

# Garmin Iron Triathlon Elbląg 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 28 lipca 2019 r.

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

Miejscowość: Elbląg



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
1	2	MARCINEK TOMASZ	RACIBÓRZ	KS AZS-AWF KATOWICE MARCINEK TRIATHLON TEAM	POL	1991	M25	1			01:03:33 (2)	00:01:36	00:37:17 (3)	01:55:40	1		
2	1	KALASZCZYŃSKI ŁUKASZ	PŁOCK	KM SPORT PRO TEAM	POL	1984	M35	1	00:13:09 (2)	00:01:38	01:03:17 (1)	00:01:40	00:37:59 (4)	01:57:43	2		
3	3	SIÓDZIAK IGOR	SZCZECINEK	7PRO TEAM / MBC	POL	1998	M18	1			01:05:21 (3)	00:01:52	00:38:01 (5)	01:58:39	3		
4	150	SIEKIERSKI MATEUSZ MAREK	GOŁDAP	NADAKTYWNI BIAŁYSTOK/ SPORTOWIECWIJEJSKI	POL	1993	M25	2	00:14:45 (13)	00:02:11	01:09:41 (8)	00:01:54	00:39:51 (6)	02:08:22	4		
5	255	RULIŃSKI PRZEMYSŁAW	GNIEW	CTS - CZAJATRAININGSYSTEM	POL	1986	M30	1	00:15:56 (35)	00:01:57	01:09:18 (6)	00:02:02	00:41:13 (8)	02:10:26	5		
6	14	SZOŁŃSKI FILIP	KIELCE	LABOSPORT TEAM	POL	1984	M35	2	00:13:34 (5)	00:01:39	01:11:38 (21)	00:02:04	00:42:41 (11)	02:11:36	6		
7	302	KOZIELSKI MICHAŁ	CELESTYNÓW	CZAJA TRAINING SYSTEM	POL	1986	M30	2	00:15:08 (18)	00:02:42	01:10:44 (12)	00:02:51	00:42:23 (10)	02:13:48	7		
8	151	TWAROWSKI MICHAŁ	STRASZYN	TRISPACE JEPPESEN	POL	1973	M45	1	00:15:36 (23)	00:02:06	01:10:50 (13)	00:02:17	00:43:13 (15)	02:14:02	8		
9	313	KURCZEWSKI KAMIL	ŁÓDŹ	SNG WILD DUCKS	POL	1988	M30	3	00:16:30 (53)	00:02:31	01:07:40 (4)	00:02:46	00:44:43 (22)	02:14:10	9		
10	6	SIWIRSKI ROBERT	WARSZAWA	WARSAW MASTERS TEAM WTT	POL	1975	M40	1	00:18:00 (92)	00:01:49	01:09:21 (7)	00:02:13	00:42:54 (12)	02:14:17	10		
11	7	LANGĘ GRZEGORZ	GOŁDAP	LANGĘ TRI COACH	POL	1978	M40	2	00:16:03 (36)	00:02:03	01:10:51 (14)	00:02:13	00:44:04 (19)	02:15:14	11		
12	252	POMORSKI RAFAŁ	WARSZAWA	TRIFAMILY LOVE THE PAIN	POL	1983	M35	3	00:15:36 (24)	00:01:59	01:11:54 (24)	00:02:04	00:44:00 (18)	02:15:33	12		
13	274	KIELIN GRZEGORZ	POLKOWICE	MSPORT TEAM	POL	1976	M40	3	00:16:34 (55)	00:02:17	01:13:44 (45)	00:02:11	00:41:27 (9)	02:16:13	13		
14	315	ZABORNIAK MICHAŁ	ŁÓDŹ	PULS TRI TEAM	POL	1995	M18	2	00:15:09 (19)	00:02:22	01:13:24 (36)	00:02:24	00:43:08 (14)	02:16:27	14		
15	294	NAPOROWSKI RAFAŁ	NOWINY	TS AKWEDUKT KIELCE PERSCHMANN	POL	1976	M40	4	00:16:14 (43)	00:02:18	01:11:17 (17)	00:02:27	00:44:41 (21)	02:16:57	15		
16	17	KOŁODZIEJ SEBASTIAN	WARSZAWA	LABOSPORT TEAM	POL	1981	M35	4	00:15:49 (27)	00:02:14	01:10:38 (11)	00:02:30	00:46:44 (38)	02:17:55	16		
17	35	JOŃCZY KAMIL	HALINÓW - HIPOLITÓW	WANIEWSKI COACHING / PKO BANK POLSKI	POL	1983	M35	5	00:16:48 (58)	00:02:22	01:13:17 (34)	00:02:14	00:43:20 (16)	02:18:01	17		
18	238	SOBOLEWSKI JAKUB	WARSZAWA	BRACTWO BIEGOWE BGK BGK	POL	1977	M40	5	00:13:09 (3)	00:02:03	01:13:26 (38)	00:02:21	00:47:07 (42)	02:18:06	18		
19	257	MARZEC MIESZKO	GDYNIA	AQUASTACJA GDAŃSK AQUASTACJA GDAŃSK	POL	1976	M40	6	00:12:46 (1)	00:02:22	01:13:09 (32)	00:02:29	00:47:33 (43)	02:18:19	19		
20	40	MISZEWSKI MATEUSZ	GDAŃSK	CTS - CZAJATRAININGSYSTEM	POL	1989	M30	4	00:14:49 (15)	00:02:21	01:16:09 (62)	00:02:00	00:43:04 (13)	02:18:23	20		
