	WOJDYŁA MICHAŁ	WARSZAWA	TRICLUB WARSZAWA	POL	1980	M40	13	11:02:42	00:18:37 (40)	00:04:00	01:21:33 (102)	00:03:11	00:50:21 (109)	02:37:42	77		
83	226	JEZERSKI ADAM	ŁÓDŹ	BEDNARSKI TRI TEAM	POL	1979	M40	14	11:00:42	00:18:33 (39)	00:02:39	01:17:09 (51)	00:02:12	00:57:31 (221)	02:38:04	78		
84	14	JEDRZEJCZYK PIOTR	PIASECZNO		POL	1973	M45	10	11:03:26	00:22:31 (150)	00:03:19	01:20:11 (81)	00:02:53	00:49:13 (85)	02:38:07	79		
85	256	MOTYL ARTUR	OLKUSZ		POL	1983	M35	21	11:05:10	00:26:24 (256)	00:05:11	01:21:45 (103)	00:03:24	00:41:37 (9)	02:38:21	80		
86	367	KUTKA SŁAWOMIR	RYBNIK	ALLIANZ TRIATHLON TEAM	POL	1987	M30	14	11:00:39	00:18:46 (45)	00:06:56	01:22:50 (115)	00:03:32	00:46:27 (43)	02:38:31	81		
87	391	KĘPIŃSKI KACPER	WARSZAWA	TRIWAWA	POL	1995	M25	14	11:00:03	00:15:23 (7)	00:03:58	01:27:38 (186)	00:02:08	00:49:28 (89)	02:38:35	82		
88	77	KAWKA PAULINA	WARSZAWA	23 TEAM	POL	1991	K30	3	11:01:27	00:20:11 (81)	00:04:00	01:25:18 (151)	00:02:19	00:46:52 (45)	02:38:40		6	
89	455	LACHOWICZ PIOTR	WARSZAWA	(F)ŁASZKI	POL	1978	M40	15	11:04:15	00:21:39 (120)	00:07:26	01:18:54 (65)	00:03:32	00:47:09 (52)	02:38:40	83		
90	157	LIMAN KRZYSZTOF	WARSZAWA	IM INSPIRATION	POL	1983	M35	22	11:01:46	00:18:24 (31)	00:03:55	01:25:45 (163)	00:03:18	00:47:27 (58)	02:38:49	84		
91	426	RYCMAN ADAM	WARSZAWA		POL	1977	M40	16	11:07:03	00:23:24 (180)	00:04:46	01:20:05 (77)	00:03:43	00:46:59 (50)	02:38:57	85		
92	88	KAPELA PIOTR	BOJSZOWY NOWE	SHMT	POL	1975	M45	11	11:00:56	00:21:45 (126)	00:04:52	01:21:19 (97)	00:03:16	00:47:49 (64)	02:39:01	86		
93	445	NIESTĘPSKI PAWEŁ	LEGIONOWO		POL	1990	M30	15	11:00:50	00:19:46 (73)	00:02:38	01:23:30 (123)	00:02:39	00:50:38 (118)	02:39:11	87		
94	127	KIELAK ZUZANNA	WARSZAWA		POL	1994	K25	2	11:03:59	00:23:22 (179)	00:02:59	01:20:16 (84)	00:02:55	00:49:40 (96)	02:39:12		7	
95	39	OWCZAREK JACEK	PIĄTKOWISKO		POL	1972	M45	12	11:04:18	00:23:28 (187)	00:05:07	01:16:38 (47)	00:02:45	00:51:51 (134)	02:39:49	88		
96	387	JĘDRZEJCZYK ŁUKASZ	MIKOŁÓW	COCA COLA RUNNERS	POL	1983	M35	23	11:06:36	00:20:30 (98)	00:04:45	01:22:06 (107)	00:03:11	00:49:59 (106)	02:40:31	89		
97	240	WILK MARIUSZ	RZESZÓW		POL	1971	M50	7	11:03:04	00:21:40 (122)	00:04:47	01:20:41 (91)	00:02:32	00:50:57 (123)	02:40:37	90		
98	450	CELMER PIOTR	WARSZAWA	CTS	POL	1976	M45	13	11:02:27	00:23:11 (171)	00:07:10	01:22:41 (113)	00:03:37	00:43:58 (25)	02:40:37	91		

# Garmin Iron Triathlon Nieporęt 2021

Organizator: LABOSPORT Polska s.c.

