

GARMIN IRON TRIATHLON GOŁDAP 2019

Organizator: LABOSPORT Polska sp. z o.o.
 Data: 14.07.2019
 Dystans: 1/4 IM (0,95-45-10,55)
 Miejsowość: GOŁDAP



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Pływanie | Rower | Bieg | Wynik | M | K | Kara |
|------|---------|-------------------------|----------------------|--|------|------------|-----------|------------|----------------|---------------|---------------|----------|----|---|----------|
| 1 | 71 | SEKIERSKI MATEUSZ MAREK | GOŁDAP | NADAKTYWNI BIAŁYSTOK/ SPORTOWIECWIJEJSKI | POL | 1993 | M25 | 1 | 00:14:50 (2) | 01:07:23 (2) | 00:39:00 (1) | 02:04:10 | 1 | | |
| 2 | 6 | LATAWIEC BARTOSZ | LEGIONOWO | WARSAW MASTERS TEAM | POL | 1978 | M40 | 1 | 00:19:44 (68) | 01:04:25 (1) | 00:43:13 (7) | 02:10:30 | 2 | | |
| 3 | 151 | KRUPA JAN | WĘGORZEWO | JARECKI COACHING | POL | 1988 | M30 | 1 | 00:15:14 (6) | 01:09:05 (6) | 00:44:04 (13) | 02:12:21 | 3 | | |
| 4 | 86 | NOWAK ROMAN | CZŁUCHÓW | ENDURE TEAM | POL | 1981 | M35 | 1 | 00:16:54 (20) | 01:08:06 (3) | 00:44:14 (15) | 02:12:40 | 4 | | |
| 5 | 73 | KLEJZEROWICZ PAWEŁ | BIAŁYSTOK | NADAKTYWNI | POL | 1990 | M25 | 2 | 00:16:49 (18) | 01:09:11 (7) | 00:44:22 (16) | 02:13:30 | 5 | | |
| 6 | 102 | ZABORNIAK MICHAŁ | ŁÓDŹ | PULS TRI TEAM | POL | 1995 | M18 | 1 | 00:15:31 (8) | 01:12:34 (21) | 00:42:15 (2) | 02:14:10 | 6 | | |
| 7 | 23 | SWIANIEWICZ ANTONI | WARSAWA | AKS POLONIA WARSAWA | POL | 1985 | M30 | 2 | 00:17:15 (23) | 01:10:39 (12) | 00:44:07 (14) | 02:15:35 | 7 | | |
| 8 | 85 | JAWOREK ŁUKASZ | TRZCIANY | WNIEBOWZIĘCI | POL | 1979 | M40 | 2 | 00:18:09 (39) | 01:10:36 (11) | 00:43:33 (10) | 02:15:37 | 8 | | |
| 9 | 5 | KOSMAŁA MICHAŁ | MIEDZIANA GÓRA | LABOSPORT TEAM SUNWARD POLSKA | POL | 1977 | M40 | 3 | 00:17:11 (22) | 01:08:54 (4) | 00:46:09 (30) | 02:16:00 | 9 | | |
| 10 | 16 | JONIO TOMASZ | SZELIGI K. WARSZAWY | KUŹNIA TRIATHLONU KM PSP M. ST. WARSZAWY | POL | 1981 | M35 | 2 | 00:16:51 (19) | 01:08:57 (5) | 00:46:46 (33) | 02:16:01 | 10 | | |
| 11 | 114 | WOWTONIUK MARIUSZ | BIELSK PODLASKI | TIM MAŁEGO | POL | 1978 | M40 | 4 | 00:16:02 (10) | 01:14:20 (30) | 00:42:26 (3) | 02:16:09 | 11 | | |
| 12 | 150 | NIEDŹWIADEK JAKUB | WARSAWA | KUŹNIA TRIATHLONU #CELJESTJEDEN | POL | 1993 | M25 | 3 | 00:15:30 (7) | 01:11:47 (16) | 00:45:46 (25) | 02:16:17 | 12 | | |
| 13 | 126 | CYBULSKI KAMIL | GOŁDAP | LANGE TRI COACH | POL | 1984 | M35 | 3 | 00:18:46 (49) | 01:09:47 (8) | 00:44:44 (18) | 02:16:33 | 13 | | |
| 14 | 44 | RYNKO PAWEŁ | OLSZTYN | STARTUJĘ BO NIE LUBIĘ ;-) | POL | 1980 | M35 | 4 | 00:17:28 (26) | 01:12:09 (17) | 00:44:03 (12) | 02:16:52 | 14 | | |
| 15 | 143 | BACHMAN MARCIN | WARSAWA | VEGAN WAVE | POL | 1974 | M45 | 1 | 00:15:06 (5) | 01:14:56 (32) | 00:43:09 (6) | 02:16:58 | 15 | | |
| 16 | 62 | BORKOWY MICHAŁ | BOJSZOWY | | POL | 1975 | M40 | 5 | 00:18:35 (46) | 01:12:20 (20) | 00:42:47 (5) | 02:17:11 | 16 | | |
