

1/8 IronMan



Organizator: Stowarzyszenie Bieg Lwa / Gmina Tarnowo Podgórne

Data: 18.06.2016

Dystans: 475M/22,5KM/5,2KM

Miejscowość: Lusowo

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	Petla rower	Petla rower 2
1	596	ZDUN KONRAD	KALISZ	UKS 9 KALISZ	POL	1995	M20	2	1	00:05:35 (3)	00:02:10	00:33:59 (1)	00:00:31	00:18:34 (1)	01:00:49	1			00:08:27	
2	556	CYZSZ ROBERT	POZNAŃ	CITY_ZEN POZNAŃ	POL	1994	M20	2	1	00:05:33 (2)	00:02:18	00:36:03 (5)	00:00:31	00:18:50 (2)	01:03:15	2			00:08:38	00:26:14
3	620	BRODZKI PIOTR	GDYNIA	CITYZEN	POL	1995	M20	3	1	00:05:52 (6)	00:02:57	00:36:23 (6)	00:00:33	00:19:27 (3)	01:05:12	3			00:09:51	00:27:24
4	635	LENARTOWICZ PAWEŁ	KOŁO	UKS G-8 BIELANY	POL	1997	M18	1	1	00:05:38 (4)	00:02:36	00:37:08 (8)	00:00:30	00:19:42 (5)	01:05:34	4			00:08:57	00:27:07
5	617	JUSKOWIAK JAKUB	POZNAŃ	NIEZRZESZONY	POL	1977	M30	1	1	00:07:04 (18)	00:02:42	00:35:54 (3)	00:00:45	00:19:34 (4)	01:05:59	5			00:10:42	00:27:37
6	532	KUTKOWSKI MARCIN	TARNOWO PODGÓRNE	ZMIERZ-NIE-SZACUJ.PL BADANIA WYDOLNOŚCIOWE	POL	1995	M20	4	1	00:05:49 (5)	00:02:53	00:37:53 (12)	00:00:35	00:20:26 (8)	01:07:36	6			00:09:35	00:27:45
7	583	GROBELNY PAWEŁ	POZNAŃ	UKS CITYZEN	POL	1995	M20	5	1	00:06:12 (8)	00:03:05	00:35:52 (2)	00:00:39	00:21:53 (18)	01:07:41	7			00:10:08	00:27:27
8	664	GLUSZKOWSKI BOGUMIŁ	POZNAŃ	CITYZEN	POL	1970	M40	1	1	00:06:25 (12)	00:02:45	00:36:00 (4)	00:00:48	00:21:51 (17)	01:07:49	8				00:27:27
9	609	KOSICKI TOMASZ	LUSÓWKO		POL	1989	M20	6	1	00:06:33 (14)	00:03:08	00:37:24 (10)	00:00:41	00:21:33 (16)	01:09:19	9			00:10:30	00:28:30
10	574	MARKIEWICZ MARCEL	POZNAŃ	AZS AWF POZNAŃ	POL	2000	M16	1	1	00:07:21 (22)	00:02:43	00:38:24 (14)	00:00:41	00:20:47 (10)	01:09:56	10			00:11:11	00:29:36
11	591	FURMAN TOMASZ	POZNAŃ	CAMGRES - PRZEMYSŁAW KAMIŃSKI - USŁUGI REMONTOWO - BUDK	POL	1987	M20	7	1	00:07:41 (28)	00:03:14	00:37:33 (11)	00:00:59	00:20:33 (9)	01:10:00	11			00:11:57	00:29:52
12	595	MALAK TOMASZ	LESZNO		POL	1988	M20	8	1	00:05:57 (7)	00:03:01	00:38:45 (20)	00:00:39	00:22:23 (27)	01:10:45	12			00:09:50	00:28:22
13	618	GRZEŚ ANDRZEJ	ŚREM	MOS ŚREM	POL	1994	M20	9	1	00:07:29 (24)	00:02:41	00:39:27 (30)	00:00:35	00:20:48 (11)	01:11:00	13			00:11:15	00:30:15
14	594	SĘCZKOWSKI ALEKSANDER	KOZIEGŁOWY	CITYZEN_POZNAŃ	POL	1995	M20	10	1	00:06:17 (9)	00:03:06	00:39:02 (24)	00:00:53	00:22:01 (22)	01:11:19	14			00:10:41	00:28:54
15	662	JAGIELKA TOMASZ	POZNAŃ	CITYZEN	POL	1976	M40	2	1	00:07:39 (27)	00:03:23	00:37:22 (9)	00:01:05	00:22:02 (23)	01:11:31	15			00:11:56	00:29:55
16	584	MATUSZEWSKI NIKODEM	POZNAŃ	WWW.KONRADMATUSZEWSKI.PL	POL	1989	M20	11	1	00:08:20 (48)	00:03:11	00:39:05 (27)	00:00:39	00:20:16 (7)	01:11:31	16			00:12:22	00:31:25
17	667	SZCZEPANIK DAWID	POZNAŃ		POL	1989	M20	12	1	00:07:02 (16)	00:03:04	00:39:03 (25)	00:00:43	00:21:56 (20)	01:11:48	17			00:11:01	00:29:53