Data: 19 września 2021

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

Miejscowość: Nieporęt



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
99	347	KASPRZYK KAMIL	KIELCE	MBC TEAM	POL	1980	M40	17	11:04:36	00:22:47 (163)	00:03:45	01:18:06 (58)	00:02:14	00:53:53 (168)	<b>02:40:45</b>	92		
100	43	STRADOMSKI JACEK	OLSZTYN	A & J	POL	1965	M55	1	11:02:00	00:18:57 (52)	00:04:42	01:20:40 (90)	00:03:21	00:53:23 (159)	<b>02:41:03</b>	93		
101	287	MIELCZAREK MAREK	MARKI	MARKOWI BIEGACZE	POL	1974	M45	14	11:01:19	00:22:29 (148)	00:04:58	01:22:08 (108)	00:02:46	00:48:42 (77)	<b>02:41:03</b>	94		
102	328	JACZEWSKI ROBERT	WARSZAWA		POL	1989	M30	16	11:03:42	00:18:02 (25)	00:04:58	01:27:43 (188)	00:03:03	00:47:17 (55)	<b>02:41:03</b>	95		
103	227	WENDOŁOWSKI ROBERT	WARSZAWA	TEAM KARAŚ	POL	1976	M45	15	11:07:38	00:23:09 (170)	00:04:59	01:22:00 (106)	00:03:33	00:47:27 (59)	<b>02:41:08</b>	96		
104	333	ŚWIAŹEK KRZYSZTOF	WARSZAWA		POL	2000	M18	4	11:00:53	00:21:20 (112)	00:04:53	01:23:49 (131)	00:02:25	00:48:49 (78)	<b>02:41:16</b>	97		
105	91	MAZUREK MARCIN	WARSZAWA		POL	1976	M45	16	11:00:37	00:18:39 (41)	00:04:37	01:25:36 (155)	00:02:57	00:49:30 (92)	<b>02:41:19</b>	98		
106	214	PECIO MARIUSZ	WARSZAWA	SZKOŁA GŁÓWNA SŁUŻBY POŻARNICZEJ	POL	1977	M40	18	11:03:16	00:24:29 (217)	00:04:55	01:19:42 (73)	00:03:02	00:49:31 (93)	<b>02:41:39</b>	99		
107	191	WIEPRZOWSKI MICHAŁ	BIAŁA PODLASKA	KOLARSKA GRUPA BIALSKA	POL	1979	M40	19	11:02:13	00:18:26 (33)	00:04:18	01:23:22 (120)	00:02:12	00:53:39 (165)	<b>02:41:57</b>	100		
108	467	TUREK MATEUSZ	ŁĄZY	IM INSPIRATION	POL	1990	M30	17	11:01:01	00:20:26 (95)	00:05:50	01:23:32 (124)	00:02:28	00:49:54 (100)	<b>02:42:10</b>	101		
109	197	SŁUPECKI KAMIL	LEGIONOWO	TRICLUB	POL	1990	M30	18	11:04:05	00:20:29 (97)	00:04:16	01:16:32 (46)	00:03:20	00:57:40 (225)	<b>02:42:17</b>	102		
110	415	OWCZARSKI DOMINIK	WARSZAWA		POL	1984	M35	24	11:04:10	00:24:32 (218)	00:04:02	01:18:28 (62)	00:02:42	00:52:41 (143)	<b>02:42:25</b>	103		
111	148	MAĆKIEWICZ MICHAŁ	PIOTRKÓW TRYBUNALSKI		POL	1992	M25	15	11:04:39	00:19:32 (65)	00:04:20	01:25:41 (158)	00:03:15	00:49:48 (98)	<b>02:42:36</b>	104		
112	429	KSIĄŻEK DYMITER	WARSZAWA	TRIAMO	POL	1978	M40	20	11:00:31	00:18:58 (53)	00:04:51	01:26:54 (176)	00:02:56	00:49:11 (83)	<b>02:42:50</b>	105		
113	436	HORBACZEWSKI MICHAŁ	REDA	LUK-CONNECT TRI TEAM	POL	1988	M30	19	11:00:28	00:23:24 (180)	00:04:33	01:23:33 (125)	00:03:02	00:48:36 (75)	<b>02:43:08</b>	106		
114	416	BERBELICKI ADAM	OPOLE	POMOLOGIA PRÓSZKÓW	POL	1980	M40	21	11:02:36	00:23:26 (185)	00:03:54	01:24:06 (134)	00:02:56	00:48:56 (80)	<b>02:43:18</b>	107		
115	107	LEONIUK PAWEŁ	BIAŁYSTOK	NADAKTYWNI	POL	1982	M35	25	11:01:52	00:24:41 (221)	00:03:42	01:20:34 (89)	00:03:11	00:51:16 (130)	<b>02:43:24</b>	108		
116	350	BĘBEŃCA BŁAŻEJ	RADOM	PWC	POL	1983	M35	26	11:04:54	00:22:36 (156)	00:06:27	01:23:20 (119)	00:04:19	00:46:47 (44)	<b>02:43:29</b>	109		
117	128	LITAWA JACEK	WARSZAWA		POL	1970	M50	8	11:00:06	00:20:17 (88)	00:07:02	01:23:19 (118)	00:03:40	00:49:12 (84)	<b>02:43:30</b>	110		
118	432	SZPOTON MONIKA	WARSZAWA	ADIDAS RUNNERS WARSAW	POL	1985	K35	2	11:03:50	00:23:45 (198)	00:04:22	01:23:56 (132)	00:02:23	00:49:08 (81)	<b>02:43:34</b>		8	
119	19	GALANCIAK PIOTR	ŁÓDŹ	ATOS / HTF LUDWIK SIKORSKI	POL	1983	M35	27	11:04:13	00:21:05 (104)	00:05:29	01:18:11 (60)	00:03:20	00:55:33 (194)	<b>02:43:38</b>	111		
120	231	TRYBUSZKIEWICZ WOJCIECH	WARSZAWA	GENERALI RUNNING CLUB	POL	1972	M45	17	11:03:18	00:22:42 (161)	00:05:40	01:22:36 (112)	00:03:32	00:49:24 (87)	<b>02:43:54</b>	112		
121	225	CZARNECKI KAROL	WARSZAWA	POWERADE	POL	1983	M35	28	11:01:58	00:24:22 (214)	00:05:37	01:17:22 (54)	00:04:13	00:52:48 (147)	<b>02:44:22</b>	113		
122	373	PISARCZYK GRZEGORZ	WARSZAWA	TRI LYNX	POL	1980	M40	22	11:01:23	00:22:15 (140)	00:05:11	01:22:16 (111)	00:02:45	00:51:57 (137)	<b>02:44:24</b>	114		