| 17 | 132 | MACIEWICZ JACEK | SULEJÓWEK | | POL | 1977 | M40 | 6 | 00:18:47 (50) | 01:09:48 (9) | 00:44:45 (19) | 02:17:42 | 17 | | |
| 18 | 49 | CZAJKOWSKI ADAM | KONSTANCIN-JEZIORNA | | POL | 1970 | M45 | 2 | 00:16:12 (11) | 01:12:45 (24) | 00:45:54 (26) | 02:18:24 | 18 | | |
| 19 | 41 | STAFIEJ FILIP | JOZEFOW K/ LEGIONOWA | WNIEBOWZIĘCI 2AB 2AB | POL | 1976 | M40 | 7 | 00:16:37 (15) | 01:12:12 (18) | 00:46:32 (31) | 02:18:44 | 19 | | |
| 20 | 87 | BULA PIOTR | ZGIERZ | SNG WILD DUCKS | POL | 1975 | M40 | 8 | 00:20:27 (79) | 01:10:29 (10) | 00:44:59 (20) | 02:19:27 | 20 | | |
| 21 | 77 | SZLASKI IGOR | ZGIERZ | PROTRI | POL | 1989 | M30 | 3 | 00:18:21 (43) | 01:11:43 (15) | 00:45:39 (24) | 02:19:41 | 21 | | |
| 22 | 25 | SIŁKOWSKI RADOSŁAW | GDYNIA | HEIZTECHNIK | POL | 1975 | M40 | 9 | 00:18:26 (45) | 01:11:38 (14) | 00:45:03 (21) | 02:19:43 | 22 | | |
| 23 | 97 | PUCIŁOWSKI MIROSLAW | BIAŁYSTOK | NADAKTYWNI | POL | 1962 | M55 | 1 | 00:16:39 (16) | 01:13:07 (26) | 00:46:42 (32) | 02:19:44 | 23 | | |
| 24 | 32 | PIECHOTKA ŁUKASZ | WARSAWA | | POL | 1981 | M35 | 5 | 00:17:38 (31) | 01:12:45 (22) | 00:48:28 (45) | 02:22:46 | 24 | | |
| 25 | 103 | FRĄCZAK JAN | WARSAWA | | POL | 1982 | M35 | 6 | 00:20:22 (75) | 01:12:57 (25) | 00:46:07 (29) | 02:22:58 | 25 | | |
| 26 | 15 | HOŁUB ANDRZEJ | WARSAWA | KUŹNIA TRIATHLONU | POL | 1980 | M35 | 7 | 00:21:59 (101) | 01:14:02 (29) | 00:43:20 (8) | 02:23:23 | 26 | | |
| 27 | 51 | PERKOWSKI JAROSŁAW | SUWAŁKI | BIAŁE MIŚKI SUWAŁKI | POL | 1971 | M45 | 3 | 00:17:30 (27) | 01:14:51 (31) | 00:47:43 (38) | 02:23:41 | 27 | | |
| 28 | 146 | WAŚOWSKI PIOTR | WARSAWA | LUFT TRI TEAM UZALEŻNIONY OD MAREŃ | POL | 1994 | M25 | 4 | 00:15:37 (9) | 01:14:58 (33) | 00:47:07 (36) | 02:23:57 | 28 | | |
| 29 | 117 | MATUSIAK MATEUSZ | ZGIERZ | SNG WILD DUCKS STACJA NOWA GDYNIA | POL | 1987 | M30 | 4 | 00:17:35 (29) | 01:15:30 (35) | 00:47:20 (37) | 02:24:02 | 29 | | |
| 30 | 10 | MOŹDŻONEK MICHAŁ | WARSAWA | LABOSPORT TEAM TRIWAWA HUB.LU | POL | 1977 | M40 | 10 | 00:17:53 (38) | 01:12:15 (19) | 00:50:56 (71) | 02:24:19 | 30 | | |
| 31 | 79 | KOWALCZYK IGA | GOŁDAP | | POL | 1989 | K30 | 1 | 00:16:40 (17) | 01:17:45 (46) | 00:46:57 (34) | 02:24:38 | | 1 | |
| 32 | 50 | DZIEZYC TOMASZ | KLESZCZEWO | SMARUJ NA TRENING TEAM | POL | 1978 | M40 | 11 | 00:16:24 (13) | 01:15:27 (34) | 00:48:45 (49) | 02:24:55 | 31 | | |
| 33 | 37 | WANDZIOCH KRZYSZTOF | SUWAŁKI | WANDZIOCH TEAM PWIK SUWAŁKI | POL | 1992 | M25 | 5 | 00:15:04 (4) | 01:17:47 (48) | 00:47:55 (40) | 02:24:59 | 32 | | |
| 34 | 144 | MICHAŁOWSKI PIOTR | BIAŁYSTOK | NADAKTYWNI BIAŁYSTOK | POL | 1991 | M25 | 6 | 00:14:40 (1) | 01:15:52 (37) | 00:48:50 (50) | 02:25:24 | 33 | | 00:00:15 |
| 35 | 93 | DZIERZKO RAFAŁ | BIAŁYSTOK | NADAKTYWNI | POL | 1979 | M40 | 12 | 00:17:44 (34) | 01:10:43 (13) | 00:52:29 (79) | 02:25:29 | 34 | | 00:00:15 |