18	573	WÓJTOWICZ WOJCIECH	POBIEDZISKA	FOGTBIKES	POL	1986	M30	2	1	00:07:53 (37)	00:03:28	00:37:05 (7)	00:01:02	00:22:38 (29)	01:12:06	18			00:12:25	00:29:54
19	659	MATUSZ MACIEJ	GNIEZNO	GTT DIAMENT GNIEZNO	POL	1999	M16	2	1	00:06:26 (13)	00:02:43	00:38:37 (18)	00:00:46	00:23:42 (44)	01:12:14	19			00:10:02	00:28:19
20	590	BROTIER ETIENNE	KAMIONKI	ASZ AWF	POL	1998	M18	2	1	00:06:33 (15)	00:02:56	00:40:26 (43)	00:00:36	00:22:55 (30)	01:13:26	20			00:10:34	00:30:05
21	661	IMIĄNOWSKI KONRAD	SIERAKÓW		POL	2000	M16	3	1	00:07:52 (36)	00:03:27	00:38:34 (16)	00:00:51	00:22:57 (31)	01:13:41	21			00:12:17	00:30:47
22	543	POLKOWSKI STANISŁAW	MUROWANA GOŚLINA		POL	1963	M50	1	1	00:08:26 (52)	00:03:19	00:38:57 (23)	00:00:45	00:22:18 (25)	01:13:45	22			00:12:40	00:31:33
23	600	GŁOWSKI DARIUSZ	POZNAŃ	ACTIVE MALBORK	POL	1983	M30	3	1	00:09:47 (78)	00:03:37	00:38:35 (17)	00:01:08	00:21:16 (13)	01:14:23	23			00:14:17	00:33:01
24	645	KRUCZKOWSKI JAKUB	BYDGOSZCZ		POL	1997	M18	3	1	00:07:58 (43)	00:03:01	00:38:49 (21)	00:01:01	00:23:46 (45)	01:14:35	24			00:12:03	00:30:30
25	651	NOWAK MARCIN	PLEWISKA	TATA WYMIATA	POL	1980	M30	4	1	00:08:43 (58)	00:03:42	00:39:07 (29)	00:01:02	00:22:21 (26)	01:14:55	25			00:13:30	00:32:08
26	611	NIKODEMIAK JAROSŁAW	SWARZĘDZ	MJDOP	POL	1976	M40	3	1	00:08:39 (57)	00:03:35	00:38:32 (15)	00:00:53	00:23:24 (38)	01:15:03	26			00:12:57	00:31:34
27	625	BARAN JAKUB	KALISZ	UKS9	POL	2000	M16	4	1	00:07:10 (20)	00:02:45	00:41:33 (49)	00:00:38	00:23:03 (32)	01:15:09	27			00:10:53	00:30:48
28	585	WALKOWIAK BARTOSZ	PLEWISKA	WWW.STUDIO-MOTIV.PL	POL	1980	M30	5	1	00:08:23 (51)	00:04:00	00:38:54 (22)	00:00:56	00:23:09 (33)	01:15:22	28			00:13:08	00:31:44
29	504	NOWAK MARCIN	POZNAŃ		POL	1985	M30	6	1	00:08:44 (59)	00:03:07	00:40:44 (44)	00:00:50	00:21:57 (21)	01:15:22	29			00:12:42	00:32:16
30	627	SOŁTYSIAK PRZEMYSŁAW	KOŁO	LAB-MED KOŁO	POL	1988	M20	13	1	00:07:42 (30)	00:03:26	00:42:07 (57)	00:00:51	00:21:23 (14)	01:15:29	30			00:12:34	00:32:38
31	506	SKROCKI DARIUSZ	POZNAŃ	FABRYKA TRIATHLONU	POL	1967	M40	4	1	00:08:34 (55)	00:03:42	00:38:13 (13)	00:01:02	00:24:03 (54)	01:15:34	31			00:13:14	00:31:30
32	520	LEWANDOWSKI FILIP	POZNAŃ		POL	1988	M20	14	1	00:07:44 (32)	00:03:34	00:39:58 (35)	00:00:56	00:23:25 (39)	01:15:37	32			00:12:10	00:31:34
33	577	ROSTEK PIOTR	JELONEK	ZMIERZ-NIE-SZACUJ.PL BADANIA WYDOLNOŚCIOWE	POL	1961	M50	2	1	00:09:42 (77)	00:03:51	00:40:05 (38)	00:00:54	00:21:27 (15)	01:15:59	33			00:14:22	00:33:31
34	566	WRÓBEL MACIEJ	POZNAŃ	BE ORGANIC / DERIC TECHNIK TEAM	POL	1986	M30	7	1	00:07:43 (31)	00:03:29	00:38:43 (19)	00:00:44	00:25:32 (73)	01:16:11	34			00:12:04	00:30:49
35	551	KRUSZONA KRZYSZTOF	DĄBROWA	DERICTECHNIK/BEORGANIC/KUŹNIA TRIATHLONU/TRI PAKA	POL	1981	M30	8	1	00:07:49 (34)	00:03:44	00:39:46 (34)	00:00:54	00:23:58 (50)	01:16:11	35			00:12:27	00:31:33