21	30	SWIANIEWICZ ANTONI	WARSZAWA	AKS POLONIA WARSZAWA	POL	1985	M30	5	00:16:15 (44)	00:01:59	01:11:36 (20)	00:02:30	00:46:22 (34)	02:18:42	21		
22	26	KWIATKOWSKI RAFAŁ	WARSZAWA	KUŹNIA TRIATHLONU	POL	1980	M35	6	00:16:03 (37)	00:02:13	01:13:21 (35)	00:02:08	00:45:00 (24)	02:18:45	22		
23	161	TOMASZEWSKI MICHAŁ	GDAŃSK	SOLWIT	POL	1984	M35	7	00:17:02 (64)	00:02:23	01:11:56 (25)	00:02:13	00:45:25 (29)	02:18:59	23		
24	34	SZYMCZAK JANUSZ	WARSZAWA	TRIWAWA	POL	1986	M30	6	00:16:04 (38)	00:02:06	01:10:31 (10)	00:02:28	00:48:57 (58)	02:20:06	24		
25	259	CHMIELEWSKI MICHAŁ	POZNAŃ	METZINK MICHAŁ CHMIELEWSKI	POL	1982	M35	8	00:15:38 (26)	00:01:56	01:11:09 (15)	00:02:11	00:49:20 (63)	02:20:14	25		
26	296	PAWŁIN MATEUSZ	WARSZAWA	TRIZARZA	POL	1991	M25	3	00:17:53 (89)	00:02:33	01:14:26 (50)	00:02:14	00:43:53 (17)	02:20:59	26		
27	77	RYNKO PAWEŁ	OLSZTYN	STARTUJĘ BO NIE LUBIĘ ;-)	POL	1980	M35	9	00:17:39 (82)	00:02:02	01:13:50 (47)	00:02:16	00:45:44 (32)	02:21:30	27		
28	99	GRYBER PIOTR	BOJANO,KOLECZKOWO	GRYBCIO TEAM	POL	1979	M40	7	00:16:54 (60)	00:03:09	01:13:39 (42)	00:02:43	00:45:08 (26)	02:21:33	28		
29	18	ZAKRZEWSKI RAFAŁ	GDAŃSK	LABOSPORT TEAM ZG AZS HOTEL GALION	POL	1971	M45	2	00:15:37 (25)	00:02:09	01:13:37 (41)	00:02:41	00:47:34 (44)	02:21:38	29		
30	312	TALMON ADAM	WARSZAWA		POL	1990	M25	4	00:19:29 (154)	00:02:28	01:12:45 (29)	00:02:16	00:44:59 (23)	02:21:57	30		
31	301	LIS PAWEŁ	GDAŃSK	CTS/SNT	POL	1977	M40	8	00:14:55 (17)	00:01:51	01:13:39 (44)	00:02:33	00:49:02 (59)	02:22:00	31		
32	70	STAFIEJ FILIP	JOZEFOW K/ LEGIONOWA	WNIEBOWZIECI 2AB 2AB	POL	1976	M40	9	00:14:51 (16)	00:02:02	01:14:34 (51)	00:02:13	00:48:54 (56)	02:22:34	32		
33	88	CZAJKOWSKI ADAM	KONSTANCIN-JEZIORNA		POL	1970	M45	3	00:15:22 (21)	00:02:16	01:13:49 (46)	00:02:29	00:48:51 (55)	02:22:47	33		
34	39	NIEDŹWIECKI MARCIN	WARSZAWA	TRIWAWA	POL	1985	M30	7	00:15:14 (20)	00:02:18	01:12:18 (27)	00:02:58	00:50:32 (79)	02:23:20	34		
35	155	SZLASKI IGOR	ZGIERZ	PROTRI	POL	1989	M30	8	00:18:00 (92)	00:02:38	01:13:13 (33)	00:02:33	00:47:43 (45)	02:24:07	35		
36	12	LATAWIEC BARTOSZ	LEGIONOWO	WARSAW MASTERS TEAM	POL	1978	M40	10	00:18:05 (97)	00:02:06	01:07:54 (5)	00:02:16	00:53:58 (126)	02:24:19	36		
37	103	SZCZESNY FILIP	SZUKALICE	GVT	POL	1975	M40	11	00:17:30 (77)	00:02:31	01:12:51 (30)	00:02:50	00:48:47 (53)	02:24:29	37		
38	186	DADEJ RAFAŁ	GDYNIA	PIASKIEM W RAKA FUNDACJA TRZEBA MARZYĆ	POL	1975	M40	12	00:17:12 (67)	00:02:06	01:16:57 (67)	00:02:42	00:45:41 (31)	02:24:38	38		
39	317	BULA PIOTR	ZGIERZ	SNG WILD DUCKS	POL	1975	M40	13	00:19:17 (145)	00:02:12	01:11:15 (16)	00:02:34	00:49:22 (64)	02:24:40	39		
40	83	GOŹDZIEWICZ PAWEŁ	GDYNIA	BIEGAMYRAZEM.PL	POL	1977	M40	14	00:18:08 (98)	00:02:25	01:13:55 (48)	00:02:19	00:48:34 (52)	02:25:21	40		
41	125	LEMKE LESZEK	GDYNIA	GDYŃSKI TRIATHLON	POL	1977	M40	15	00:19:34 (158)	00:02:32	01:13:32 (39)	00:03:21	00:46:23 (35)	02:25:22	41		
42	33	RYBAK REMIGIUSZ	BIAŁE BŁOTA	BIKE U UP	POL	1977	M40	16	00:18:44 (125)	00:02:11	01:11:26 (18)	00:02:22	00:50:44 (80)	02:25:27	42		
43	129	SZAPIEL ANDRZEJ	POGÓRZE	TRIATHLON TRÓJMIASTO	POL	1990	M25	5	00:14:28 (9)	00:03:18	01:12:07 (26)	00:03:17	00:52:20 (106)	02:25:30	43		