123	196	LENART MIŁOSZ	KĘTRZYN	FUNDACJA DRUŻYNA ML	POL	1965	M55	2	11:05:52	00:25:48 (242)	00:05:22	01:21:30 (100)	00:02:36	00:49:09 (82)	<b>02:44:25</b>	115		
124	404	KAZIMIERCZAK JACEK	LUBIN	ŁAWKA TEAM	POL	1977	M40	23	11:01:44	00:21:44 (124)	00:04:44	01:19:22 (70)	00:03:07	00:53:37 (164)	<b>02:44:34</b>	116		00:02:00
125	138	WIECZOREK RAFAL	NADOLICE WIELKIE	TIETO TRIATHLON TEAM	POL	1985	M35	29	11:06:26	00:23:24 (180)	00:04:41	01:20:52 (93)	00:02:52	00:52:47 (145)	<b>02:44:36</b>	117		
126	379	RAMIAN ANNA	KIELCE	TS AKWEDUKT KIELCE	POL	1996	K25	3	11:00:18	00:16:55 (16)	00:02:46	01:30:36 (214)	00:02:29	00:52:03 (138)	<b>02:44:49</b>		9	
127	397	RESZKA PIOTR	KOMORÓW		POL	1975	M45	18	11:05:14	00:23:33 (190)	00:05:46	01:22:49 (114)	00:04:28	00:48:16 (71)	<b>02:44:52</b>	118		
128	27	ZARZYCKI JAKUB	WARSZAWA (WOLA)		POL	1998	M18	5	11:01:09	00:22:34 (152)	00:02:41	01:25:19 (152)	00:03:51	00:50:37 (116)	<b>02:45:02</b>	119		
129	50	MAGOLAN SŁAWOMIR	KOBYLANY	LEADERS ISLAND TRIATHLON TEAM	POL	1980	M40	24	11:04:15	00:25:14 (230)	00:04:18	01:25:12 (149)	00:03:00	00:47:31 (60)	<b>02:45:15</b>	120		
130	66	KRZAN GRZEGORZ	JĘDRZYCHÓW	GIANT POLSKA	POL	1962	M55	3	11:02:06	00:21:18 (110)	00:04:51	01:23:23 (121)	00:02:56	00:52:57 (149)	<b>02:45:25</b>	121		
131	87	STRUK PIOTR	BIAŁYSTOK		POL	1993	M25	16	11:01:52	00:19:02 (56)	00:04:13	01:23:46 (129)	00:02:29	00:55:57 (198)	<b>02:45:27</b>	122		
132	390	MYKOWSKI JAKUB	WARSZAWA	LANGE TRI COACH	POL	1984	M35	30	11:06:50	00:24:46 (222)	00:04:19	01:23:39 (127)	00:02:18	00:50:27 (112)	<b>02:45:29</b>	123		
133	62	SAWICKI MICHAŁ	STARGARD		POL	1994	M25	17	11:06:33	00:21:46 (128)	00:04:33	01:25:41 (158)	00:02:37	00:50:59 (125)	<b>02:45:36</b>	124		
134	284	DIETRICH GRZEGORZ	DYWITY	OLSZTYŃSKA SZKOŁKA TRIATHLONU	POL	1976	M45	19	11:03:33	00:21:22 (114)	00:03:48	01:24:06 (134)	00:02:50	00:53:41 (167)	<b>02:45:47</b>	125		
135	375	HERSZFELD KAROL	WARSZAWA	ŚWIŃSKIE CYCE	POL	1987	M30	20	11:03:04	00:22:14 (139)	00:04:27	01:25:20 (153)	00:03:26	00:50:31 (115)	<b>02:45:58</b>	126		
136	74	MAJCAK MIROSLAW	WARSZAWA		POL	1975	M45	20	11:01:21	00:19:59 (76)	00:05:42	01:24:24 (138)	00:03:10	00:52:47 (145)	<b>02:46:02</b>	127		
137	452	PÓŁTORAK KONRAD	KIELCE		POL	1979	M40	25	11:05:21	00:27:38 (268)	00:03:47	01:24:54 (146)	00:02:53	00:46:52 (45)	<b>02:46:04</b>	128		
138	208	ARENT ALAN	GDAŃSK	ARENT TEAM	POL	1982	M35	31	11:06:23	00:19:38 (69)	00:04:40	01:23:43 (128)	00:03:03	00:55:25 (191)	<b>02:46:29</b>	129		
139	266	MACIEJEWSKI BARTŁOMIEJ	PARZIEWO	MOŻW	POL	1987	M30	21	11:08:40	00:22:35 (153)	00:04:47	01:26:40 (172)	00:03:09	00:49:25 (88)	<b>02:46:36</b>	130		
140	267	SZACIŁOWSKI PRZEMYSŁAW	BIAŁYSTOK	NADAKTYWNI	POL	1984	M35	32	11:01:09	00:25:07 (227)	00:04:27	01:19:47 (74)	00:03:18	00:54:01 (171)	<b>02:46:40</b>	131		
141	393	SMOLIŃSKA MAJA	MIŃSK MAZOWIECKI		POL	1998	K18	1	11:05:37	00:24:07 (205)	00:03:54	01:22:13 (110)	00:02:38	00:54:09 (176)	<b>02:47:01</b>		10	
142	159	BALAWĘJDER MAREK	WARSZAWA	GLAYA TRITEAM	POL	1969	M50	9	11:03:53	00:23:40 (195)	00:04:10	01:20:33 (87)	00:02:37	00:56:03 (202)	<b>02:47:03</b>	132		
143	104	SAWICKI SEBASTIAN	WARSZAWA	KUŹNIA TRIATHLONU	POL	1985	M35	33	11:00:36	00:19:07 (58)	00:03:30	01:29:11 (202)	00:02:31	00:52:44 (144)	<b>02:47:03</b>	133		
144	96	JEŻ PAWEŁ	JÓZEFÓSLAW		POL	1973	M45	21	11:03:45	00:22:15 (140)	00:03:55	01:24:34 (139)	00:03:19	00:53:14 (156)	<b>02:47:17</b>	134		
145	55	GRODOMIŃSKI HUBERT	KŁODAWA	TRI FOR ME	POL	1975	M45	22	11:06:04	00:23:26 (185)	00:05:46	01:21:16 (96)	00:02:51	00:54:13 (178)	<b>02:47:32</b>	135		
146	342	PADEREWSKI ALBERT	WARSZAWA		POL	1992	M25	18	11:02:39	00:21:11 (106)	00:02:40	01:25:27 (154)	00:02:39	00:54:08 (174)	<b>02:48:05</b>	136		00:02:00
147	358	KARABIN JAROSŁAW	WARSZAWA		POL	1982	M35	34	11:06:56	00:21:49 (130)	00:08:53	01:26:33 (169)	00:02:28	00:48:54 (79)	<b>02:48:37</b>	137		