36	660	ZABISZAK PAULINA	GNIEZNO	GTT DIAMENT GNIEZNO	POL	1998	K18	1	1	00:06:24 (11)	00:03:07	00:41:51 (53)	00:00:36	00:24:17 (61)	01:16:15		1		00:10:26	00:30:44
37	550	GURZYŃSKI MAKSYMILIAN	TORUŃ	TORUŃSKI KLUB TRIATHLONOWY	POL	1998	M18	4	1	00:08:27 (53)	00:04:09	00:40:46 (45)	00:00:56	00:22:02 (24)	01:16:20	36			00:13:35	00:32:47
38	529	KUCZMA STANISŁAW	GORTATOWO	AZS AWF TRIATHLON POZNAŃ	POL	2001	M14	1	1	00:07:32 (25)	00:03:30	00:40:17 (42)	00:00:52	00:24:10 (56)	01:16:21	37			00:11:50	00:31:18
39	633	STAWOWY JAKUB	KROTOSZYN		POL	1989	M20	15	1	00:08:31 (54)	00:03:32	00:40:01 (37)	00:01:07	00:23:24 (37)	01:16:35	38			00:12:49	00:32:10
40	536	BUDYNEK TADEUSZ	KOŁO		POL	1982	M30	9	1	00:08:49 (61)	00:03:51	00:41:05 (46)	00:01:04	00:21:54 (19)	01:16:43	39			00:13:32	00:33:09
41	612	STRYCZYŃSKI JAKUB	KOMORNKI	AZS AWF POZNAŃ	POL	2001	M14	2	1	00:07:08 (19)	00:03:19	00:41:23 (47)	00:00:47	00:24:11 (59)	01:16:48	40			00:11:27	00:31:20
42	535	JACHIMEK MARCIN	RADŁÓW	CP DEV	POL	1983	M30	10	1	00:08:23 (50)	00:04:07	00:40:09 (39)	00:00:49	00:23:20 (35)	01:16:48	41			00:13:38	00:32:42
43	631	RATAJ CZAK MAGDALENA	MOGILNO		POL	1999	K16	1	1	00:08:07 (45)	00:02:46	00:41:49 (52)	00:00:37	00:23:46 (46)	01:17:05		2		00:11:49	00:31:37
44	641	RACZKIEWICZ JAROSŁAW	POZNAŃ	BE3 CITYZEN POZNAŃ	POL	1971	M40	5	1	00:08:08 (46)	00:03:41	00:40:12 (41)	00:01:03	00:24:14 (60)	01:17:18	42			00:13:11	00:32:25
45	642	SRO CZYŃSKI MARCIN	POZNAŃ	TIRAMISU.NET.PL	POL	1971	M40	6	1	00:09:41 (76)	00:04:16	00:39:06 (28)	00:01:01	00:23:41 (43)	01:17:45	43			00:14:50	00:33:21
46	534	JERZAKOWSKI JAROSŁAW	TRZCIANKA	PSP TRZCIANKA	POL	1986	M30	11	1	00:09:02 (64)	00:04:19	00:40:12 (40)	00:00:54	00:23:23 (36)	01:17:50	44			00:14:19	00:33:42
47	157	DZIAŁEK DARIUSZ	DĄBROWA	BE3 CITYZEN / DRUŻYNA SZPIKU	POL	1976	M40	7	1	00:09:25 (72)	00:03:42	00:39:04 (26)	00:00:49	00:25:53 (75)	01:18:53	45			00:14:00	00:32:52
48	615	MARCINIAK PRZEMYSŁAW	PLEWISKA	WWW.KLUBBIEGACZAM40.PL	POL	1985	M30	12	1	00:09:49 (79)	00:04:19	00:41:42 (51)	00:00:47	00:22:28 (28)	01:19:05	46			00:15:05	00:34:52
49	613	KASZEWSKI ARTUR	ZŁOTNIKI	TERRAVITA	POL	1970	M40	8	1	00:09:09 (66)	00:05:02	00:39:38 (32)	00:01:31	00:23:47 (47)	01:19:07	47			00:15:22	00:34:06
50	665	GLUSZKOWSKA KAROLINA	POZNAŃ	CITYZEN	POL	1995	K20	1	1	00:07:03 (17)	00:03:10	00:43:45 (73)	00:00:57	00:24:18 (62)	01:19:13		3		00:11:08	00:31:39
51	518	FRANCZAK JULIAN	SIERPIEŃ		POL	1996	M20	16	1	00:09:07 (65)	00:03:49	00:41:54 (54)	00:01:08	00:23:29 (40)	01:19:27	48			00:13:47	00:33:45

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Miejscowość: Lusowo

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	Petla rower	Petla rower 2
52	606	MYTULA MIKOŁAJ	KALISZ	UKS 9 KALISZ	POL	2000	M16	5	1	00:07:34 (26)	00:03:20	00:41:30 (48)	00:00:47	00:26:37 (84)	01:19:48	49			00:11:42	00:31:37
53	629	ŁUDWICKI MACIEJ	POZNAŃ	KAMP	POL	1980	M30	13	1	00:09:24 (71)	00:04:37	00:39:59 (36)	00:00:59	00:25:06 (69)	01:20:05	50			00:14:55	00:33:59