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M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
44	251	BEDYŃSKI RADEK	WARSZAWA	PZU SPORT TEAM	POL	1973	M45	4	00:19:13 (144)	00:02:57	01:10:13 (9)	00:03:42	00:49:27 (67)	<b>02:25:32</b>	44		
45	64	LITAWA JACEK	WARSZAWA		POL	1970	M45	5	00:16:25 (48)	00:02:30	01:16:47 (65)	00:02:32	00:48:10 (51)	<b>02:26:24</b>	45		
46	176	GIEDROJĆ TOMASZ	KWIDZYN	KTS IRONMAN	POL	1985	M30	9	00:15:53 (33)	00:02:19	01:15:56 (60)	00:02:42	00:49:41 (72)	<b>02:26:31</b>	46		
47	299	MATEJA ŁUKASZ	GDAŃSK		POL	1982	M35	10	00:17:31 (79)	00:01:58	01:16:22 (63)	00:02:59	00:47:46 (46)	<b>02:26:36</b>	47		
48	278	CZAJKOWSKI MICHAŁ	NOWA WOLA		POL	1973	M45	6	00:16:28 (50)	00:02:22	01:14:39 (52)	00:02:41	00:50:26 (77)	<b>02:26:36</b>	48		
49	231	GRZELINSKI MICHAŁ	JOZEFOSŁAW	BEKO BEKO	POL	1980	M35	11	00:16:58 (61)	00:02:48	01:11:43 (23)	00:03:00	00:52:26 (107)	<b>02:26:55</b>	49		
50	74	KRYGIELSKI KRZYSZTOF	WÓJTOWO	CRYOSPACE OLSZTYN	POL	1975	M40	17	00:19:45 (165)	00:02:52	01:17:31 (73)	00:02:22	00:44:30 (20)	<b>02:27:00</b>	50		
51	131	BORKOWY MICHAŁ	BOJSZOWY		POL	1975	M40	18	00:18:10 (101)	00:02:24	01:17:22 (69)	00:02:38	00:46:27 (36)	<b>02:27:01</b>	51		
52	295	CIESZYŃSKI JACEK	SZKOCJA	ROWEROWA BRZOZA	POL	1963	M55	1	00:17:25 (71)	00:02:38	01:13:33 (40)	00:03:40	00:49:46 (74)	<b>02:27:02</b>	52		
53	188	HALBRYT MACIEJ	GDYNIA	SESCOM SPORT TEAM	POL	1994	M25	6	00:13:41 (8)	00:02:28	01:16:56 (66)	00:02:23	00:51:38 (94)	<b>02:27:06</b>	53		
54	137	GRZELEC JAROSŁAW	GDAŃSK	SMARUJ NA TRENING TEAM	POL	1961	M55	2	00:16:06 (40)	00:02:43	01:16:28 (64)	00:02:50	00:49:33 (70)	<b>02:27:40</b>	54		
55	280	ABRAMCZYK RAFAŁ	WARSZAWA	KRISSCOACHING.PL HOTELAG	POL	1979	M40	19	00:18:48 (128)	00:02:21	01:11:29 (19)	00:03:12	00:52:01 (100)	<b>02:27:51</b>	55		
56	214	BISKUPSKI MARIUSZ	SUSZ	UKS TRS SUSZ	POL	1974	M45	7	00:13:39 (7)	00:11:19	01:11:40 (22)	00:02:31	00:48:48 (54)	<b>02:27:57</b>	56		
57	236	POMORSKA JOANNA	WARSZAWA	TRIFAMILY	POL	1981	K35	1	00:17:39 (82)	00:02:41	01:18:49 (85)	00:02:34	00:46:19 (33)	<b>02:28:02</b>		1	
58	136	BONIEWSKI KAMIL	GLINOJECK		POL	1986	M30	10	00:20:47 (192)	00:02:34	01:13:03 (31)	00:02:27	00:49:12 (60)	<b>02:28:03</b>	57		
59	206	BADYSZ ARTUR	ELBLĄG/PIASTÓW	BADIFICO ARTUR BADYSZ BADIFICO ARTUR BADYSZ	POL	1973	M45	8	00:16:28 (50)	00:02:24	01:18:40 (84)	00:02:44	00:48:10 (50)	<b>02:28:26</b>	58		
60	307	KORDACZUK MICHAŁ	WARSZAWA	MICHAŁ KORDACZUK KAZIKI	POL	1986	M30	11	00:14:33 (10)	00:02:26	01:13:39 (43)	00:03:25	00:54:29 (133)	<b>02:28:32</b>	59		
61	305	CYBULSKI KAMIL	GÓLDAP	LANGE TRI COACH	POL	1984	M35	12	00:18:08 (98)	00:02:23	01:13:25 (37)	00:02:25	00:52:11 (104)	<b>02:28:32</b>	60		
62	234	KORBACZ ŁUKASZ	PRUSZKÓW	NEON TEAM	POL	1984	M35	13	00:18:11 (103)	00:02:44	01:18:27 (82)	00:02:41	00:46:42 (37)	<b>02:28:45</b>	61		
63	122	KORD ARKADIUSZ	BARCZEWO		POL	1996	M18	3	00:14:39 (11)	00:02:10	01:15:19 (57)	00:02:27	00:54:37 (136)	<b>02:29:12</b>	62		
64	41	KUR DANIEL	GDYNIA	ARKA GDYNIA	POL	1985	M30	12	00:18:36 (119)	00:02:20	01:18:29 (83)	00:02:29	00:48:00 (49)	<b>02:29:54</b>	63		