| 36 | 65 | HERMANOWICZ CEZARY | EŁK | | POL | 1987 | M30 | 5 | 00:17:48 (36) | 01:17:43 (44) | 00:46:05 (28) | 02:25:40 | 35 | | 00:00:15 |
| 37 | 91 | SAZONOV VICTOR | KALININGRAD | AMBERMAN | RU | 1984 | M35 | 8 | 00:19:25 (62) | 01:12:45 (23) | 00:50:45 (70) | 02:26:27 | 36 | | |
| 38 | 68 | KIEDA WOJCIECH | BIAŁYSTOK | KIEDA - TRENERFIT.PL / IRONWOMAN FIT | POL | 1976 | M40 | 13 | 00:16:34 (14) | 01:18:21 (54) | 00:48:38 (47) | 02:26:50 | 37 | | |
| 39 | 138 | WRÓBLEWSKI WOJCIECH | ZGIERZ | SNG WILD DUCKS STACJA NOWA GDYNIA | POL | 1979 | M40 | 14 | 00:19:16 (58) | 01:16:12 (38) | 00:46:59 (35) | 02:26:55 | 38 | | |
| 40 | 64 | BERNATOWICZ ŁUKASZ | WARSAWA | | POL | 1976 | M40 | 15 | 00:18:54 (52) | 01:13:24 (27) | 00:49:48 (58) | 02:27:27 | 39 | | 00:00:15 |
| 41 | 13 | JONIO KATARZYNA | SZELIGI | KUŹNIA TRIATHLONU | POL | 1981 | K35 | 1 | 00:17:40 (32) | 01:18:04 (50) | 00:47:57 (41) | 02:27:39 | | 2 | |
| 42 | 43 | KRYGIELSKI KRZYSZTOF | WÓJTOWO | CRYOSPACE OLSZTYN | POL | 1975 | M40 | 16 | 00:21:56 (99) | 01:18:07 (52) | 00:43:29 (9) | 02:27:46 | 40 | | |

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|------|---------|-------------------------|-----------------------|---|------|------------|-----------|------------|----------------|----------------|----------------|----------|----|----|----------|
| 43 | 56 | HERMANN TOMASZ | OLSZTYN | WWW.OLSZTYNBIZNES.PL RODO BHP | POL | 1978 | M40 | 17 | 00:18:59 (54) | 01:19:45 (65) | 00:45:59 (27) | 02:28:10 | 41 | | |
| 44 | 21 | OSIECKI EDWIN | KONSTANCIN-JEZIORNA | KUŹNIA TRIATHLONU | POL | 1969 | M50 | 1 | 00:17:15 (24) | 01:17:45 (45) | 00:49:04 (52) | 02:28:20 | 42 | | |
| 45 | 88 | OSYTEK SŁAWOMIR | RADZYMIN | TRI LEVEL | POL | 1966 | M50 | 2 | 00:18:44 (48) | 01:15:44 (36) | 00:50:45 (69) | 02:28:43 | 43 | | |
| 46 | 131 | KAMIŃSKI DARIUSZ | OLSZTYN | TEAM ELEKTRYK / NAJMOWICZ TRIATHLON | POL | 1979 | M40 | 18 | 00:19:04 (56) | 01:16:32 (41) | 00:49:36 (57) | 02:28:49 | 44 | | |
| 47 | 83 | JEZERSKI TOMASZ | TCZEW | TJT | POL | 1975 | M40 | 19 | 00:19:39 (66) | 01:19:16 (60) | 00:45:31 (23) | 02:28:57 | 45 | | |
| 48 | 153 | MRÓZ MICHAŁ | BIAŁYSTOK | 3T | POL | 1979 | M40 | 20 | 00:17:07 (21) | 01:17:49 (49) | 00:49:33 (55) | 02:29:54 | 46 | | |
| 49 | 26 | KUR DANIEL | GDYNIA | ARKA GDYNIA | POL | 1985 | M30 | 6 | 00:19:03 (55) | 01:18:55 (56) | 00:48:04 (43) | 02:30:01 | 47 | | |
| 50 | 7 | JAŁOCHA WALDEMAR | PRUSZKÓW | LABOSPORT TEAM | POL | 1966 | M50 | 3 | 00:22:30 (108) | 01:16:29 (40) | 00:48:06 (44) | 02:31:03 | 48 | | |
| 51 | 123 | CIOŁCZYK MAGDA | WARSZAWA | MBC - MACIEJ BODNAR COACHING | POL | 1981 | K35 | 2 | 00:18:40 (47) | 01:13:35 (28) | 00:55:13 (99) | 02:31:06 | | 3 | |
| 52 | 78 | ANTONIUK MARCIN | WARSZAWA | 23 TEAM | POL | 1975 | M40 | 21 | 00:18:14 (41) | 01:18:10 (53) | 00:52:06 (77) | 02:32:20 | 49 | | |