54	538	FERCHMIN ALICJA	POZNAŃ		POL	1978	K30	1	1	00:09:34 (74)	00:03:20	00:42:25 (59)	00:01:04	00:23:59 (51)	01:20:22		4		00:13:45	00:33:46
55	541	PIESZAK MARCIN	TARNOWO PODGÓRNE	KANAPOWE PAMPRY	POL	1983	M30	14	1	00:08:19 (47)	00:04:02	00:43:02 (63)	00:01:10	00:24:01 (53)	01:20:34	51			00:13:22	00:33:54
56	570	RANIEWICZ KRZYSZTOF	CHODZIEŻ	CHODZIEŻ	POL	1980	M30	15	1	00:07:57 (41)	00:03:18	00:42:55 (62)	00:00:54	00:25:55 (76)	01:20:59	52			00:12:05	00:32:40
57	563	GUZIK ALEKSANDER	POZNAŃ		POL	1992	M20	17	1	00:08:55 (62)	00:03:57	00:42:04 (56)	00:00:56	00:25:14 (70)	01:21:06	53			00:13:48	00:33:43
58	513	WYRWIŃSKA JADWIGA	DRUŻYNA	AZS AWF POZNAŃ	POL	2001	K14	1	1	00:07:42 (29)	00:02:51	00:45:02 (90)	00:00:31	00:25:01 (67)	01:21:07		5		00:11:23	00:32:40
59	619	DZIĘCIELEWSKI TOMASZ	ŚRODA WLKP.	POLONIA ŚRODA	POL	1988	M20	18	1	00:10:00 (86)	00:04:03	00:39:27 (31)	00:01:07	00:26:38 (86)	01:21:15	54			00:15:04	00:33:51
60	649	PACZUSKI RAFAŁ	SWARZĘDZ		POL	1992	M20	19	1	00:08:47 (60)	00:04:03	00:43:03 (64)	00:01:15	00:24:19 (63)	01:21:27	55			00:13:49	00:34:26
61	555	PIESZAK ZOSIA	TARNOWO PODGÓRNE	FABRYKA TRIATHLONU	POL	1985	K30	2	1	00:09:36 (75)	00:03:32	00:44:05 (76)	00:01:00	00:23:56 (49)	01:22:09		6		00:13:59	00:34:59
62	622	ZIEMNIEWSKI BARTOSZ	KAZMIERZ	KAZMIERZ	POL	2001	M14	3	1	00:07:54 (39)	00:03:44	00:44:29 (81)	00:00:40	00:25:31 (72)	01:22:18	56			00:12:33	00:33:26
63	575	JAJEŚNICA JACEK	POZNAŃ		POL	1975	M40	9	1	00:10:34 (98)	00:04:21	00:45:26 (92)	00:00:54	00:21:07 (12)	01:22:22	57			00:15:53	00:38:02
64	637	SIEBERT MATEUSZ	POZNAŃ		POL	1995	M20	20	1	00:09:22 (70)	00:04:51	00:43:20 (67)	00:00:52	00:24:11 (58)	01:22:36	58			00:15:03	00:36:03
65	632	BOROWCZYK OSKAR	POZNAŃ	BE3 CITYZEN POZNAŃ	POL	1996	M20	21	1	00:05:32 (1)	00:03:09	00:41:37 (50)	00:00:55	00:31:45 (128)	01:22:58	59			00:09:40	00:29:01
66	542	SIKORSKI LUDWIK	ALEKSANDRÓW ŁÓDZKI	K.S. CELIRONMAN S.A.	POL	1979	M30	16	1	00:07:53 (38)	00:04:09	00:43:16 (66)	00:01:22	00:26:30 (81)	01:23:10	60			00:12:57	00:33:16
67	607	ŁUKASZEWSKI SZYMON	LESZNO	CROSSFIT LESZNO	POL	1985	M30	17	1	00:09:28 (73)	00:04:29	00:43:42 (72)	00:01:27	00:24:23 (64)	01:23:29	61			00:14:52	00:35:58
68	514	KARAŚ KRZYSZTOF	INOWROCŁAW		POL	1988	M20	22	1	00:07:48 (33)	00:03:51	00:46:55 (101)	00:01:01	00:23:59 (52)	01:23:34	62			00:12:39	00:35:01
69	559	RYBIŃSKI PRZEMYSŁAW	SWARZĘDZ		POL	1982	M30	18	1	00:09:57 (84)	00:05:00	00:44:34 (82)	00:01:18	00:23:54 (48)	01:24:43	63			00:15:46	00:37:26
70	586	KIEDROWSKI ŁUKASZ	POZNAŃ	KUŹNIA TRIATHLONU	POL	1985	M30	19	1	00:11:41 (114)	00:04:38	00:44:00 (74)	00:01:07	00:23:17 (34)	01:24:43	64			00:17:14	00:38:27
71	647	TOKARCZYK MARCIN	ŁÓDŹ		POL	1999	M16	6	1	00:09:19 (68)	00:05:05	00:44:01 (75)	00:01:04	00:25:22 (71)	01:24:51	65			00:15:17	00:36:42