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Data: 19 września 2021

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

Miejscowość: Nieporęt



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
148	408	WINIARSKI MICHAŁ	WARSZAWA		POL	1985	M35	35	11:04:33	00:21:31 (117)	00:04:05	01:26:56 (177)	00:03:09	00:53:28 (160)	<b>02:49:09</b>	138		
149	384	ROMANOWSKI TOMASZ	WARKA	KS START PUŁASKI WARKA	POL	1980	M40	26	11:04:39	00:23:18 (176)	00:05:52	01:22:11 (109)	00:03:19	00:54:39 (187)	<b>02:49:19</b>	139		
150	264	NOWOGRODZKI ŁUKASZ	MARCINKOWICE		POL	1977	M40	27	11:02:26	00:23:28 (187)	00:04:22	01:20:34 (88)	00:02:34	00:58:32 (233)	<b>02:49:30</b>	140		
151	98	BIELA TOMASZ	KRAKÓW	BRZYSKI TRI TEAM	POL	1994	M25	19	11:01:43	00:20:34 (99)	00:04:08	01:30:38 (215)	00:02:47	00:51:29 (132)	<b>02:49:36</b>	141		
152	433	ŚWIĄTEK ŁUKASZ	WARSZAWA		POL	1991	M30	22	11:04:05	00:26:06 (252)	00:04:29	01:24:42 (141)	00:03:12	00:51:12 (129)	<b>02:49:41</b>	142		
153	295	OTRĄBEK TOMASZ	SŁOWIK	TRIATHLON TRAINING CENTER	POL	1982	M35	36	11:05:25	00:26:47 (260)	00:04:36	01:25:42 (161)	00:02:44	00:49:55 (101)	<b>02:49:44</b>	143		
154	316	SUCHOLEWSKI DAMIAN	WARSZAWA	KONDYCJA	POL	1978	M40	28	11:03:16	00:21:56 (136)	00:03:56	01:27:07 (179)	00:03:06	00:53:54 (169)	<b>02:49:59</b>	144		
155	139	DEMCIUK GRZEGORZ	ŁÓDŹ		POL	1982	M35	37	11:03:59	00:21:08 (105)	00:05:35	01:29:07 (201)	00:03:25	00:51:06 (127)	<b>02:50:21</b>	145		
156	456	PIEŃKOWSKA KATARZYNA	WARSZAWA	WITC	POL	1982	K35	3	11:03:47	00:21:39 (120)	00:03:53	01:26:42 (174)	00:02:34	00:56:01 (201)	<b>02:50:49</b>		11	
157	122	BEREDA KRZYSZTOF	WARSZAWA	KAZIKI	POL	1970	M50	10	11:05:37	00:28:03 (274)	00:04:59	01:24:42 (141)	00:03:30	00:49:57 (105)	<b>02:51:11</b>	146		
158	182	SULKA MICHAŁ	WARSZAWA	TEAM KARAS	POL	1988	M30	23	11:04:10	00:23:38 (194)	00:04:57	01:25:48 (165)	00:02:26	00:54:31 (185)	<b>02:51:20</b>	147		
159	294	TARGOSINSKI KAMIL	WARSZAWA (WOLA)		POL	1986	M35	38	11:06:20	00:20:20 (93)	00:05:08	01:29:41 (205)	00:03:14	00:52:57 (149)	<b>02:51:20</b>	148		
160	270	KOSMALEKI DANIEL	SIEDLCE		POL	1982	M35	39	11:07:24	00:24:20 (209)	00:05:12	01:21:26 (99)	00:03:05	00:57:19 (219)	<b>02:51:22</b>	149		
161	306	KRZYWAŃSKI JAROSŁAW	NIEPORĘT		POL	1969	M50	11	11:04:58	00:23:07 (169)	00:06:04	01:25:36 (157)	00:03:02	00:53:40 (166)	<b>02:51:29</b>	150		
162	364	WAŹROBA DARIUSZ	KIELCE	TS AKWEDUKT KIELCE	POL	1971	M50	12	11:04:48	00:24:21 (210)	00:04:51	01:23:25 (122)	00:04:57	00:53:57 (170)	<b>02:51:31</b>	151		
163	366	LACHOWIECKI WOJCIECH	STARE BABICE		POL	1977	M40	29	11:02:23	00:20:39 (100)	00:04:40	01:26:41 (173)	00:03:18	00:56:15 (207)	<b>02:51:33</b>	152		
164	301	KUNDZEWICZ JOANNA	WARSZAWA		POL	1983	K35	4	11:05:06	00:25:01 (224)	00:04:06	01:26:47 (175)	00:02:46	00:52:59 (151)	<b>02:51:39</b>		12	
165	213	OSIECKI IRENEUSZ	GDAŃSK	COMPLEXSPORTS TRIATHLON TEAM	POL	1960	M60	1	11:08:00	00:23:26 (184)	00:04:04	01:20:15 (83)	00:03:59	01:00:09 (249)	<b>02:51:53</b>	153		
166	349	CZAJKOWSKI TOMASZ	WARSZAWA	TRICLUB	POL	1975	M45	23	11:02:30	00:22:19 (143)	00:03:25	01:25:54 (166)	00:02:37	00:57:38 (224)	<b>02:51:53</b>	154		
167	73	NOWAK WOJCIECH	KAZIMIERZ BISKUPI	TRITON KONIN	POL	1986	M35	40	11:02:22	00:19:43 (72)	00:06:33	01:27:30 (184)	00:02:41	00:55:27 (192)	<b>02:51:54</b>	155		
168	271	KLIMOWICZ GRZEGORZ	TARNOWSKIE GÓRY		POL	1979	M40	30	11:01:13	00:22:35 (153)	00:05:33	01:27:48 (190)	00:02:41	00:53:18 (157)	<b>02:51:55</b>	156		
169	283	GRĘDA ŁUKASZ	KRAKÓW		POL	1989	M30	24	11:02:33	00:26:34 (259)	00:06:56	01:23:37 (126)	00:03:02	00:51:55 (136)	<b>02:52:04</b>	157		
170	313	KOŁBON PRZEMYSŁAW	WARSZAWA - POLSKA		POL	1986	M35	41	11:06:23	00:21:44 (124)	00:04:24	01:26:35 (170)	00:03:27	00:56:03 (202)	<b>02:52:13</b>	158		
171	348	KARCZEWSKI PRZEMYSŁAW	WARSZAWA	TRICLUB	POL	1980	M40	31	11:05:18	00:24:09 (207)	00:03:52	01:28:33 (193)	00:04:28	00:51:16 (130)	<b>02:52:18</b>	159		