| 53 | 47 | KHOMUTOV DMITRII | KALININGRAD | AMBERMAN | RU | 1976 | M40 | 22 | 00:20:22 (76) | 01:20:00 (69) | 00:47:58 (42) | 02:33:28 | 50 | | |
| 54 | 129 | KAROLEWSKI KRZYSZTOF | OLSZTYN | KRISS COACHING | POL | 1982 | M35 | 9 | 00:20:32 (84) | 01:24:27 (94) | 00:43:52 (11) | 02:33:34 | 51 | | |
| 55 | 45 | KĄCKI KAROL | WARSZAWA | | POL | 1979 | M40 | 23 | 00:20:29 (82) | 01:19:12 (59) | 00:49:58 (60) | 02:34:07 | 52 | | |
| 56 | 136 | KUSKOWSKI MAREK | GOŁDAP | LANGE TRI COACH IRYD GOŁDAP | POL | 1978 | M40 | 24 | 00:21:08 (93) | 01:19:18 (61) | 00:50:16 (66) | 02:34:19 | 53 | | |
| 57 | 22 | SOBOLEWSKI MARIUSZ | WŁOCLAWEK | WŁOCLAWEK TRIATHLON TEAM | POL | 1980 | M35 | 10 | 00:18:14 (42) | 01:19:35 (63) | 00:51:00 (72) | 02:34:25 | 54 | | 00:00:15 |
| 58 | 67 | KIEDA ALEKSANDRA | BIAŁYSTOK | IRONWOMAN FIT/ TRENERFIT.PL | POL | 1990 | K25 | 1 | 00:19:28 (63) | 01:19:53 (67) | 00:51:42 (75) | 02:34:26 | | 4 | |
| 59 | 42 | LIŚKIEWICZ ROMAN | KĘTRZYN | WARMIŃSKO-MAZURSKI ODDZIAŁ STRAŻY GRANICZNI | POL | 1969 | M50 | 4 | 00:26:33 (137) | 01:19:40 (64) | 00:42:33 (4) | 02:34:32 | 55 | | |
| 60 | 98 | KRASZEWSKI WOJTEK | WARSZAWA | SUPER LINIA | POL | 1965 | M50 | 5 | 00:19:16 (59) | 01:18:06 (51) | 00:52:31 (80) | 02:35:00 | 56 | | |
| 61 | 31 | SACHMATA ROBERT | PIASECZNO | CTS - CZAJATRAININGSYSTEM | POL | 1967 | M50 | 6 | 00:23:42 (118) | 01:18:58 (57) | 00:48:45 (48) | 02:35:16 | 57 | | |
| 62 | 48 | STRUK PIOTR | BIAŁYSTOK | | POL | 1993 | M25 | 7 | 00:17:47 (35) | 01:16:27 (39) | 00:56:52 (102) | 02:35:42 | 58 | | |
| 63 | 95 | KLEJZEROWICZ ROMAN | ĘŁK | EGGER RUNS/SBR TEAM ĘŁK | POL | 1977 | M40 | 25 | 00:20:31 (83) | 01:21:03 (72) | 00:50:24 (67) | 02:35:52 | 59 | | |
| 64 | 90 | JĘŻ PAWEŁ | JÓZEFOSŁAW | | POL | 1973 | M45 | 4 | 00:19:14 (57) | 01:21:23 (74) | 00:50:01 (61) | 02:35:53 | 60 | | |
| 65 | 105 | BUGAJ MIROSLAW | WARSZAWA | | POL | 1967 | M50 | 7 | 00:14:50 (3) | 01:23:31 (88) | 00:53:03 (83) | 02:36:26 | 61 | | |
| 66 | 99 | WYSZOMIERSKA MAŁGORZATA | WARSZAWA | SUPER LINIA | POL | 1985 | K30 | 2 | 00:20:23 (77) | 01:21:30 (76) | 00:50:11 (63) | 02:36:30 | | 5 | |
| 67 | 139 | KIRILENKO MARCIN | MARKI | TRI LEVEL | POL | 1974 | M45 | 5 | 00:23:26 (114) | 01:17:04 (43) | 00:50:12 (64) | 02:37:12 | 62 | | |
| 68 | 122 | CICHY BARTOSZ | AUGUSTÓW | ATP AUGUSTÓW | POL | 1983 | M35 | 11 | 00:17:48 (37) | 01:21:56 (77) | 00:53:17 (89) | 02:37:18 | 63 | | |
| 69 | 19 | SUPIKOVA BARBARA | WARSZAWA | KUŹNIA TRIATHLONU | CZ | 1986 | K30 | 3 | 00:22:29 (107) | 01:21:26 (75) | 00:49:01 (51) | 02:37:19 | | 6 | |
| 70 | 75 | KOSTRZEWSKI RADOSŁAW | WARSZAWA | DEBIUCIK | POL | 1978 | M40 | 26 | 00:18:10 (40) | 01:21:57 (78) | 00:52:45 (81) | 02:37:21 | 64 | | |
| 71 | 11 | KOLANO AGNIESZKA | WARSZAWA | KUŹNIA TRIATHLONU/ WAY2CHAMP | POL | 1981 | K35 | 3 | 00:22:28 (106) | 01:22:49 (83) | 00:47:47 (39) | 02:37:25 | | 7 | |