65	199	MAŃCZAK JAKUB	GDYNIA		POL	1971	M45	9	00:13:39 (6)	00:02:46	01:17:30 (72)	00:03:00	00:53:02 (112)	<b>02:29:57</b>	64		
66	154	BACHMAN MARCIN	WARSZAWA	VEGAN WAVE	POL	1974	M45	10	00:14:48 (14)	00:02:32	01:18:51 (87)	00:02:36	00:51:18 (91)	<b>02:30:05</b>	65		
67	172	BENTKOWSKI MARCIN	BYDGOSZCZ	TRIPower	POL	1987	M30	13	00:18:00 (92)	00:02:36	01:14:57 (54)	00:02:19	00:52:37 (110)	<b>02:30:29</b>	66		
68	20	VASHKEVICH VITAL	WARSZAWA	KUŹNIA TRIATHLONU	BLR	1989	M30	14	00:17:55 (90)	00:02:05	01:21:18 (123)	00:02:48	00:46:57 (40)	<b>02:31:03</b>	67		
69	292	BABICKI SZYMON	WARSZAWA	KUŹNIA TRIATHLONU	POL	1982	M35	14	00:18:30 (115)	00:03:03	01:19:25 (95)	00:03:04	00:47:04 (41)	<b>02:31:06</b>	68		
70	219	LOREK KINGA		MKS TRUSO ELBLĄG	POL	1998	K18	1	00:13:30 (4)	00:01:44	01:21:18 (122)	00:02:10	00:52:31 (108)	<b>02:31:13</b>		2	
71	187	DZIEŃSKO RAFAŁ	BIALYSTOK	NADAKTYWNI	POL	1979	M40	20	00:15:49 (28)	00:02:31	01:14:18 (49)	00:03:03	00:55:37 (146)	<b>02:31:18</b>	69		
72	175	KALETA MACIEJ	RADOM		POL	1985	M30	15	00:21:06 (198)	00:04:24	01:29:39 (225)	00:04:24	00:31:58 (1)	<b>02:31:31</b>	70		
73	9	SUCHOMSKA EWELINA	GDAŃSK	LABOSPORT TEAM	POL	1978	K40	1	00:17:29 (76)	00:02:35	01:18:56 (88)	00:02:53	00:49:43 (73)	<b>02:31:36</b>		3	
74	237	KWIATKOWSKI IREK	SZTUM	YOJAS TRIATHLON TEAM	POL	1979	M40	21	00:16:05 (39)	00:02:48	01:20:42 (110)	00:02:34	00:49:29 (68)	<b>02:31:38</b>	71		
75	205	KOWALCZUK TOMASZ	BELCHATÓW	IRON FIGHTERS	POL	1989	M30	16	00:14:43 (12)	00:02:35	01:14:47 (53)	00:02:19	00:57:38 (166)	<b>02:32:02</b>	72		
76	114	KASZTELAN RADOSŁAW	KWIDZYN	KWIDZYN BIKE RACING TEAM KWIDZYN	POL	1977	M40	22	00:18:31 (116)	00:02:29	01:17:44 (75)	00:02:46	00:50:52 (82)	<b>02:32:22</b>	73		
77	71	ŁUKIEWICZ ŁUKASZ	ELBLĄG	TEAM KARAŚ MEGA SP Z OO	POL	1980	M35	15	00:16:45 (57)	00:02:58	01:15:31 (58)	00:02:33	00:54:43 (138)	<b>02:32:30</b>	74		
78	183	ABRAMCZYK MARCIN	OLSZTYN	YANUSHE TRIATHLON TEAM YTT	POL	1977	M40	23	00:18:59 (133)	00:02:13	01:17:59 (78)	00:02:24	00:51:03 (87)	<b>02:32:38</b>	75		
79	293	FERCHO KAROL	ELBLĄG	LANGE TRI COACH	POL	1980	M35	16	00:22:28 (219)	00:03:08	01:19:46 (101)	00:02:13	00:45:12 (27)	<b>02:32:47</b>	76		
80	144	KIEDA ALEKSANDRA	BIALYSTOK	IRONWOMAN FIT/ TRENERFIT.PL	POL	1990	K25	1	00:18:43 (123)	00:02:04	01:19:29 (97)	00:02:29	00:50:09 (75)	<b>02:32:54</b>		4	
81	55	GÓRSKI MATEUSZ	WARSZAWA		POL	1991	M25	7	00:17:27 (73)	00:02:03	01:12:24 (28)	00:02:41	00:58:39 (182)	<b>02:33:14</b>	77		
82	232	PEPŁOWSKI BARTŁOMIEJ	GDAŃSK		POL	1983	M35	17	00:17:27 (73)	00:02:33	01:21:22 (124)	00:02:24	00:49:36 (71)	<b>02:33:22</b>	78		
83	8	SZABELSKA EWELINA	PIECKI	KUŹNIA TRIATHLONU	POL	1986	K30	1	00:17:44 (85)	00:02:17	01:19:10 (92)	00:02:31	00:51:47 (95)	<b>02:33:29</b>		5	
84	141	KMIĘCIK JACEK	GDYNIA	COMPLEXSPORTS	POL	1988	M30	17	00:17:19 (70)	00:02:59	01:19:09 (90)	00:02:37	00:51:25 (92)	<b>02:33:29</b>	79		
85	261	PIĘTKA DANIEL	POZNAŃ	ZGRUPKA TEAM	POL	1977	M40	24	00:16:28 (52)	00:02:29	01:15:13 (56)	00:02:47	00:56:40 (154)	<b>02:33:37</b>	80		
86	606	JAUMIEŃ ŁUKASZ	SOCHACZEW	TWW / WMT	POL	1984	M35	18	00:15:49 (28)	00:02:14	01:18:24 (81)	00:02:44	00:54:35 (135)	<b>02:33:46</b>	81		