172	126	CZAKO ANDRAS	WARSZAWA	TRIMASTERS WARSZAWA	POL	1981	M40	32	11:05:48	00:22:48 (164)	00:04:47	01:28:58 (198)	00:02:21	00:53:32 (162)	<b>02:52:26</b>	160		
173	417	MACHNIO BARTOSZ	WARSZAWA		POL	2001	M18	6	11:02:39	00:19:21 (61)	00:03:40	01:34:37 (250)	00:04:12	00:50:42 (119)	<b>02:52:32</b>	161		
174	278	GNATOWSKI PRZEMYSŁAW	WARSZAWA		POL	1988	M30	25	11:07:28	00:22:38 (158)	00:06:58	01:25:36 (155)	00:02:56	00:54:27 (183)	<b>02:52:35</b>	162		
175	151	LINDHOLM ANNA	WARSZAWA	TRICLUB	POL	1975	K45	2	11:03:26	00:23:42 (196)	00:04:22	01:30:08 (210)	00:03:35	00:50:52 (121)	<b>02:52:39</b>		13	
176	250	MORAWSKA AGNIESZKA	BIAŁYSTOK	IRONWOMANFIT	POL	1979	K40	1	11:03:39	00:23:33 (190)	00:04:44	01:27:20 (181)	00:02:33	00:54:30 (184)	<b>02:52:40</b>	163		14
177	442	SYGA MICHAŁ	WARSZAWA	GOLDEN FIGHT CLUB	POL	1984	M35	42	11:02:48	00:23:55 (200)	00:04:32	01:24:42 (141)	00:02:22	00:57:18 (218)	<b>02:52:49</b>	163		
178	262	SACHMATA ANIA	PIASECZNO	BEDNARSKI TRI TEAM	POL	1994	K25	4	11:03:22	00:20:12 (85)	00:04:07	01:26:40 (171)	00:03:55	00:58:13 (231)	<b>02:53:07</b>		15	
179	209	POPEK MACIEJ	WŁOCLAWEK	IRON HOUSE TRIATHLON WŁOCLAWEK	POL	1977	M40	33	11:05:41	00:25:51 (243)	00:05:07	01:22:51 (116)	00:03:02	00:56:24 (209)	<b>02:53:15</b>	164		
180	38	TARGOWSKI ADAM	WARSZAWA	TRICLUB	POL	1986	M35	43	11:07:31	00:25:54 (245)	00:04:19	01:26:21 (168)	00:03:17	00:53:31 (161)	<b>02:53:22</b>	165		
181	331	BURŻACKA-TYC AGNIESZKA	PŁOCK	ORLEN RUNNING TEAM	POL	1972	K45	3	11:03:10	00:21:51 (132)	00:03:35	01:27:28 (183)	00:03:04	00:57:24 (220)	<b>02:53:22</b>		16	
182	427	WRONSKA AGNIESZKA	WARSZAWA	(FIJASZKI	POL	1979	K40	2	11:04:13	00:21:45 (126)	00:06:02	01:24:07 (136)	00:03:19	00:58:37 (235)	<b>02:53:50</b>		17	
183	219	GÓRNY BARTŁOMIEJ	MALBORK	GOBAR BUDOWNICTWO - NADZORY BUDOWLANE I I	POL	1981	M40	34	11:04:02	00:25:35 (239)	00:04:09	01:25:12 (150)	00:02:31	00:56:24 (209)	<b>02:53:51</b>	166		
184	274	TOMSZYS PIOTR	WARSZAWA	ASSECO ACTIVE TEAM	POL	1965	M55	4	11:04:42	00:25:57 (249)	00:04:16	01:24:49 (144)	00:02:54	00:56:04 (204)	<b>02:54:00</b>	167		
185	291	SKRONIK PIOTR	WARSZAWA		POL	1991	M30	26	11:07:25	00:22:36 (156)	00:03:17	01:31:27 (219)	00:03:49	00:52:52 (148)	<b>02:54:01</b>	168		
186	402	RZEPECKA-GONTAR ANNA	PRUSZKÓW		POL	1975	K45	4	11:01:41	00:23:59 (203)	00:03:45	01:32:48 (237)	00:02:37	00:50:57 (123)	<b>02:54:06</b>		18	
187	15	MISZCZUK WOJCIECH	WARSZAWA		POL	1988	M30	27	11:05:55	00:27:38 (269)	00:03:32	01:32:38 (236)	00:03:13	00:47:10 (53)	<b>02:54:11</b>	169		
188	184	PLUDOWSKI ADAM	ŁUKÓW		POL	2003	M18	7	11:04:45	00:23:24 (180)	00:05:54	01:26:05 (167)	00:04:34	00:54:15 (179)	<b>02:54:12</b>	170		
189	18	HANULAK IRENEUSZ	WROCLAW		POL	1981	M40	35	11:02:16	00:22:16 (142)	00:05:12	01:21:50 (105)	00:03:25	01:01:34 (262)	<b>02:54:17</b>	171		
190	16	MICHNA ALEKSANDRA	STARE BABICE	HASTEN TRIATHLON TEAM	POL	1980	K40	3	11:02:57	00:23:54 (199)	00:03:54	01:28:33 (193)	00:02:23	00:55:51 (196)	<b>02:54:35</b>		19	
191	47	LISIUS TOMASZ	GDAŃSK		POL	1964	M55	5	11:03:30	00:23:35 (192)	00:04:10	01:25:02 (148)	00:04:18	00:57:32 (222)	<b>02:54:37</b>	172		
192	354	DANYLCHENKO YURIY	LATCHORZEW	HASTEN / MASTERS OF TRI	POL	1980	M40	36	11:01:16	00:18:20 (30)	00:03:31	01:23:58 (133)	00:03:37	01:05:27 (280)	<b>02:54:53</b>	173		
193	280	LEWANDOWSKI MATEUSZ	NOWY DWÓR MAZOWIEC		POL	1999	M18	8	11:02:10	00:22:38 (158)	00:05:04	01:32:49 (239)	00:03:28	00:51:01 (126)	<b>02:55:00</b>	174		
194	52	ŁĘCZYCKI ŁUKASZ	LESZNOWOLA		POL	1988	M30	28	11:05:54	00:22:42 (161)	00:06:36	01:28:50 (197)	00:03:16	00:54:25 (182)	<b>02:55:49</b>	175		
195	140	WARSAWSKI FILIP	GDYNIA	BIEGAMYRAZEM.PL	POL	1975	M45	24	11:04:29	00:23:37 (193)	00:06:34	01:25:47 (164)	00:03:25	00:56:31 (212)	<b>02:55:54</b>	176		
196	335	MRÓZ ADRIAN	OSTROŁĘKA		POL	1993	M25	20	11:06:26	00:21:20 (112)	00:06:37	01:32:55 (241)	00:02:58	00:52:04 (139)	<b>02:55:54</b>	177		