| 72 | 17 | BURANDT MAGDALENA | OLSZTYN | NAJMOWICZ TRIATHLON | POL | 1980 | K35 | 4 | 00:20:14 (74) | 01:23:19 (86) | 00:50:35 (68) | 02:37:30 | | 8 | |
| 73 | 30 | CHĘCIŃSKI MAREK | WARSZAWA | #NEVERGIVEUP | POL | 1979 | M40 | 27 | 00:20:49 (89) | 01:16:46 (42) | 00:53:10 (85) | 02:37:33 | 65 | | |
| 74 | 107 | ROŹNIATA ANDRZEJ | GŁOWNO | SNG WILD DUCKS | POL | 1972 | M45 | 6 | 00:21:33 (95) | 01:18:48 (55) | 00:51:57 (76) | 02:37:35 | 66 | | |
| 75 | 60 | BANAŚZAK DAMIAN | PODOLISZE | | POL | 1979 | M40 | 28 | 00:16:22 (12) | 01:23:40 (91) | 00:53:01 (82) | 02:37:36 | 67 | | |
| 76 | 89 | ŻOCHOWSKI MARCIN | WARSZAWA | | POL | 1990 | M25 | 8 | 00:18:49 (51) | 01:29:39 (119) | 00:44:43 (17) | 02:37:39 | 68 | | |
| 77 | 112 | KIRILENKO ANETA | MARKI | TRI LEVEL | POL | 1974 | K45 | 1 | 00:20:02 (70) | 01:22:37 (81) | 00:49:51 (59) | 02:37:48 | | 9 | |
| 78 | 119 | KURYŁO ARTUR | AUGUSTÓW | ATP AUGUSTÓW | POL | 1966 | M50 | 8 | 00:19:49 (69) | 01:24:04 (92) | 00:49:08 (54) | 02:37:58 | 69 | | |
| 79 | 81 | PODGÓRSKI KRZYSZTOF | ŻABIENIEC / PIASECZNO | | POL | 1964 | M55 | 2 | 00:17:37 (30) | 01:25:06 (99) | 00:51:09 (73) | 02:38:06 | 70 | | |
| 80 | 106 | ROŹNIATA IWONA | GŁOWNO | SNG WILD DUCKS | POL | 1973 | K45 | 2 | 00:22:58 (111) | 01:19:47 (66) | 00:50:14 (65) | 02:38:46 | | 10 | |
| 81 | 101 | JÓŹWIK MACIEJ | WARSZAWA | TRIATHLON SERWIS | POL | 1987 | M30 | 7 | 00:19:29 (64) | 01:21:14 (73) | 00:53:13 (86) | 02:38:58 | 71 | | |
| 82 | 134 | PIOTROWSKI ANDRZEJ | WARSZAWA | ORTOREH TEAM | POL | 1972 | M45 | 7 | 00:20:48 (88) | | | 02:39:00 | 72 | | |
| 83 | 46 | LIŚIUS TOMASZ | GDAŃSK | | POL | 1964 | M55 | 3 | 00:20:47 (87) | 01:19:55 (68) | 00:53:09 (84) | 02:39:09 | 73 | | |
| 84 | 145 | SZACIŁOWSKI PRZEMYSŁAW | BIAŁYSTOK | NADAKTYWNI | POL | 1984 | M35 | 12 | 00:21:51 (97) | 01:17:46 (47) | 00:53:13 (87) | 02:39:43 | 74 | | |

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|------|---------|-----------------------------|---------------------|-----------------------------------|------|------------|-----------|------------|----------------|----------------|----------------|----------|-----|----|----------|
| 85 | 29 | LOESCH KONRAD | KRAKÓW | LOESCH+PARTNERZY LOESCH+PARTNERZY | POL | 1984 | M35 | 13 | 00:21:59 (102) | 01:19:33 (62) | 00:53:26 (90) | 02:39:47 | 75 | | 00:00:15 |
| 86 | 109 | IWANOWSKI PIOTR | WARSZAWA | | POL | 1980 | M35 | 14 | 00:19:43 (67) | 01:20:50 (71) | 00:53:39 (93) | 02:39:47 | 76 | | |
| 87 | 115 | ZUJKO KINGA | BIAŁYSTOK | NADAKTYWNI | POL | 1996 | K18 | 1 | 00:25:39 (130) | 01:23:26 (87) | 00:45:27 (22) | 02:40:06 | | 11 | |
| 88 | 55 | DANIK PIOTR | WARSZAWA | | POL | 1974 | M45 | 8 | 00:23:52 (121) | 01:19:08 (58) | 00:52:14 (78) | 02:40:52 | 77 | | |
| 89 | 14 | PIETRANIK PAWEŁ | PRUSZKÓW | KUŹNIA TRIATHLONU | POL | 1986 | M30 | 8 | 00:22:03 (103) | 01:22:53 (84) | 00:51:41 (74) | 02:42:17 | 78 | | |