72	597	WIECZOREK PIOTR	POZNAŃ	FTI TRI RACING POZNAŃ	POL	1986	M30	20	1	00:11:00 (108)	00:04:10	00:41:57 (55)	00:00:50	00:27:12 (95)	01:25:09	66			00:16:19	00:36:20
73	653	SIEBERT DAMIAN	POZNAŃ	DEMOCO RUNNERS	POL	1988	M20	23	1	00:10:22 (96)	00:04:59	00:42:53 (61)	00:01:07	00:25:59 (78)	01:25:20	67			00:16:18	00:36:51
74	522	DUNOWSKI JACEK	SIEROSŁAW	SIEROSŁAW	POL	1971	M40	10	1	00:09:53 (81)	00:04:02	00:39:41 (33)	00:01:20	00:23:38 (124)	01:25:34	68			00:14:49	00:33:45
75	578	TALBIERZ PAWEŁ	PLEWISKA		POL	1986	M30	21	1	00:08:06 (44)	00:05:00	00:43:35 (68)	00:01:47	00:27:09 (94)	01:25:37	69			00:13:59	00:35:01
76	663	STELIGA FILIP		CITYZEN	POL	2000	M16	7	1	00:07:49 (35)	00:04:01	00:46:10 (96)	00:00:58	00:26:41 (87)	01:25:39	70			00:12:41	00:34:15
77	646	JAKUBIAK ALEKSANDRA	GNIEZNO	ROK	POL	2000	K16	2	1	00:07:18 (21)	00:03:25	00:44:10 (78)	00:00:48	00:30:04 (118)	01:25:45		7		00:11:37	00:32:32
78	524	SZYMCZAK ROKSANA	SADY		POL	1989	K20	2	1	00:10:42 (102)	00:04:22	00:44:56 (86)	00:01:41	00:24:11 (57)	01:25:52		8		00:16:06	00:38:01
79	579	URBANIAK WITOLD	ZAKRZEWO	WUEF TRI TEAM	POL	1970	M40	11	1	00:07:25 (23)	00:04:45	00:45:20 (91)	00:01:27	00:26:58 (89)	01:25:55	71			00:13:15	00:34:52
80	553	MARCINIAK MACIEJ	POZNAŃ		POL	1964	M50	3	1	00:12:03 (122)	00:05:58	00:42:07 (58)	00:01:47	00:24:33 (65)	01:26:28	72			00:18:55	00:39:27
81	552	MARCINIAK JAKUB	POZNAŃ		POL	1991	M20	24	1	00:09:55 (83)	00:05:56	00:45:41 (95)	00:01:33	00:23:30 (41)	01:26:35	73			00:16:43	00:38:48
82	644	ANDRZEJEWSKA PAULINA	POZNAŃ	MUD GOATS/ MALU TRI	POL	1988	K20	3	1	00:09:20 (69)	00:04:15	00:45:34 (94)	00:00:53	00:26:38 (85)	01:26:40		9		00:14:31	00:36:37
83	526	SZYMCZAK JAKUB	KOŁO	TRI	POL	2002	M14	4	1	00:06:22 (10)	00:03:41	00:46:14 (98)	00:00:32	00:30:09 (119)	01:26:58	74			00:10:56	00:32:54
84	558	HRYSKIEWICZ ANDRZEJ	POZNAŃ		POL	1987	M20	25	1	00:07:57 (42)	00:04:56	00:44:25 (80)	00:01:16	00:28:34 (101)	01:27:08	75			00:13:43	00:34:58
85	502	CYBULSKI MACIEJ	TARNOWO PODGÓRNE		POL	1977	M30	22	1	00:09:14 (67)	00:04:23	00:44:35 (83)	00:01:33	00:27:23 (96)	01:27:08	76			00:15:02	00:36:08
86	643	KRUPA TOMASZ	WIRY	KLUB BŁYSKAWICZNEGO KALOSZA	POL	1981	M30	23	1	00:10:04 (88)	00:05:21	00:46:15 (99)	00:01:55	00:23:39 (42)	01:27:14	77			00:16:22	00:38:49
87	580	MARSZAŁEK MARTA	KOŁO		POL	1983	K30	3	1	00:11:56 (118)	00:04:05	00:45:02 (89)	00:00:49	00:25:57 (77)	01:27:49		10		00:16:50	00:38:44
88	519	GINTYLLO ARTUR	BARANOWO		POL	1977	M30	24	1	00:10:34 (99)	00:04:26	00:43:40 (71)	00:01:17	00:28:14 (99)	01:28:11	78			00:16:36	00:37:41
89	547	RYTTER MONIKA	POZNAŃ	BE3 CITYZEN POZNAŃ	POL	1979	K30	4	1	00:11:11 (111)	00:04:26	00:43:08 (65)	00:01:23	00:28:53 (104)	01:29:01		11		00:16:34	00:37:24
90	507	HOFMAN TOMASZ	LUSÓWKO	ZGRUPKA TEAM	POL	1976	M40	12	1	00:11:53 (116)	00:04:46	00:44:23 (79)	00:01:36	00:26:42 (88)	01:29:20	79			00:17:32	00:39:17