# Garmin Iron Triathlon Nieporęt 2021

Organizator: LABOSPORT Polska s.c.  
Data: 19 września 2021  
Dystans: 1/4 IRONMAN (0,95-45-10,55)  
Miejscowość: Nieporęt



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
197	246	SIECZKOWSKI PAWEŁ	SOBOKLEŚCZ		POL	1978	M40	37	11:06:36	00:25:52 (244)	00:05:13	01:27:42 (187)	00:02:41	00:54:34 (186)	02:56:02	178		
198	23	FLAKOWSKI MARCIN	WISKITKI		POL	1988	M30	29	11:02:45	00:22:40 (160)	00:03:39	01:24:57 (147)	00:03:49	00:59:00 (239)	02:56:05	179		00:02:00
199	145	DOMAŃSKI ŁUKASZ	WARSZAWA		POL	1993	M25	21	11:04:47	00:23:21 (178)	00:07:44	01:31:57 (225)	00:05:21	00:47:47 (63)	02:56:10	180		
200	321	BINKIEWICZ ŁUKASZ	WARSZAWA	URSINY	POL	1996	M25	22	11:04:02	00:24:21 (210)	00:07:03	01:24:11 (137)	00:02:52	00:57:45 (226)	02:56:12	181		
201	418	STRZELCZYK MARTA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1991	K30	4	11:03:10	00:20:19 (90)	00:04:29	01:33:33 (245)	00:03:01	00:55:05 (188)	02:56:27		20	
202	282	SKRYDALEWICZ MARCIN	ŁÓDŹ	BLOKERS ŁÓDŹ	POL	1982	M35	44	11:04:23	00:25:57 (249)	00:03:46	01:25:42 (161)	00:03:08	00:57:55 (228)	02:56:28	182		
203	324	PANIKOWSKI TOMASZ	BARTĄG	OLSZTYŃSKA SZKÓŁKA TRIATHLONU	POL	1983	M35	45	11:03:36	00:21:51 (133)	00:05:52	01:32:25 (231)	00:02:58	00:54:05 (173)	02:57:11	183		
204	300	JABŁOŃSKI PRZEMYSŁAW	RADZYMIN	COCA COLA RUNNERS	POL	1990	M30	30	11:01:58	00:26:33 (258)	00:05:30	01:29:02 (200)	00:02:58	00:53:13 (155)	02:57:16	184		
205	137	PAŚKO FRANEK	WARSZAWA	HASTEN TRIATHLON TEAM	POL	1982	M35	46	11:03:07	00:21:40 (122)	00:03:53	01:27:12 (180)	00:02:22	01:02:43 (267)	02:57:50	185		
206	275	BANKIEWICZ SZYMON	WARSZAWA	ASSECO ACTIVE TEAM	POL	1999	M18	9	11:02:19	00:22:32 (151)	00:04:23	01:33:01 (242)	00:02:56	00:55:27 (192)	02:58:19	186		
207	388	ŁADZIŃSKI JAKUB	KATOWICE	COCA-COLA RUNNERS	POL	1988	M30	31	11:06:40	00:22:02 (137)	00:04:33	01:32:27 (232)	00:03:28	00:55:58 (200)	02:58:28	187		
208	144	OWCZARCZYK PAWEŁ	NIEPORĘT		POL	1980	M40	38	11:04:50	00:25:09 (229)	00:05:53	01:28:35 (195)	00:03:36	00:55:51 (196)	02:59:04	188		
209	258	WOJCIECHOWSKI DOMINIK	KALISZ	MAGIC PLAY	POL	1980	M40	39	11:02:36	00:21:18 (110)	00:05:19	01:29:44 (206)	00:03:39	00:59:12 (241)	02:59:12	189		
210	356	SŁOWIŃSKI SŁAWOMIR	ŁÓDŹ		POL	1982	M35	47	11:04:20	00:23:20 (177)	00:06:21	01:32:14 (228)	00:03:28	00:54:24 (181)	02:59:47	190		
211	69	SZAFRANIEC MARCIN	LEGIONOWO	WIELISZEW HERON TEAM	POL	1976	M45	25	11:06:33	00:22:20 (144)	00:04:35	01:27:49 (191)	00:02:47	01:02:17 (266)	02:59:48	191		
212	102	RAKOWSKA MARTA	JAWORZE		POL	1991	K30	5	11:05:29	00:23:57 (202)	00:04:08	01:31:37 (221)	00:03:49	00:56:23 (208)	02:59:54		21	
213	380	PARADOWSKI FILIP	WARSZAWA	HASTEN TRIATHLON TEAM	POL	1993	M25	23	11:03:01	00:24:51 (223)	00:03:26	01:30:04 (208)	00:02:28	00:59:09 (240)	02:59:58	192		
214	30	DĄBKOWSKI RAFAŁ	WARSZAWA	B3 CONSULTING POLAND SP. Z O.O.	POL	1982	M35	48	11:07:39	00:24:32 (219)	00:07:06	01:30:06 (209)	00:02:46	00:55:57 (199)	03:00:27	193		
215	372	WITKOWSKI DAMIAN	KROTOSZYN	LABOSPORT TEAM	POL	1981	M40	40	11:03:01	00:24:35 (220)	00:03:50	01:29:49 (207)	00:02:43	00:59:33 (245)	03:00:30	194		
216	251	LIChWAŁA ROBERT	RUDA ŚLĄSKA	SOLO	POL	1983	M35	49	11:04:25	00:30:30 (283)	00:07:44	01:26:59 (178)	00:03:48	00:51:54 (135)	03:00:55	195		
217	230	GŁOWACKI SŁAWOMIR	WARSZAWA		POL	1982	M35	50	11:08:37	00:25:04 (226)	00:05:05	01:31:08 (217)	00:03:41	00:56:14 (206)	03:01:12	196		
218	76	ANDRZEJEWICZ ŁUKASZ	WARSZAWA	WARSAW MASTERS TEAM	POL	1991	M30	32	11:02:16	00:17:16 (20)	00:04:09	01:34:30 (249)	00:02:49	01:02:43 (267)	03:01:27	197		
219	234	JĘDRZEJCZYK LESZEK	PIASECZNO		POL	1965	M55	6	11:07:28	00:27:48 (272)	00:04:51	01:28:59 (199)	00:04:16	00:55:41 (195)	03:01:35	198		
220	185	WÓJCIK GRZEGORZ	WARSZAWA	MBC TEAM	POL	1979	M40	41	11:01:27	00:18:58 (53)	00:03:56	01:35:20 (253)	00:02:46	01:00:42 (253)	03:01:42	199		
221	119	KOCIK ARKADIUSZ	ŁÓDŹ		POL	1968	M50	13	11:04:18	00:23:17 (175)	00:04:28	01:24:36 (140)	00:04:13	01:05:23 (279)	03:01:57	200		
222	24	KŁOSOWICZ SEBASTIAN	ZALESIE GÓRNE	KONDYCJA	POL	1977	M40	42	11:03:13	00:25:55 (247)	00:06:11	01:33:05 (243)	00:03:46	00:53:09 (154)	03:02:06	201		
223	101	RAKOWSKI MATEUSZ	JAWORZE		POL	1990	M30	33	11:02:54	00:19:28 (63)	00:03:51	01:28:17 (192)	00:03:05	01:07:48 (290)	03:02:29	202		
224	49	BANASIK JAKUB	JÓZEFOSŁAW		POL	1981	M40	43	11:05:10	00:22:53 (166)	00:06:32	01:33:52 (247)	00:03:59	00:55:23 (189)	03:02:39	203		
225	302	WYSOCKI PRZEMYSŁAW	OLSZTYN		POL	1991	M30	34	11:07:35	00:23:05 (168)	00:06:02	01:32:36 (235)	00:03:12	00:57:47 (227)	03:02:42	204		
226	244	GŁOWACKI ROBERT	WARSZAWA		POL	1978	M40	44	11:08:12	00:20:17 (88)	00:06:25	01:35:22 (254)	00:03:19	00:58:14 (232)	03:03:37	205		
227	308	GAWĘŁ PIOTR	ŁOMIANKI		POL	1978	M40	45	11:07:06	00:27:36 (267)	00:05:47	01:34:39 (252)	00:03:12	00:52:23 (140)	03:03:37	206		
228	468	OSIECKA BEATA	KONSTANCIN-JEZIORNA	KUŹNIA TRIATHLONU	POL	1966	K55	1	11:06:45	00:24:00 (204)	00:03:52	01:29:31 (203)	00:03:55	01:03:03 (270)	03:04:21		22	
229	318	KASPEROWICZ DARIUSZ	SZCZECIN	TME95	POL	1975	M45	26	11:02:19	00:27:30 (265)	00:07:18	01:31:54 (224)	00:04:13	00:53:32 (162)	03:04:27	207		
230	421	GOŁOMBIEWSKI KRZYSZTOF	PIOTRKÓW TRYBUNALSKI		POL	1994	M25	24	11:02:03	00:23:28 (187)	00:05:27	01:32:52 (240)	00:02:59	00:59:44 (246)	03:04:30	208		
231	457	OGORZAŁEK MATEUSZ	SANDOMIERZ	BRZYSKI TRI TEAM B3T	POL	1989	M30	35	11:04:54	00:23:45 (197)	00:05:59	01:32:28 (233)	00:05:04	00:57:16 (217)	03:04:32	209		
232	160	KRYSTEK ARTUR	WARSZAWA		POL	1973	M45	27	11:05:18	00:23:15 (173)	00:06:23	01:37:22 (267)	00:03:32	00:54:08 (174)	03:04:40	210		
233	424	DYLLA RYAN	WARSZAWA	WITC	POL	1977	M40	46	11:07:42	00:25:54 (245)	00:05:57	01:32:33 (234)	00:03:29	00:56:50 (214)	03:04:43	211		
234	315	KOWAL KRZYSZTOF	WROCŁAW		POL	1983	M35	51	11:06:17	00:25:25 (233)	00:07:28	01:28:47 (196)	00:05:06	00:57:58 (229)	03:04:44	212		
235	337	ORŁOWSKI JAKUB	WARSZAWA (NOWE WŁO ENDLESS PAIN		POL	1992	M25	25	11:01:33						03:05:00	213		
236	217	SOSNOWSKI MIŁOSZ	WARSZAWA	NAPRZÓD MŁOCIŃNY	POL	1975	M45	28	11:04:23	00:26:15 (253)	00:05:21	01:36:11 (261)	00:03:39	00:54:04 (172)	03:05:30	214		
237	363	PIĄTKOWSKI ARTUR	WARSZAWA		POL	1990	M30	36	11:05:06	00:23:56 (201)	00:07:08	01:36:11 (260)	00:02:40	00:56:13 (205)	03:06:08	215		
238	369	GAŚSIÓREK MAREK	WÓŁKA KOZODAWSKA	KONDYCJA PIASECZNO	POL	1961	M60	2	11:07:09	00:27:25 (262)	00:04:24	01:29:40 (204)	00:04:17	01:00:44 (254)	03:06:30	216		
239	261	HAJDUK JAKUB	OKUNIEW	NAPACIAPANI	POL	1995	M25	26	11:05:45	00:32:50 (294)	00:06:04	01:27:35 (185)	00:02:51	00:55:23 (190)	03:06:43	217		00:02:00
240	392	MIL SEBASTIAN	WARSZAWA		POL	1982	M35	52	11:01:23	00:25:31 (238)	00:05:31	01:33:26 (244)	00:03:36	00:58:44 (237)	03:06:48	218		
241	341	ZATORSKI ROBERT	WARSZAWA		POL	1971	M50	14	11:07:12	00:32:05 (289)	00:06:04	01:27:47 (189)	00:04:24	00:56:30 (211)	03:06:50	219		
242	365	SZYMANEK PIOTR	WARSZAWA		POL	1984	M35	53	11:06:01	00:19:27 (62)	00:04:57	01:27:28 (182)	00:06:41	01:08:54 (293)	03:07:27	220		
243	327	DZICZEK MIROSŁAW	RÓŻAN		POL	1957	M60	3	11:06:59	00:25:03 (225)	00:11:19	01:33:54 (248)	00:04:41	00:52:35 (142)	03:07:32	221		
244	340	CHWIŁOC MACIEJ	ZIELONKI-WIEŚ	PRACUJ TRI TEAM	POL	1979	M40	47	11:02:08	00:25:20 (232)	00:05:11	01:30:21 (213)	00:03:33	01:03:49 (274)	03:08:14	222		
245	210	SOKALSKI PAWEŁ	ŁÓDŹ		POL	1971	M50	15	11:06:53	00:29:32 (282)	00:04:33	01:31:32 (220)	00:03:21	00:59:31 (244)	03:08:29	223		