| 90 | 59 | SAMSIELSKI RADOSŁAW | BIAŁYSTOK | | POL | 1981 | M35 | 15 | 00:24:02 (123) | 01:24:53 (97) | 00:49:05 (53) | 02:42:45 | 79 | | |
| 91 | 84 | MILCZAREK JAKUB | WARSZAWA | SOFTTUTOR TEAM | POL | 1979 | M40 | 29 | 00:21:58 (100) | 01:27:03 (109) | 00:49:33 (56) | 02:43:15 | 80 | | |
| 92 | 147 | KAWKA PAULINA | WARSZAWA | 23 TEAM | POL | 1991 | K25 | 2 | 00:17:20 (25) | 01:29:05 (117) | 00:53:16 (88) | 02:43:28 | | 12 | |
| 93 | 118 | ANTOSZEWSKI BARTOSZ | WARSZAWA | | POL | 1982 | M35 | 16 | 00:20:03 (71) | 01:28:55 (116) | 00:50:10 (62) | 02:43:54 | 81 | | |
| 94 | 28 | CHOŁODOWSKI PIOTR | BIAŁYSTOK | NADAKTYWNI ABCPOLISA | POL | 1970 | M45 | 9 | 00:20:29 (81) | 01:25:25 (100) | 00:53:53 (94) | 02:45:39 | 82 | | |
| 95 | 127 | CHMIEL REMIGIUSZ | GOŁDAP | ŁOWCY PRZYGÓD GOŁDAP | POL | 1977 | M40 | 30 | 00:23:46 (119) | 01:26:01 (105) | 00:48:32 (46) | 02:46:21 | 83 | | |
| 96 | 52 | BRYZEK ARNOLD | WARSZAWA | | POL | 1970 | M45 | 10 | 00:17:40 (33) | 01:23:31 (89) | 01:00:42 (121) | 02:46:43 | 84 | | |
| 97 | 72 | KRÓL JAKUB | BIAŁYSTOK | CROSSFIT BIAŁYSTOK | POL | 1986 | M30 | 9 | 00:19:37 (65) | 01:26:12 (106) | 00:57:25 (104) | 02:46:43 | 85 | | |
| 98 | 108 | DĄBEK PAWEŁ | JÓZEFOSŁAW | KONDYCJA | POL | 1973 | M45 | 11 | 00:23:26 (113) | 01:22:19 (79) | 00:56:22 (100) | 02:46:55 | 86 | | |
| 99 | 74 | TADLA PAWEŁ | OSTRÓDA | NET SYSTEM TRIATHLON TEAM | POL | 1982 | M35 | 17 | 00:21:01 (91) | 01:25:42 (103) | 00:56:36 (101) | 02:47:34 | 87 | | |
| 100 | 135 | BUJNOWSKI ROBERT | AUGUSTÓW | ATP AUGUSTÓW | POL | 1979 | M40 | 31 | 00:24:35 (126) | 01:22:47 (82) | 00:54:09 (95) | 02:47:36 | 88 | | |
| 101 | 27 | KOWALSKA ANETA | WARSZAWA | | POL | 1989 | K30 | 4 | 00:20:06 (72) | 01:26:44 (108) | 00:57:45 (108) | 02:49:05 | | 13 | |
| 102 | 34 | CHALAMONSKI TOMASZ | OSTROŁĘKA | NO HUMAN DOCTORS TEAM | POL | 1975 | M40 | 32 | 00:21:04 (92) | 01:25:54 (104) | 00:57:30 (105) | 02:49:47 | 89 | | |
| 103 | 58 | CZAJKA MACIEJ | OLECKO | DELPHIA YACHTS DELPHIA YACHTS | POL | 1990 | M25 | 9 | 00:20:52 (90) | 01:22:22 (80) | 00:59:55 (117) | 02:50:05 | 90 | | |
| 104 | 35 | GAWRYCH SYLWIA | CHOROSZCZ | NADAKTYWNI BIAŁYSTOK | POL | 1985 | K30 | 5 | 00:22:36 (109) | 01:24:23 (93) | 00:59:05 (111) | 02:50:32 | | 14 | |
| 105 | 92 | CIMOCHOWSKI MIECZYŚLAW | KANIE | MC SERWIS | POL | 1976 | M40 | 33 | 00:25:42 (131) | 01:20:04 (70) | 00:58:58 (110) | 02:50:35 | 91 | | |
| 106 | 104 | SIECZKOWSKI PAWEŁ | SOBOKŁĘSZCZ | | POL | 1978 | M40 | 34 | 00:23:06 (112) | 01:27:48 (112) | 00:54:22 (98) | 02:50:55 | 92 | | |
| 107 | 140 | JAMROŹ ROBERT | WARSZAWA | KUŹNIA TRIATHLONU | POL | 1979 | M40 | 35 | 00:21:20 (94) | 01:25:36 (102) | 00:57:33 (106) | 02:51:09 | 93 | | |
| 108 | 69 | MEDWID-FIDLER MARTA | WARSZAWA | CTS CZAJA TRAINING SYSTEM | POL | 1981 | K35 | 5 | 00:22:25 (104) | 01:26:33 (107) | 00:57:21 (103) | 02:51:37 | | 15 | |