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GOSPODARZ



ORGANIZATORZY



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
87	265	ŻYWIcki BARTOSZ	STARKOWO	DZIKI KOSZALIN	POL	1982	M35	19	00:17:03 (65)	00:03:03	01:20:05 (106)	00:02:31	00:51:15 (90)	02:33:57	82		
88	316	SIKORSKI KAJETAN	POZNAŃ	BE3 CITYZEN_ POZNAŃ FLY-BOARD.PL	POL	1986	M30	18	00:17:27 (73)	00:03:13	01:20:05 (105)	00:02:48	00:50:50 (81)	02:34:23	83		
89	107	KACZMAREK DARIUSZ	KONIN	TRITON KONIN	POL	1969	M50	1	00:19:47 (166)	00:02:42	01:17:37 (74)	00:02:40	00:51:55 (99)	02:34:41	84		
90	130	MATEJA JANUSZ MICHAŁ	GDAŃSK		POL	1957	M60	1	00:16:26 (49)	00:02:39	01:19:41 (100)	00:03:24	00:52:32 (109)	02:34:42	85		
91	276	WYSOCKI TOMASZ	BIALYSTOK	NADAKTYWNI	POL	1977	M40	25	00:16:58 (61)	00:03:04	01:21:15 (120)	00:02:40	00:50:56 (84)	02:34:53	86		
92	191	ROSA GRZEGORZ	LUZINO	OMEGA FITNESS&GYM	POL	1980	M35	20	01:22:54 (150)	00:03:27	01:22:54 (150)	00:03:27	00:58:23 (176)	02:34:58	87		
93	309	OSIECKI EDWIN	KONSTANCIN-JEZIORNA	KUŹNIA TRIATHLONU	POL	1969	M50	2	00:16:10 (42)	00:02:49	01:19:27 (96)	00:02:46	00:53:52 (124)	02:35:04	88		
94	157	ŁUKASIEWICZ MICHAŁ	GDAŃSK		POL	1985	M30	19	00:20:34 (189)	00:03:28	01:19:02 (89)	00:02:56	00:49:19 (62)	02:35:19	89		
95	37	BROŻ KRZYSZTOF	KOŁO	TERMY UNIEJÓW / WWW.PROJEKTOWAKB.PL	POL	1976	M40	26	00:15:24 (22)	00:02:30	01:18:49 (85)	00:02:19	00:56:25 (152)	02:35:27	90		
96	96	BRZĄKALSKI KRZYSIEK	PŁOCK	EAZYMUT.PL	POL	1991	M25	8	00:19:41 (159)	00:02:59	01:25:01 (167)	00:02:45	00:45:06 (25)	02:35:32	91		
97	123	TOMASZEWICZ MARCIN	ELBLĄG	T. TEAM	POL	1990	M25	9	00:20:11 (179)	00:02:44	01:19:23 (94)	00:02:27	00:50:53 (83)	02:35:38	92		
98	95	PRUSINOWSKI MICHAŁ	BRANIEWO		POL	1993	M25	10	00:18:53 (129)	00:05:07	01:27:40 (205)	00:02:53	00:41:12 (7)	02:35:45	93		
99	229	KOKOSZKIEWICZ PAWEŁ	ŁUKÓW		POL	1988	M30	20	00:16:21 (46)	00:02:54	01:19:49 (104)	00:02:51	00:54:13 (128)	02:36:08	94		
100	112	HERMANN TOMASZ	OLSZTYN	WWW.OLSZTYNBIZNES.PL RODO BHP	POL	1978	M40	27	00:17:48 (86)	00:02:00	01:22:47 (147)	00:02:06	00:51:48 (96)	02:36:29	95		
101	249	GUZOWSKI JACEK	ELBLĄG		POL	1980	M35	21	00:19:08 (142)	00:04:06	01:22:07 (138)	00:03:15	00:47:53 (47)	02:36:29	96		
102	149	ZAWADZKA KATARZYNA	WARSZAWA	TRINERGY TEAM / DRUŻYNA TVN	POL	1981	K35	2	00:19:44 (163)	00:02:51	01:21:12 (117)	00:02:26	00:50:22 (76)	02:36:35		6	
103	314	DOMAGAŁA MAREK	GDAŃSK	SMARUJ NA TRENING TEAM	POL	1977	M40	28	00:16:08 (41)	00:02:20	01:17:28 (71)	00:03:25	00:57:20 (163)	02:36:41	97		
104	270	SAKOWSKI KUBA	INOWROCŁAW		POL	1993	M25	11	00:18:29 (114)	00:02:51	01:21:01 (114)	00:02:23	00:52:06 (101)	02:36:50	98		
105	269	GÓRSKI ARKADIUSZ	WARSZAWA		POL	1992	M25	12	00:17:07 (66)	00:03:09	01:23:59 (162)	00:03:06	00:49:31 (69)	02:36:52	99		
106	216	SZNAZA TADEUSZ	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM	POL	1959	M60	2	00:17:48 (87)	00:03:17	01:20:45 (112)	00:03:17	00:52:10 (102)	02:37:17	100		
107	311	KRAKOWSKI JAN	GDYNIA	INVICTUS 3CITY / FUNDACJA MODUS VIVENDI	POL	1994	M25	13	00:20:04 (174)	00:02:48	01:17:55 (77)	00:02:38	00:53:55 (125)	02:37:20	101		
108	268	WAŚNIEWSKI DANIEL	NOWY DWÓR MAZOWIEC	DEWELOPPOL TEAM	POL	1986	M30	21	00:21:24 (200)	00:02:30	01:18:07 (79)	00:02:37	00:52:45 (111)	02:37:23	102		
109	297	KLEJZEROWICZ ROMAN	ELK	EGGER RUNS/SBR TEAM ELK	POL	1977	M40	29	00:19:06 (140)	00:02:29	01:22:11 (140)	00:02:45	00:51:03 (88)	02:37:34	103		
110	28	KOLANO AGNIESZKA	WARSZAWA	KUŹNIA TRIATHLONU/WAY2CHAMP WAY2CHAMP	POL	1981	K35	3	00:21:30 (203)	00:02:52	01:21:03 (116)	00:03:02	00:49:13 (61)	02:37:40		7	
111	145	JAKUBOWSKI KUBA	OLSZTYN	NAJMOVICZ TRIATHLON	POL	1990	M25	14	00:16:41 (56)	00:02:31	01:21:39 (130)	00:02:28	00:54:40 (137)	02:37:59	104		
112	319	POGODZIŃSKI GRZEGORZ	KRAKÓW		POL	1974	M45	11	00:16:31 (54)	00:04:02	01:21:01 (115)	00:04:31	00:52:10 (102)	02:38:15	105		
113	235	BIELIK ALBERT	PERLEJEWÓ		POL	1995	M18	4	00:21:01 (196)	00:03:22	01:22:03 (134)	00:02:25	00:49:24 (65)	02:38:15	106		
114	242	SAŁATA DAWID	SKOWARCZ	DAWID SAŁATA DAWID SAŁATA	POL	1978	M40	30	00:18:08 (98)	00:03:34	01:19:14 (93)	00:03:02	00:54:31 (134)	02:38:29	107		
115	118	BIELEC ADAM	SKEPE	WKB MARATOŃCZYK WŁOCŁAWEK	POL	1989	M30	22	00:17:53 (88)	00:02:31	01:22:03 (134)	00:03:02	00:53:10 (115)	02:38:39	108		
116	22	NUNES PEDRO	WARSZAWA	KUŹNIA TRIATHLONU	POL	1985	M30	23	00:17:25 (72)	00:02:08	01:22:50 (148)	00:02:33	00:54:28 (132)	02:39:24	109		
117	244	FURMAN MICHAŁ	NIEPORĘT	TRI LEVEL	POL	1977	M40	31	00:18:35 (117)	00:03:03	01:20:30 (108)	00:03:33	00:53:44 (121)	02:39:25	110		
118	225	FEDAN DOMINIK	MORAĞ		POL	1994	M25	15	00:19:44 (163)	00:03:31	01:22:02 (133)	00:02:44	00:51:34 (93)	02:39:35	111		
119	21	SUPIKOVA BARBARA	WARSZAWA	KUŹNIA TRIATHLONU	CZE	1986	K30	2	00:21:47 (206)	00:02:44	01:21:00 (113)	00:02:58	00:51:06 (89)	02:39:35		8	
120	80	LEWIŃSKI ANDRZEJ	GDYNIA	BIEGAMYRAZEM.PL / CTS	POL	1973	M45	12	00:20:21 (183)	00:02:06	01:19:48 (103)	00:02:32	00:55:04 (140)	02:39:51	112		
121	208	LASKA MARIUSZ	GDAŃSK		POL	1998	M18	5	00:24:25 (244)	00:05:06	01:30:59 (234)	00:04:53	00:34:52 (2)	02:40:15	113		
122	217	KAMIŃSKI DARIUSZ	OLSZTYN	TEAM ELEKTRYK / NAJMOVICZ TRIATHLON	POL	1979	M40	32	00:17:16 (68)	00:02:18	01:21:29 (126)	00:02:37	00:56:49 (157)	02:40:29	114		
123	120	DEREWECKI JAREK	SKRZESZEWO	TRIATHLON TRÓJMIASTO	POL	1974	M45	13	00:19:48 (167)	00:03:34	01:19:35 (98)	00:03:50	00:53:46 (122)	02:40:33	115		
124	101	WĄSOWSKI SZYMON	WARSZAWA		POL	1983	M35	22	00:18:36 (118)	00:03:09	01:24:11 (164)	00:02:58	00:51:48 (97)	02:40:42	116		
125	94	ŻYŁOWSKI DAWID	GDAŃSK	IZERSKA GRUPA BIEGOWA	POL	1996	M18	6	00:19:19 (147)	00:02:24	01:26:08 (190)	00:02:02	00:50:58 (86)	02:40:51	117		
126	36	LIZAK WŁODZIMIERZ	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM	POL	1963	M55	3	00:18:40 (122)	00:03:29	01:23:13 (155)	00:03:19	00:52:13 (105)	02:40:54	118		
127	167	JEZIERSKI TOMASZ	TCZEW	TJT	POL	1975	M40	33	00:26:43 (259)	00:02:55	01:19:46 (101)	00:02:37	00:48:56 (57)	02:40:57	119		
128	87	WALENTYNOWICZ ADAM	SOPOT	DOMO TEAM	POL	1981	M35	23	00:18:10 (102)	00:02:39	01:15:11 (55)	00:03:47	01:01:38 (208)	02:41:25	120		
129	203	SIĄKOWSKI MATEUSZ	TYCHY	BANANA TEAM	POL	1991	M25	16	00:18:02 (96)	00:02:55	01:16:01 (61)	00:03:09	01:01:26 (205)	02:41:33	121		