# Garmin Iron Triathlon Nieporęt 2021

Organizator: LABOSPORT Polska s.c.

Data: 19 września 2021

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

Miejscowość: Nieporęt



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
246	143	SOBIECHOWSKA MARTYNA	INOWROCLAW		POL	2001	K18	2	11:07:42	00:24:07 (205)	00:04:41	01:38:35 (269)	00:03:19	00:58:03 (230)	<b>03:08:45</b>			23
247	332	POREMBSKI LESZEK	WARSZAWA		POL	1964	M55	7	11:06:53	00:27:42 (271)	00:05:10	01:37:17 (266)	00:04:22	00:54:16 (180)	<b>03:08:47</b>	224		
248	414	BURMISTRZ MONIKA	KATOWICE		POL	1986	K35	5	11:06:43	00:30:56 (285)	00:05:39	01:31:46 (223)	00:03:14	00:57:37 (223)	<b>03:09:12</b>			24
249	312	ZIEMBLICKI BARTOSZ	BIESTRZYKÓW	GAPER FINCH	POL	1983	M35	54	11:06:13	00:25:25 (233)	00:06:53	01:39:36 (273)	00:04:34	00:53:07 (153)	<b>03:09:35</b>	225		
250	64	LEWANDOWSKI KAROL	PIASECZNO	33. BLTR	POL	1994	M25	27	11:03:42	00:25:36 (240)	00:05:57	01:34:37 (250)	00:03:21	01:01:10 (256)	<b>03:10:41</b>	226		
251	389	SOBKIEWICZ MICHAŁ	LEGIONOWO	ENAX RUN4FUN	POL	1983	M35	55	11:08:26	00:28:24 (276)	00:06:32	01:35:35 (256)	00:03:53	00:56:55 (215)	<b>03:11:19</b>	227		
252	193	MARCZAK MICHAŁ	WARSZAWA		POL	1984	M35	56	11:06:59	00:26:25 (257)	00:06:20	01:32:16 (229)	00:05:15	01:01:11 (257)	<b>03:11:27</b>	228		
253	236	STĘPNIEWSKI DARIUSZ	CIECHANÓW	PROMYK CIECHANÓW	POL	1969	M50	16	11:06:40	00:33:59 (296)	00:06:22	01:35:35 (255)	00:04:29	00:51:09 (128)	<b>03:11:34</b>	229		
254	20	SZKUDLAREK AGATA	PABIANICE	TRIZARZA	POL	1999	K18	3	11:06:56	00:29:15 (281)	00:07:02	01:41:21 (279)	00:03:47	00:50:20 (108)	<b>03:11:45</b>			25
255	431	ANDRZEJEWSKI TOMASZ	WARSZAWA	SZALENI SAMURAJE	POL	1981	M40	48	11:06:14	00:24:24 (216)	00:04:13	01:36:27 (262)	00:02:05	01:04:58 (278)	<b>03:12:07</b>	230		
256	304	KOSSAKOWSKI DAMIAN	RADZYMIN	POWERADE	POL	1994	M25	28	11:08:19	00:27:27 (263)	00:05:37	01:32:10 (227)	00:03:49	01:03:11 (271)	<b>03:12:14</b>	231		
257	425	SITKIEWICZ MIŁOŚĆ	ZĄBKI	DECATHLON TEAM	POL	1998	M18	10	11:06:03	00:24:21 (210)	00:04:15	01:38:03 (268)	00:03:03	01:03:02 (269)	<b>03:12:44</b>	232		
258	116	MUSIAŁ ANDRZEJ	WARSZAWA		POL	1982	M35	57	11:06:20	00:24:16 (208)	00:06:37	01:31:15 (218)	00:03:30	01:07:07 (285)	<b>03:12:45</b>	233		
259	448	WIKLAK ADAM	NOWA IWICZNA		POL	1975	M45	29	11:08:04	00:27:39 (270)	00:05:14	01:35:56 (259)	00:03:35	01:00:27 (252)	<b>03:12:51</b>	234		
260	343	KARWOWSKI TOMEK	ŁOMIANKI DOLNE		POL	1996	M25	29	11:06:17	00:22:05 (138)	00:07:04	01:31:58 (226)	00:02:53	01:09:10 (294)	<b>03:13:10</b>	235		
261	462	ŻOŁNACZ SZYMON	REJOWIEC FABRYCZNY		POL	1997	M18	11	11:02:45	00:22:30 (149)	00:06:17	01:41:00 (277)	00:02:36	01:01:19 (259)	<b>03:13:42</b>	236		
262	165	JANKOWSKI ANDRZEJ	WARSZAWA	ENERIA	POL	1985	M35	58	11:03:45	00:21:13 (107)	00:09:54	01:36:32 (264)	00:04:57	01:01:21 (260)	<b>03:13:57</b>	237		
263	449	BARDZKI SYLWESTER	KIELCE		POL	1979	M40	49	11:05:25	00:26:20 (255)	00:04:57	01:41:30 (282)	00:02:57	00:58:34 (234)	<b>03:14:18</b>	238		
264	131	KIJAK ARTUR	ZĄBKI		POL	1976	M45	30	11:05:02	00:27:04 (261)	00:07:31	01:36:27 (262)	00:04:44	00:58:49 (238)	<b>03:14:35</b>	239		
265	411	ZAPYTOWSKI JACEK	WARSZAWA	NEON TEAM	POL	1978	M40	50	11:02:58	00:21:55 (134)	00:07:15	01:43:10 (287)	00:03:54	00:58:38 (236)	<b>03:14:52</b>	240		
266	103	NAPIONTEK MARIA	WARSZAWA		POL	1986	K35	6	11:06:11	00:25:27 (236)	00:04:51	01:47:25 (293)	00:03:30	00:54:10 (177)	<b>03:15:23</b>			26
267	150	WĘGRZYN MACIEJ	KIELCE		POL	1974	M45	31	11:07:51	00:24:21 (210)	00:06:12	01:41:12 (278)	00:02:21	01:01:36 (263)	<b>03:15:42</b>	241		
268	32	PRZYTAŃSKI MARIUSZ	LUBAŃ	OSP LUBAŃ	POL	1975	M45	32	11:08:34	00:26:17 (254)	00:05:42	01:30:16 (212)	00:02:32	01:11:26 (298)	<b>03:16:13</b>	242		
269	360	SPRAWKA MARTA	RADOM	TRIWISE	POL	1993	K25	5	11:02:42	00:27:30 (264)	00:04:39	01:45:11 (290)	00:03:36	00:56:34 (213)	<b>03:17:30</b>			27
270	215	KŁAK WALDEMAR	CZECHOWICE-DZIEDZICE		POL	1969	M50	17	11:05:32	00:24:22 (214)	00:07:39	01:40:18 (276)	00:05:00	01:01:18 (258)	<b>03:18:37</b>	243		
271	72	WOJCIECHOWSKI RYSZARD	WARSZAWA	KUŹNIA TRIATHLONU	POL	1968	M50	18	11:02:09	00:25:08 (228)	00:06:25	01:41:23 (280)	00:06:00	00:59:46 (248)	<b>03:18:42</b>	244		
272	75	OWCZAREK PAWEŁ	PABIANICE		POL	1971	M50	19	11:04:26	00:31:11 (286)	00:05:26	01:32:48 (238)	00:04:00	01:06:08 (282)	<b>03:19:33</b>	245		
273	412	SIKORA BARTŁOMIEJ	DUCZKI	INTER CARS TRIATHLON TEAM	POL	1989	M30	37	11:03:47	00:48:37 (304)	00:04:06	01:24:49 (145)	00:02:46	00:59:15 (242)	<b>03:19:33</b>	246		
274	85	WRÓBEL DARIUSZ	WARSZAWA	TEAM ZABIEGANEDNI	POL	1973	M45	33	11:07:55	00:32:31 (292)	00:05:17	01:32:21 (230)	00:04:19	01:05:41 (281)	<b>03:20:09</b>	247		
275	36	WNUK JACEK	WARSZAWA		POL	1994	M25	30	11:02:51	00:22:20 (144)	00:07:16	01:33:41 (246)	00:05:40	01:11:29 (299)	<b>03:20:26</b>	248		
276	31	JASTRZĘBSKI KRZYSZTOF	OSTROŁĘKA		POL	1984	M35	59	11:08:26	00:36:44 (298)	00:06:07	01:30:14 (211)	00:04:16	01:04:48 (277)	<b>03:22:09</b>	249		
277	338	BUGIEL ADRIAN	SZCZAKI	NEON TEAM	POL	1996	M25	31	11:06:49	00:28:44 (279)	00:09:18	01:38:51 (271)	00:04:11	01:01:05 (255)	<b>03:22:09</b>	250		
278	187	ŁAPIŃSKI WOJCIECH	WARSZAWA	BANK BPS	POL	1970	M50	20	11:06:30	00:28:42 (278)	00:06:02	01:51:22 (301)	00:03:03	00:53:22 (158)	<b>03:22:31</b>	251		
279	81	WOJTARKOWSKI PAWEŁ	JÓZEFÓW		POL	1977	M40	51	11:08:19	00:28:36 (277)	00:08:23	01:31:44 (222)	00:05:31	01:08:28 (292)	<b>03:22:42</b>	252		
280	211	SŁOJEWSKI MICHAŁ	WARSZAWA (BIELANY)		POL	1987	M30	38	11:03:39	00:25:45 (241)	00:06:26	01:38:43 (270)	00:03:47	01:08:11 (291)	<b>03:22:52</b>	253		
281	394	KUJOWSKA ALDONA	MARKI	MARKOWI BIEGACZE	POL	1978	K40	4	11:08:05	00:41:27 (301)	00:05:06	01:25:42 (160)	00:03:50	01:07:13 (286)	<b>03:23:18</b>			28
282	303	SMODEREK JAROSŁAW	WARSZAWA		POL	1986	M35	60	11:06:30	00:23:17 (174)	00:08:24	01:39:39 (274)	00:05:29	01:07:03 (284)	<b>03:23:52</b>	254		
283	232	PACUSZKA TOMASZ	DLUTÓW		POL	1982	M35	61	11:04:59	00:22:35 (153)	00:05:22	01:54:13 (305)	00:02:35	00:59:20 (243)	<b>03:24:05</b>	255		
284	320	MICHALAK MACIEJ	WARSZAWA - POLSKA		POL	1990	M30	39	11:02:51	00:23:12 (172)	00:05:58	01:51:27 (303)	00:03:15	01:01:41 (264)	<b>03:25:33</b>	256		
285	93	ZAWIŚLAK AGATA	KRAKÓW (KRAKÓW-KROW)		POL	1995	K25	6	11:06:45	00:32:30 (291)	00:04:16	01:44:43 (288)	00:03:58	01:00:17 (251)	<b>03:25:44</b>			29
286	319	SKOROPADYK YULIAN	WARSZAWA	SKOLIAN	POL	1997	M18	12	11:05:57	00:27:32 (266)	00:05:38	01:42:17 (285)	00:03:04	01:07:31 (287)	<b>03:26:02</b>	257		
287	48	CZAPIŃSKA KATARZYNA	WARSZAWA		POL	1981	K40	5	11:05:21	00:33:06 (295)	00:03:33	01:41:47 (284)	00:02:40	01:06:09 (283)	<b>03:27:15</b>			30
288	405	NILSSON MARTIN	WARSZAWA	B3 CONSULTING POLAND	POL	1978	M40	52	11:08:09	00:32:46 (293)	00:04:49	01:42:49 (286)	00:02:31	01:04:46 (276)	<b>03:27:41</b>	258		
289	241	LUBIAK-WILK EDYTA	RZESZÓW		POL	1971	K50	1	11:06:07	00:25:18 (231)	00:07:36	01:46:59 (291)	00:04:12	01:03:36 (273)	<b>03:27:41</b>			31
290	180	SOLER IGNACY	WARSZAWA		POL	1955	M65	1	11:07:16	00:28:59 (280)	00:06:20	01:45:05 (289)	00:04:25	01:03:20 (272)	<b>03:28:09</b>	259		
291	200	MICHAŁOWSKI TOMASZ	LUBLIN		POL	1976	M45	34	11:06:02	00:28:15 (275)	00:05:31	01:39:47 (275)	00:04:13	01:11:02 (297)	<b>03:28:48</b>	260		
292	239	MATUSIEWICZ JAROSŁAW	WARSZAWA		POL	1966	M55	8	11:08:29	00:32:11 (290)	00:05:36	01:35:50 (257)	00:04:15	01:12:11 (302)	<b>03:30:03</b>	261		
293	42	FRENKEL MAREK	STARE BABICE		POL	1968	M50	21	11:08:12	00:27:50 (273)	00:11:34	01:37:05 (265)	00:05:12	01:09:35 (295)	<b>03:31:16</b>	262		
294	463	BOBROWSKA MAŁGORZATA	WARSZAWA		POL	1984	K35	7	11:03:50	00:25:56 (248)	00:05:56	01:48:00 (295)	00:04:08	01:07:31 (287)	<b>03:31:31</b>			32