| 109 | 61 | BERNATOWICZ PAWEŁ | PIASECZNO | | POL | 1997 | M18 | 2 | 00:18:56 (53) | 01:29:24 (118) | 00:59:15 (112) | 02:51:38 | 94 | | |
| 110 | 63 | KRUPOWICZ MARCIN | WARSZAWA | | POL | 1964 | M55 | 4 | 00:19:21 (61) | 01:27:05 (110) | 00:58:41 (109) | 02:51:45 | 95 | | |
| 111 | 137 | KASEJA ŁUCJA | WARSZAWA | NIEZŁA KORBA | POL | 1986 | K30 | 6 | 00:20:44 (85) | 01:25:34 (101) | 01:00:29 (120) | 02:52:10 | | 16 | |
| 112 | 113 | MALINOWSKI MARCIN | TUSZYNEK MAJORACKI | | POL | 1975 | M40 | 36 | 00:24:14 (124) | 01:28:25 (113) | 00:53:26 (91) | 02:52:22 | 96 | | |
| 113 | 125 | NAJDER EWA | KONSTANCIN-JEZIORNA | | POL | 1957 | K60 | 1 | 00:22:27 (105) | 01:30:50 (121) | 00:54:15 (96) | 02:53:24 | | 17 | |
| 114 | 130 | SIENKIEWICZ WOJCIECH | OLSZTYN | KRISS COACHING | POL | 1959 | M60 | 1 | 00:23:34 (115) | 01:23:38 (90) | 00:59:46 (115) | 02:53:33 | 97 | | |
| 115 | 66 | MOCZYDŁOWSKI MAREK | ZAŚCIANKI | NADAKTYWNI BIAŁYSTOK | POL | 1970 | M45 | 12 | 00:21:43 (96) | 01:24:59 (98) | 01:02:37 (129) | 02:54:24 | 98 | | |
| 116 | 76 | BORAWSKI MACIEJ | WARSZAWA | | POL | 1983 | M35 | 18 | 00:23:37 (117) | 01:24:45 (96) | 00:59:30 (113) | 02:56:05 | 99 | | |
| 117 | 80 | STRZEMIŃSKA MARLENA | BIAŁYSTOK | | POL | 1990 | K25 | 3 | 00:20:26 (78) | 01:36:49 (135) | 00:54:18 (97) | 02:56:48 | | 18 | |
| 118 | 110 | WACHNIK PIOTR | WARSZAWA | GCW | POL | 1987 | M30 | 10 | 00:20:28 (80) | 01:33:21 (128) | 00:59:32 (114) | 02:58:25 | 100 | | |
| 119 | 124 | NAJDER JACEK | KONSTANCIN-JEZIORNA | | POL | 1960 | M55 | 5 | 00:24:19 (125) | 01:24:38 (95) | 01:04:00 (130) | 02:59:59 | 101 | | |
| 120 | 142 | ZIELIŃSKI DAMIAN | PILAWA | NOVA | POL | 1982 | M35 | 19 | 00:26:11 (135) | 01:33:05 (127) | 00:53:39 (92) | 03:00:13 | 102 | | |
| 121 | 38 | ANDRZEJEWICZ ŁUKASZ | WARSZAWA | WARSAW MASTERS TEAM | POL | 1991 | M25 | 10 | 00:17:33 (28) | 01:33:38 (129) | 01:06:08 (134) | 03:01:34 | 103 | | |
| 122 | 36 | OSYDA MACIEJ | ŁÓDŹ | CELIRONMAN HTF LUDWIK SIKORSKI | POL | 1986 | M30 | 11 | 00:19:20 (60) | 01:31:44 (123) | 01:05:45 (132) | 03:02:22 | 104 | | |
| 123 | 94 | OWCZAREK JACEK | PIĄTKOWISKO | | POL | 1972 | M45 | 13 | 00:27:18 (139) | 01:28:55 (115) | 00:59:48 (116) | 03:02:38 | 105 | | |
| 124 | 70 | FERKO-CZAJKOWSKA STANISŁAWA | KONSTANCIN-JEZIORNA | | POL | 1967 | K50 | 1 | 00:26:19 (136) | 01:30:19 (120) | 01:02:25 (127) | 03:03:20 | | 19 | |
| 125 | 120 | KRASICKI BENIAMIN | WARSZAWA | ANIMALITOS PHO S.A. | POL | 1973 | M45 | 14 | 00:26:52 (138) | 01:27:28 (111) | 01:01:42 (124) | 03:03:25 | 106 | | |
| 126 | 24 | PŁONKA ARKADIUSZ | KALISZ | AKADEMIA TRIATHLONU | POL | 1964 | M55 | 6 | 00:21:51 (98) | 01:28:48 (114) | 01:05:56 (133) | 03:03:29 | 107 | | |

GARMIN IRON TRIATHLON GOŁDAP 2019

Organizator: LABOSPORT Polska sp. z o.o.