# Garmin Iron Triathlon Elbląg 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 28 lipca 2019 r.

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

Miejscowość: Elbląg



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
130	65	NAWROCKI SERGIUSZ	PLUSKI		POL	1967	M50	3	00:19:05 (139)	00:02:42	01:18:08 (80)	00:03:10	00:58:33 (179)	02:41:38	122		
131	24	POPLAWSKA ANNA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1981	K35	4	00:20:01 (172)	00:02:40	01:21:12 (118)	00:03:18	00:54:28 (131)	02:41:39		9	
132	258	DZIOBA MICHAŁ	SOPOT	TRISOPOT	POL	1973	M45	14	00:15:52 (31)	00:03:52	01:23:25 (157)	00:03:08	00:55:27 (145)	02:41:44	123		
133	23	POPLAWSKI MICHAŁ	WARSZAWA	KUŹNIA TRIATHLONU TRI-MAMA TRI-TATA	POL	1980	M35	24	00:18:57 (131)	00:03:45	01:26:00 (186)	00:03:38	00:49:24 (66)	02:41:44	124		
134	181	STENKA TOMASZ	REDA		POL	1991	M25	17	00:19:59 (170)	00:02:50	01:21:42 (131)	00:03:07	00:54:12 (127)	02:41:50	125		
135	81	STRUK PIOTR	BIAŁYSTOK		POL	1993	M25	18	00:17:17 (69)	00:02:59	01:17:49 (76)	00:03:22	01:00:24 (200)	02:41:51	126		
136	179	OSYTEK SŁAWOMIR	RADZYMIN	TRI LEVEL	POL	1966	M50	4	00:17:55 (90)	00:02:07	01:19:37 (99)	00:02:22	01:00:16 (197)	02:42:17	127		
137	159	PODGÓRSKI KRZYSZTOF	ŻABIENIEC / PIASECZNO		POL	1964	M55	4	00:17:38 (81)	00:02:57	01:26:04 (189)	00:02:35	00:53:04 (113)	02:42:18	128		
138	247	SŁODOWICZ PIOTR	GDAŃSK	GRUPA TRÓJMIASTO	POL	1971	M45	15	00:23:26 (236)	00:02:28	01:16:58 (68)	00:02:29	00:57:02 (160)	02:42:23	129		
139	29	SOBOLEWSKI MARIUSZ	WŁOCŁAWEK	WŁOCŁAWEK TRIATHLON TEAM	POL	1980	M35	25	00:16:59 (63)	00:04:00	01:21:44 (132)	00:02:51	00:56:59 (158)	02:42:33	130		
140	66	KLIMOWSKA ANETTA	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM	POL	1979	K40	2	00:17:34 (80)	00:02:56	01:26:01 (188)	00:02:53	00:53:34 (119)	02:42:58		10	
141	277	ZUJKO KINGA	BIAŁYSTOK	NADAKTYWNI	POL	1996	K18	2	00:23:10 (232)	00:03:41	01:27:37 (204)	00:03:08	00:45:29 (30)	02:43:05		11	
142	192	BUGIERA JACEK	GDYNIA	PWC FCU RUN TEAM	POL	1988	M30	24	00:18:23 (108)	00:04:43	01:29:23 (223)	00:03:20	00:47:57 (48)	02:43:46	131		
143	19	WOSZCZEK MICHAŁ	ŁÓDŹ	LABOSPORT TEAM MERIDIAN EKSPERCI KREDYTOWI	POL	1977	M40	34	00:18:47 (127)	00:02:54	01:22:58 (151)	00:03:06	00:56:05 (150)	02:43:50	132		
144	76	MILCZAREK JAKUB	WARSZAWA	SOFTTUTOR TEAM	POL	1979	M40	35	00:20:37 (190)	00:02:49	01:23:40 (159)	00:03:06	00:53:50 (123)	02:44:02	133		
145	142	BANASZKIEWICZ MARCIN	NASIELSK	LIDER WINNICA	POL	1981	M35	26	00:22:19 (216)	00:03:12	01:25:46 (177)	00:02:32	00:50:30 (78)	02:44:19	134		
146	79	GWARDJAK SZYMON	LIDZBARK WARMIŃSKI	LKS ZORZA GDYNIA LKS ZORZA GDYNIA	POL	1993	M25	19	00:19:02 (134)	00:03:31	01:25:25 (171)	00:03:21	00:53:05 (114)	02:44:24	135		
147	54	WŁODARCZYK PIOTR	ŁÓDŹ	LTP	POL	1976	M40	36	00:20:06 (176)	00:03:07	01:20:09 (107)	00:03:16	00:57:49 (168)	02:44:27	136		
148	44	GŁOWACKI SEBASTIAN	OLSZTYN	CISOWIANKA TEAM	POL	1981	M35	27	00:18:21 (106)	00:02:30	01:22:22 (142)	00:02:32	00:59:18 (188)	02:45:03	137		
149	163	KĄCKI KAROL	WARSZAWA		POL	1979	M40	37	00:19:44 (162)	00:02:55	01:22:29 (145)	00:02:56	00:57:08 (162)	02:45:11	138		
150	128	SZYMAŃSKI MARCIN	CIECHANÓW	SCKS JURAND CIECHANÓW	POL	1979	M40	38	00:19:21 (149)	00:03:28	01:25:52 (179)	00:03:06	00:53:27 (117)	02:45:14	139		