91	527	GIŻEJEWski TOMEK	DOPIEWIEC	CONFERO.PL BIEGA TRIPAKA	POL	1979	M30	25	1	00:10:22 (95)	00:05:32	00:42:37 (60)	00:01:09	00:29:51 (115)	01:29:31	80			00:16:49	00:37:37
92	623	TARGOSZ EDWARD	POZNAŃ	B3 CITYZEN	POL	1960	M50	4	1	00:10:08 (89)	00:04:48	00:43:37 (69)	00:01:41	00:29:34 (112)	01:29:48	81			00:16:08	00:36:43
93	576	IMIANOWSKI ERYK	SIERAKÓW		POL	2001	M14	5	1	00:12:09 (124)	00:04:07	00:43:39 (70)	00:00:49	00:29:11 (109)	01:29:55	82			00:16:52	00:38:16
94	565	BALABAN ARTUR	POZNAŃ	LUDEX	POL	1987	M20	26	1	00:11:02 (109)	00:05:05	00:44:36 (84)	00:01:28	00:27:54 (97)	01:30:05	83			00:17:07	00:38:31
95	564	KSIĄŻKIEWICZ PIOTR	WĄGROWIEC	PIOTR KSIĄŻKIEWICZ	POL	1987	M20	27	1	00:12:40 (133)	00:06:04	00:51:05 (124)	00:00:38	00:19:45 (6)	01:30:12	84			00:19:50	00:44:39
96	602	LEWANDOWSKI JAKUB	POZNAŃ		POL	1986	M30	26	1	00:10:17 (93)	00:05:12	00:47:57 (109)	00:00:52	00:26:19 (80)	01:30:37	85			00:16:29	00:39:47
97	587	BAZARNIK ARTUR	LUBOŃ	KUŹNIA TRIATHLONU	POL	1971	M40	13	1	00:10:47 (104)	00:04:37	00:44:38 (85)	00:01:12	00:29:34 (111)	01:30:48	86			00:16:09	00:37:37
98	652	BERNAT ROBERT	SUCHY LAS		POL	1977	M30	27	1	00:08:37 (56)	00:05:26	00:46:47 (100)	00:00:54	00:29:54 (116)	01:31:38	87			00:14:54	00:37:30
99	634	SZCZEPAŃSKI MACIEJ	SKÓRZEWO	UAM MASTER	POL	1975	M40	14	1	00:10:33 (97)	00:05:10	00:44:58 (88)	00:01:18	00:29:49 (114)	01:31:48	88			00:16:38	00:38:19
100	650	STACHECKA MARTA	POZNAŃ		POL	1993	K20	4	1	00:10:00 (85)	00:04:28	00:49:32 (117)	00:00:58	00:26:58 (90)	01:31:56		12		00:15:28	00:39:11
101	655	WOJTASZEK MACIEJ	POZNAŃ	NIEZRZESZONY	POL	1976	M40	15	1	00:11:20 (112)	00:04:48	00:48:50 (113)	00:00:49	00:26:09 (79)	01:31:56	89			00:17:05	00:40:16
102	616	PETERS ARKADIUSZ	ZALAŚEWO		POL	1972	M40	16	1	00:12:27 (129)	00:06:35	00:44:06 (77)	00:02:11	00:27:05 (92)	01:32:24	90			00:19:52	00:41:17

1/8 IronMan



Organizator: Stowarzyszenie Bieg Lwa / Gmina Tarnowo Podgórne

Data: 18.06.2016

Dystans: 475M/22,5KM/5,2KM

Miejscowość: Lusowo

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	Petla rower	Petla rower 2
103	589	JABŁOŃSKI PIOTR	ŚWIEBODZIN		POL	1982	M30	28	1	00:10:01 (87)	00:05:02	00:50:04 (119)	00:01:03	00:26:34 (82)	01:32:44	91			00:16:03	00:40:10
104	657	BOCHNAK WERONIKA	LUSOWO	UKS LUSOWO	POL	2001	K14	2	1	00:08:20 (49)	00:03:34	00:47:31 (105)	00:01:01	00:32:20 (130)	01:32:46		13		00:12:52	00:35:04
105	517	GŁĘBOWSKA DARIA	CZERWONAK		POL	1999	K16	3	1	00:07:54 (40)	00:05:50	00:50:24 (121)	00:00:39	00:28:04 (98)	01:32:51		14		00:14:52	00:39:08
106	593	KANIA MICHAŁ	PABIANICE		POL	1999	M16	8	1	00:10:49 (105)	00:04:24	00:47:55 (108)	00:01:23	00:28:51 (103)	01:33:22	92			00:16:11	00:39:03
107	582	LEWOCHA PAWEŁ	ALEKSANDRÓW ŁÓDZKI	CELIRONMAN	POL	1973	M40	17	1	00:12:40 (132)	00:05:18	00:49:18 (115)	00:01:29	00:24:40 (66)	01:33:25	93			00:19:05	00:43:11