 Data: 14.07.2019
 Dystans: 1/4 IM (0,95-45-10,55)
 Miejsowość: GOŁDAP



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Pływanie | Rower | Bieg | Wynik | M | K | Kara |
|------|---------|--------------------------|----------------------|---------------------------|------|------------|-----------|------------|----------------|----------------|----------------|----------|-----|----|------|
| 127 | 148 | GLUSHCHENKO ALEXANDR | KALININGRAD (236010) | I LOVE RUNNING | RU | 1968 | M50 | 9 | 00:18:25 (44) | 01:35:52 (134) | 01:02:31 (128) | 03:04:07 | 108 | | |
| 128 | 96 | CHYCZEWSKA ANNA | PLONSK | | POL | 1969 | K50 | 2 | 00:25:45 (132) | 01:35:10 (133) | 00:57:40 (107) | 03:04:12 | | 20 | |
| 129 | 149 | TOKARSKII ILIA | KALININGRAD | AMBERMAN | RU | 1992 | M25 | 11 | 00:20:11 (73) | 01:30:53 (122) | 01:07:34 (137) | 03:04:32 | 109 | | |
| 130 | 53 | WITCZAK JAKUB | BIĄŁYSTOK | NADAKTYWNI | POL | 1987 | M30 | 12 | 00:22:41 (110) | 01:34:59 (132) | 01:01:28 (123) | 03:05:41 | 110 | | |
| 131 | 152 | DANYLCHENKO YURIY | LATCHORZEW | ACADEMY OF HASTEN | POL | 1980 | M35 | 20 | 00:20:45 (86) | 01:31:49 (124) | 01:08:39 (138) | 03:06:49 | 111 | | |
| 132 | 9 | OPIŁOWSKI PAWEŁ | MODĘA | LABOSPORT TEAM | POL | 1975 | M40 | 37 | 00:23:51 (120) | 01:23:10 (85) | 01:14:43 (139) | 03:07:12 | 112 | | |
| 133 | 8 | MOŹDŻONEK ANNA | WARSZAWA | TRIWAWA | POL | 1981 | K35 | 6 | 00:23:35 (116) | 01:32:10 (125) | 01:07:04 (135) | 03:08:38 | | 21 | |
| 134 | 141 | TOMPOROWSKA MONIKA | WARSZAWA | PEUGEOT POLSKA | POL | 1978 | K40 | 1 | 00:25:10 (127) | 01:32:42 (126) | 01:05:33 (131) | 03:08:57 | | 22 | |
| 135 | 128 | BANASIK KATARZYNA | WARSZAWA | GRUPA BIEGOWA UM W-WA UKA | POL | 1987 | K30 | 7 | 00:26:10 (134) | 01:33:38 (130) | 01:01:56 (126) | 03:09:10 | | 23 | |
| 136 | 57 | RYCHLEWSKA KATARZYNA | WARSZAWA | AKADEMIA KATE&KATE | POL | 1972 | K45 | 3 | 00:23:56 (122) | 01:39:04 (138) | 01:00:45 (122) | 03:09:52 | | 24 | |
| 137 | 100 | POWAŁKA PIOTR | OŻARÓW MAZOWIECKI | | POL | 1983 | M35 | 21 | 00:25:31 (129) | 01:37:56 (137) | 01:00:26 (118) | 03:10:02 | 113 | | |
| 138 | 18 | GASIK-POWAŁKA MAŁGORZATA | OŻARÓW MAZOWIECKI | KUŹNIA TRIATHLONU | POL | 1980 | K35 | 7 | 00:25:30 (128) | 01:37:35 (136) | 01:00:26 (119) | 03:10:02 | | 25 | |
| 139 | 20 | OSIECKA BEATA | KONSTANCIN-JEZIORNA | KUŹNIA TRIATHLONU | POL | 1966 | K50 | 3 | 00:25:45 (133) | 01:34:51 (131) | 01:07:30 (136) | 03:13:40 | | 26 | |
| 140 | 33 | WYCISŁOWSKI KRZYSZTOF | MIŃSK MAZOWIECKI | MKB DREPTAK | POL | 1954 | M65 | 1 | 00:29:23 (140) | 01:39:30 (139) | 01:01:46 (125) | 03:17:48 | 114 | | |
| 141 | 133 | PFADT WOJCIECH | MILANÓWEK | | POL | 1962 | M55 | 7 | 00:32:08 (142) | | | 03:30:42 | 115 | | |
| 142 | 116 | BAWOR MARCIN | WARSZAWA | | POL | 1975 | M40 | 38 | 00:30:09 (141) | 01:52:55 (140) | 01:15:54 (140) | 03:46:52 | 116 | | |