151	117	KURCZEWSKI PRZEMYSŁAW	ELBLĄG		POL	1976	M40	39	00:20:31 (187)	00:02:57	01:25:54 (181)	00:02:57	00:53:16 (116)	02:45:35	140		
152	239	MIĘTEK ZBIGNIEW	LEGIONOWO		POL	1976	M40	40	00:21:38 (205)	00:02:36	01:22:30 (146)	00:03:12	00:55:44 (147)	02:45:40	141		
153	182	KOWALIK MARCIN	GDAŃSK	SMARUJ NA TRENING TEAM	POL	1984	M35	28	00:15:52 (31)	00:02:46	01:25:55 (183)	00:03:00	00:58:13 (174)	02:45:46	142		
154	180	ŻOCHOWSKI MARCIN	WARSZAWA		POL	1990	M25	20	00:20:15 (181)	00:03:05	01:33:30 (242)	00:02:18	00:46:55 (39)	02:46:03	143		
155	210	BRZOZOWSKI GRZEGORZ PIOTR	ELBLĄG	IMAGPROCUREMENT.COM SMARUJ NA TRENING TEA	POL	1982	M35	29	00:21:25 (201)	00:02:16	01:23:21 (156)	00:02:54	00:56:11 (151)	02:46:07	144		
156	200	DZIEDZIC MAŁGORZATA	GDAŃSK	SMARUJ NA TRENING TEAM LUFTHANSA SYSTEMS PC	POL	1990	K25	2	00:17:31 (78)	00:02:24	01:23:28 (158)	00:02:46	01:00:05 (196)	02:46:14		12	
157	32	WODYŃSKI JAN	GDAŃSK	SMARUJ NA TRENING TEAM SMARUJ NA TRENING TE	POL	1987	M30	25	00:18:25 (111)	00:03:00	01:19:10 (91)	00:02:47	01:03:05 (220)	02:46:27	145		
158	113	ZYCH DAWID	ELBLĄG	SPARTANIE DZIECIOM	POL	1974	M45	16	00:22:42 (222)	00:05:00	01:17:25 (70)	00:04:15	00:57:06 (161)	02:46:28	146		
159	262	STASZKOWICZ DOMINIKA	WARSZAWA	TRINERGY TEAM DOMINIKA STASZKOWICZ	POL	1982	K35	5	00:20:05 (175)	00:03:30	01:20:30 (109)	00:04:42	00:57:56 (169)	02:46:43		13	
160	31	ZNAJDEK BARBARA	INOWROCŁAW	SPORT4LIFE	POL	1980	K35	6	00:20:54 (194)	00:03:30	01:28:25 (215)	00:02:21	00:51:51 (98)	02:47:01		14	
161	105	ZIĘBA DOMINIK	GDYNIA	JEPPESEN	POL	1995	M18	7	00:19:21 (149)	00:03:14	01:21:37 (129)	00:03:09	01:00:00 (193)	02:47:21	147		
162	91	WAJS ANNA	GDYNIA		POL	1995	K18	3	00:23:56 (241)	00:02:38	01:21:24 (125)	00:02:42	00:56:49 (156)	02:47:29		15	
163	110	GAPSKI MARCIN	WARSZAWA		POL	1984	M35	30	00:19:43 (161)	00:02:57	01:28:04 (213)	00:02:31	00:54:17 (129)	02:47:32	148		
164	253	CHOŁODOWSKI PIOTR	BIAŁYSTOK	3T ABCPOLISA	POL	1970	M45	17	00:19:21 (149)	00:03:14	01:26:27 (192)	00:03:12	00:55:21 (144)	02:47:35	149		
165	271	PAŃCZEK WOJCIECH	GDAŃSK	NATEK	POL	1979	M40	41	00:18:44 (126)	00:02:35	01:21:35 (128)	00:02:48	01:02:09 (211)	02:47:51	150		
166	139	MŁYNARCZYK SŁAWOMIR	KIELCE	TS AKWEDUKT KIELCE	POL	1976	M40	42	00:21:53 (209)	00:03:37	01:25:36 (176)	00:03:08	00:53:39 (120)	02:47:53	151		
167	185	UJCZAK KRZYSZTOF	WARSZAWA		POL	1987	M30	26	00:19:29 (155)	00:03:15	01:26:40 (194)	00:03:14	00:55:16 (142)	02:47:54	152		
168	177	KRÓLICKI MACIEJ	GDAŃSK	TRI NEGU	POL	1988	M30	27	00:23:00 (227)	00:03:00	01:15:55 (59)	00:03:48	01:02:22 (214)	02:48:05	153		
169	195	ŁOBAZEWski GRZEGORZ	LEGIONOWO	TRI LEVEL	POL	1987	M30	28	00:15:53 (33)	00:02:38	01:25:31 (175)	00:02:47	01:01:19 (204)	02:48:08	154		
170	254	BACHEWICZ KRZYSZTOF	ELBLĄG		POL	1984	M35	31	00:16:24 (47)	00:03:24	01:25:15 (169)	00:03:18	01:00:01 (195)	02:48:22	155		
171	61	ANTONIUK MARCIN	WARSZAWA	23 TEAM	POL	1975	M40	43	00:18:12 (104)	00:02:45	01:22:08 (139)	00:02:41	01:02:38 (215)	02:48:24	156		
172	243	BOGUCKI KRZYSZTOF	WARSZAWA	ATOS BULL RACING TEAM	POL	1976	M40	44	00:18:21 (106)	00:03:02	01:23:51 (161)	00:03:33	00:59:56 (192)	02:48:43	157		