108	554	WELTROWSKI GRZEGORZ	POZNAŃ		POL	1975	M40	18	1	00:14:10 (137)	00:05:15	00:47:50 (107)	00:01:07	00:25:52 (74)	01:34:14	94			00:20:20	00:43:11
109	630	RYBACKI DOMINIK	SKÓRZEWO		POL	1981	M30	29	1	00:12:02 (121)	00:04:21	00:52:18 (127)	00:00:45	00:25:04 (68)	01:34:30	95			00:17:23	00:42:37
110	605	KLEDZIK MARCIN	BARANOWO		POL	1976	M40	19	1	00:10:50 (106)	00:05:39	00:46:56 (102)	00:01:03	00:30:09 (120)	01:34:37	96			00:17:41	00:40:14
111	599	KALINOWSKI FILIP	PUSZCZYKOWO		POL	1991	M20	28	1	00:12:05 (123)	00:04:48	00:46:12 (97)	00:00:53	00:30:42 (125)	01:34:40	97			00:17:50	00:39:55
112	571	WIERSZYCKI ANDRZEJ	PLEWISKA		POL	1980	M30	30	1	00:10:34 (100)	00:04:24	00:44:56 (87)	00:01:21	00:33:26 (133)	01:34:41	98			00:16:02	00:37:19
113	568	SZEWZYK ANNA	ŁÓDŹ	K. S. CELIRONMAN S. A. ŁÓDŹ	POL	1986	K30	5	1	00:10:45 (103)	00:04:51	00:48:48 (112)	00:01:20	00:28:58 (106)	01:34:42		15		00:16:33	00:40:01
114	501	WTORKOWSKI RAFAŁ	SIEROSŁAW		POL	1977	M30	31	1	00:11:08 (110)	00:05:07	00:50:13 (120)	00:01:22	00:27:01 (91)	01:34:51	99			00:17:13	00:41:31
115	510	MENCZAK MAGDALENA	POZNAŃ		POL	1988	K20	5	1	00:11:33 (113)	00:05:24	00:49:09 (114)	00:00:58	00:28:14 (100)	01:35:18		16		00:17:56	00:41:51
116	537	MALIŃSKI ARTUR	JANIKOWO		POL	1992	M20	29	1	00:15:49 (139)	00:06:26	00:45:33 (93)	00:01:34	00:26:34 (83)	01:35:56	100			00:23:10	00:45:17
117	614	CWOJZIŃSKA ANNA	POZNAŃ		POL	1982	K30	6	1	00:11:49 (115)	00:05:41	00:48:10 (110)	00:01:44	00:28:57 (105)	01:36:21		17		00:18:28	
118	626	SZCZEPAŃSKA KINGA	DOBRZYCA		POL	1991	K20	6	1	00:10:55 (107)	00:04:11	00:49:58 (118)	00:00:55	00:30:36 (122)	01:36:35		18		00:16:03	00:39:54
119	608	KOTECKI TOMASZ	WRZEŚNIA	BRAK	POL	1989	M20	30	1	00:12:28 (130)	00:06:19	00:47:29 (104)	00:00:56	00:30:19 (121)	01:37:31	101			00:19:52	00:42:56
120	604	SZYMCZAK JAROSŁAW	POZNAŃ		POL	1968	M40	20	1	00:10:19 (94)	00:05:15	00:49:28 (116)	00:01:07	00:32:16 (132)	01:38:25	102			00:16:37	00:40:18
121	666	GŁUSZKOWSKA AGNIESZKA		CITYZEN	POL	1971	K40	1	1	00:09:51 (80)	00:05:03	00:47:21 (103)	00:01:29	00:34:57 (138)	01:38:41		19		00:15:56	
122	624	GRABOWSKI TOMASZ	WROCŁAW		POL	1962	M50	5	1	00:10:10 (92)	00:05:29	00:52:28 (128)	00:01:01	00:30:58 (126)	01:40:06	103			00:16:37	00:41:36
123	512	SKOWROŃSKI ŁUKASZ	LUSOWO	NOWAELEKTRO	POL	1976	M40	21	1	00:15:57 (140)	00:05:48	00:47:39 (106)	00:02:04	00:29:08 (107)	01:40:36	104			00:22:48	00:45:18
124	117	NOŻEWNIK JAKUB	PRZEŹMIEROWO	WESTMONT	POL	1985	M30	32	1	00:12:22 (126)	00:07:23	00:50:25 (122)	00:00:55	00:29:42 (113)	01:40:47	105			00:20:44	00:44:46
125	656	SZYMANOWSKI KRZYSZTOF	LUSOWO	WUEF TRI TEAM	POL	1961	M50	6	1						01:41:01	106				
126	648	KMIECIAK MICHAŁ	DĄBRÓWKA	DRUŻYNA PIERŚCIENIA	POL	1983	M30	33	1	00:09:54 (82)	00:04:57	00:56:33 (138)	00:01:18	00:28:38 (102)	01:41:20	107			00:15:55	00:42:59