# Garmin Iron Triathlon Nieporęt 2021

Organizator: LABOSPORT Polska s.c.

Data: 19 września 2021

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

Miejscowość: Nieporęt



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
295	396	SMOLIŃSKI PAWEŁ	KOMORÓW		POL	1975	M45	35	11:07:09	00:46:44 (303)	00:05:08	01:35:54 (258)	00:03:58	01:00:13 (250)	03:31:57	263		
296	464	JAROSZ-JARZEWSKI MATEUSZ	WARSZAWA	TEAM KARAS	POL	1986	M35	62	11:03:56	00:17:26 (22)	00:14:21	01:48:00 (295)	00:04:08	01:07:46 (289)	03:33:41	264		00:02:00
297	118	LEWCZUK TOMASZ	WARSZAWA	ORANGE POLSKA	POL	1972	M45	36	11:08:37	00:31:41 (287)	00:09:36	01:47:30 (294)	00:04:15	01:03:55 (275)	03:36:57	265		
298	45	MYŚLIWIEC PIOTR	WARSZAWA		POL	1977	M40	53	11:06:43	00:25:25 (233)	00:06:42	01:41:23 (280)	00:03:22	01:22:24 (307)	03:39:16	266		
299	310	ŁUKASIŃSKI PIOTR	WARSZAWA	BLĄD W NAZWIE	POL	1983	M35	63	11:04:29	00:22:49 (165)	00:07:16	01:51:38 (304)	00:04:46	01:15:31 (304)	03:42:00	267		
300	339	CICHOWICZ PRZEMYSŁAW	WARSZAWA		POL	1979	M40	54	11:08:41	00:38:26 (300)	00:08:17	01:50:59 (300)	00:03:23	01:01:25 (261)	03:42:30	268		
301	254	FOGIEL PIOTR	WARSZAWA	KW WARSZAWA	POL	1976	M45	37	11:07:55	00:37:01 (299)	00:11:08	01:39:29 (272)	00:04:58	01:10:57 (296)	03:43:33	269		
302	336	SUCHOJAD DAMIAN	WARSZAWA	TRI LYNX	POL	1979	M40	55	11:07:31	00:35:10 (297)	00:12:08	01:50:11 (297)	00:04:52	01:01:50 (265)	03:44:11	270		
303	12	EJCHORSZT RAFAŁ	WARSZAWA		POL	1984	M35	64	11:07:13	00:31:43 (288)	00:07:23	01:50:30 (298)	00:04:32	01:13:24 (303)	03:47:32	271		
304	141	ZAKLIŃSKA KATARZYNA	GLIWICE		POL	1976	K45	5	11:08:34						03:51:53			33
305	351	PANTERA LUIZA	KONSTANCIN-JEZIORNA		POL	1982	K35	8	11:08:29	00:51:07 (305)	00:11:16	01:41:44 (283)	00:08:19	00:59:44 (246)	03:52:10			34
306	171	ADAMSKI KACPER	WARSZAWA (WAWER)	NAPACIAPANI	POL	1985	M35	65	11:05:44	00:26:00 (251)	00:09:07	01:55:46 (307)	00:03:35	01:18:33 (306)	03:53:01	272		
307	220	KLUSKIEWICZ MATEUSZ	WARSZAWA		POL	1995	M25	32	11:07:06	00:41:28 (302)	00:08:27	01:47:03 (292)	00:04:19	01:12:00 (301)	03:53:17	273		
308	83	LEWANDOWSKI MARCIN	KOBYŁKA		POL	1978	M40	56	11:08:23	00:30:51 (284)	00:09:58	01:50:34 (299)	00:05:51	01:17:39 (305)	03:54:53	274		
309	90	KNYT GRZEGORZ	WARSZAWA (TARGÓWEK FITNESS KLUB FORMA		POL	1985	M35	66	11:08:23	00:57:43 (307)	00:13:51	01:51:26 (302)	00:06:19	00:57:03 (216)	04:06:22	275		
310	237	SIUDAK MARZENA	WARSZAWA (MOKOTÓW NAPACIAPANI		POL	1991	K30	6	11:05:35	00:51:45 (306)	00:05:51	01:54:47 (306)	00:02:46	01:11:41 (300)	04:06:50			35