127	525	JANKE KATARZYNA	POZNAŃ		POL	1986	K30	7	1	00:11:57 (119)	00:05:54	00:51:03 (123)	00:01:25	00:31:10 (127)	01:41:29		20		00:18:50	00:43:45
128	548	SZYSZ KATARZYNA	KRZYSZKOWO		POL	1985	K30	8	1	00:12:23 (127)	00:04:38	00:52:48 (129)	00:01:18	00:30:36 (123)	01:41:43		21		00:18:08	00:43:28
129	640	ŁUĆ SŁAWOMIR	POZNAŃ		POL	1971	M40	22	1	00:11:54 (117)	00:08:18	00:48:38 (111)	00:01:07	00:32:47 (132)	01:42:44	108			00:21:16	00:44:37
130	544	BONICKA JOANNA	PRZEŹMIEROWO		POL	1989	K20	7	1	00:12:28 (131)	00:04:53	00:55:54 (135)	00:00:39	00:29:10 (108)	01:43:04		22		00:18:22	00:45:18
131	601	LEWANDOWSKA GRADUSZEWSKA ANNA	POZNAŃ	FOTOAKADEMICKIE.PL	POL	1978	K30	9	1	00:12:51 (134)	00:04:49	00:56:24 (137)	00:00:55	00:30:02 (117)	01:45:01		23		00:18:43	00:46:19
132	569	DUROWICZ NATALIA	NIEPRUSZEWO		POL	1985	K30	10	1	00:17:07 (142)	00:05:19	00:54:40 (132)	00:01:23	00:27:08 (93)	01:45:37		24		00:23:17	00:49:42
133	528	GŁUSZYŃSKA KATARZYNA	POZNAŃ	GPD ZAŁOGA TRI	POL	1986	K30	11	1	00:12:10 (125)	00:05:45	00:51:44 (125)	00:02:33	00:33:32 (134)	01:45:44		25		00:18:51	00:44:10
134	531	WANDELT PAWEŁ	POZNAŃ		POL	1994	M20	31	1	00:08:56 (63)	00:05:34	00:54:39 (131)	00:02:48	00:34:08 (136)	01:46:05	109			00:15:44	00:42:42
135	567	STECYK MARCIN	OLAWA	ZSP2 TRIATHLON TEAM	POL	1998	M18	5	1	00:16:26 (141)	00:05:15	00:55:43 (133)	00:01:21	00:29:21 (110)	01:48:06	110			00:22:44	00:49:41
136	572	BRAŃKA PAWEŁ	LUSOWO		POL	1988	M20	32	1	00:12:25 (128)	00:05:07	00:56:15 (136)	00:00:51	00:33:41 (135)	01:48:19	111			00:18:37	00:46:09
137	654	WAGA - NOWAK AGATA	DĄBRÓWKA GM.DOPIEWO		POL	1980	K30	12	1	00:10:41 (101)	00:05:15	00:55:47 (134)	00:01:40	00:36:07 (140)	01:49:30		26		00:17:05	00:43:42
138	628	KOZŁOWSKA KORNELIA	POZNAŃ	NIGHTRUNNERS	POL	1987	K20	8	1	00:10:08 (90)	00:03:21	01:11:06 (143)	00:01:22	00:24:06 (55)	01:50:03		27		00:14:32	01:02:29
139	588	PIOTROWSKA MAGDALENA	BUK		POL	1979	K30	13	1	00:17:10 (143)	00:05:15	00:56:55 (139)	00:00:49	00:32:29 (131)	01:52:38		28		00:23:18	00:50:34
140	533	FRANCZAK JUSTYNA	POZNAŃ		POL	1998	K18	2	1	00:11:59 (120)	00:04:54	01:00:13 (141)	00:01:04	00:35:39 (139)	01:53:49		29		00:18:21	00:48:13
141	509	JACKOWSKA JOANNA	KOMORNIKI	UAM TRIATHLON POZNAŃ	POL	1997	K18	3	1	00:10:09 (91)	00:06:04	00:58:21 (142)	00:01:02	00:38:44 (142)	01:54:20		30		00:17:22	00:42:53
142	581	WIKIERSKA PATRYCJA	POZNAŃ	BE3 CITYZEN_ POZNAŃ / NO WOMEN NO TRI	POL	1979	K30	14	1	00:19:01 (144)	00:06:15	00:52:08 (126)	00:02:46	00:34:20 (137)	01:54:30		31		00:26:41	00:51:46
143	503	FRANCZAK DOROTA	POZNAŃ		POL	1967	K40	2	1	00:14:14 (138)	00:06:33	00:54:17 (130)	00:01:10	00:39:08 (143)	01:55:22		32		00:22:00	00:48:14
144	638	SACHA GOSIA	POZNAŃ	NO WOMEN NO TRI	POL	1985	K30	15	1	00:13:50 (136)	00:06:51	01:00:15 (142)	00:01:32	00:36:32 (141)	01:59:00		33		00:22:00	00:51:07
145	560	RADECKI ARKADIUSZ	BATOROWO	1977	POL	1977	M30	34	1	00:13:34 (135)	00:05:32				02:00:12	112			00:20:13	01:00:22