# Garmin Iron Triathlon Elbląg 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 28 lipca 2019 r.

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

Miejsowość: Elbląg



SPONSOR  
TYTULARNY



SPONSORZY  
STRATEGICZNI



PARTNER  
STRATEGICZNY



GOSPODARZ



ORGANIZATORZY



M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
173	46	CNOTA JANUSZ	GDYNIA	UKS TRI TEAM RUMIA	POL	1955	M60	3	00:20:10 (178)	00:03:44	01:22:23 (143)	00:03:27	00:59:00 (183)	02:48:44	158		
174	108	PAWLAK PIOTR	GDAŃSK		POL	1990	M25	21	00:20:24 (186)	00:02:49	01:21:13 (119)	00:02:45	01:01:37 (206)	02:48:48	159		
175	189	MICHAŁOWSKI RADOŚLAW	ELBLĄG	WANIEWSKI COACHING	POL	1973	M45	18	00:21:49 (207)	00:03:39	01:22:53 (149)	00:03:32	00:57:29 (165)	02:49:22	160		
176	212	KACZOR HUBERT	MIĘDZYBORÓW		POL	1974	M45	19	00:20:22 (184)	00:03:17	01:21:30 (127)	00:03:18	01:00:55 (203)	02:49:22	161		
177	16	ZINKIEWICZ PIOTR	GDYNIA	LUFT TRI TEAM	POL	1970	M45	20	00:22:47 (224)	00:04:20	01:23:42 (160)	00:03:21	00:55:16 (141)	02:49:26	162		
178	100	BARTNIK ŁUKASZ	GDYNIA		POL	1978	M40	45	00:18:53 (130)	00:03:16	01:20:43 (111)	00:02:52	01:03:49 (227)	02:49:33	163		
179	15	KAMINSKA-OLCZAK MARTA	GDANSK	LABOSPORT TEAM	POL	1981	K35	7	00:21:36 (204)	00:03:13	01:30:56 (233)	00:03:01	00:50:57 (85)	02:49:43		16	
180	303	STACHOWSKI JAROSŁAW	WĄBRZEŻNO	MIASTOAKTYWNI.PL	POL	1973	M45	21	00:23:50 (240)	00:03:52	01:21:17 (121)	00:02:47	00:57:58 (170)	02:49:44	164		
181	158	MATEJA BOŻENA	GDAŃSK	SMARUJ NA TRENING TEAM	POL	1959	K60	1	00:23:05 (229)	00:02:59	01:26:21 (191)	00:03:04	00:54:20 (130)	02:49:49		17	
182	78	LISIUS TOMASZ	GDAŃSK		POL	1964	M55	5	00:19:51 (168)	00:03:07	01:25:06 (168)	00:03:24	00:58:26 (177)	02:49:54	165		
183	250	DZIUBA MARIKA	WARSZAWA		POL	1996	K18	4	00:18:37 (120)	00:03:33	01:27:06 (198)	00:03:19	00:57:28 (164)	02:50:03		18	
184	227	KOPAŃSKA KATARZYNA	PRUSZYN	TRIATHLON SIEDLCE CLUB	POL	1968	K50	1	00:20:06 (176)	00:03:49	01:26:52 (197)	00:03:23	00:56:00 (149)	02:50:10		19	
185	104	PILSKI WOJCIECH	GDAŃSK	MAMIL	POL	1973	M45	22	00:19:18 (146)	00:03:12	01:22:04 (136)	00:02:50	01:02:59 (219)	02:50:23	166		
186	279	OWERCZUK ŁUKASZ	GDAŃSK	NOVEO INTERACTIVE	POL	1982	M35	32	00:21:57 (212)	00:02:42	01:23:11 (154)	00:03:28	00:59:14 (187)	02:50:32	167		
187	230	ZIEMIŃSKA MAGDALENA	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM	POL	1978	K40	3	00:19:06 (140)	00:03:26	01:27:29 (202)	00:03:49	00:57:01 (159)	02:50:51		20	
188	38	ŁEMPICKI JAKUB	LOMZA		POL	1992	M25	22	00:22:56 (226)	00:03:42	01:25:53 (180)	00:02:31	00:55:50 (148)	02:50:52	168		
189	169	GRYMIN JAN	PABIANICE		POL	1982	M35	33	00:20:23 (185)	00:04:18	01:27:59 (211)	00:03:15	00:55:01 (139)	02:50:56	169		
190	173	KALETA MICHAŁ	WARSZAWA	AWE MECZOWA	POL	1986	M30	29	00:18:23 (108)	00:03:56	01:25:48 (178)	00:03:02	01:00:17 (198)	02:51:26	170		
191	168	PAWLAK DEZYDERIA	GDYNIA	CTS - CZAJATRAININGSYSTEM	POL	1980	K35	8	00:18:43 (123)	00:03:31	01:27:41 (206)	00:03:08	00:58:37 (181)	02:51:40		21	
192	97	BRYZEK ARNOLD	WARSZAWA		POL	1970	M45	23	00:16:52 (59)	00:02:44	01:23:04 (153)	00:03:24	01:06:01 (237)	02:52:05	171		
193	194	GAWRYS BARTŁOMIEJ	SIEMIANOWICE ŚLĄSKIE	SCS OSOZ RACING TEAM	POL	1981	M35	34	00:20:20 (182)	00:02:48	01:23:03 (152)	00:03:09	01:03:05 (221)	02:52:25	172		
194	43	KOWALSKA ANETA	WARSZAWA		POL	1989	K30	3	00:18:26 (113)	00:02:38	01:28:46 (218)	00:02:56	01:00:34 (201)	02:53:20		22	
195	57	KAWKA PAULINA	WARSZAWA	23 TEAM	POL	1991	K25	3	00:16:16 (45)	00:02:28	01:33:37 (243)	00:02:33	00:58:27 (178)	02:53:21		23	
196	260	TRZCIŃSKI JAKUB	WARSZAWA		POL	1996	M18	8	00:19:34 (157)	00:03:55	01:22:05 (137)	00:03:30	01:04:36 (230)	02:53:40	173		
197	209	KOPEĆ KONRAD	GDYNIA		POL	1977	M40	46	00:19:04 (138)	00:04:03	01:24:23 (165)	00:02:37	01:03:34 (224)	02:53:41	174		
198	220	WĄTROBA DARIUSZ	KIELCE	TS AKWEDUKT KIELCE	POL	1971	M45	24	00:20:37 (190)	00:03:44	01:26:37 (193)	00:03:24	00:59:20 (189)	02:53:42	175		
199	82	KMITA KRZYSZTOF	SIEMIANICE		POL	1980	M35	35	00:18:58 (132)	00:03:51	01:28:17 (214)	00:03:56	00:59:10 (184)	02:54:12	176		
200	25	SAWICKI SEBASTIAN	WARSZAWA	KUŹNIA TRIATHLONU	POL	1985	M30	30	00:15:50 (30)	00:02:44	01:29:51 (226)	00:02:38	01:03:10 (222)	02:54:13	177		
201	115	KOLANKOWSKI WALDEMAR	TORUŃ		POL	1968	M50	5	00:17:40 (84)	00:03:19	01:22:13 (141)	00:03:49	01:07:18 (244)	02:54:19	178		
202	290	GAŁĄZKA KRZYSZTOF	MALBORK		POL	1974	M45	25	00:21:25 (201)	00:03:10	01:27:27 (201)	00:04:19	00:58:01 (171)	02:54:22	179		
203	106	BEDNAREK ZBIGNIEW	KWIDZYN		POL	1982	M35	36	00:19:31 (156)	00:04:35	01:28:41 (217)	00:03:46	00:58:02 (172)	02:54:35	180		
204	60	STAWOWCZYK WALDEMAR	OSINA	STAWOWCZYK TEAM	POL	1978	M40	47	00:24:43 (246)	00:03:10	01:26:40 (194)	00:03:38	00:56:44 (155)	02:54:55	181		
205	170	LIANA JOLANTA	BANINO		POL	1977	K40	4	00:19:24 (152)	00:04:43	01:28:26 (216)	00:02:58	01:00:00 (194)	02:55:31		24	
206	300	ORŁOWSKI TADEUSZ	LUTYNIA	EXBAKE EXBAKE	POL	1972	M45	26	00:18:19 (105)	00:04:24	01:30:46 (232)	00:03:45	00:58:37 (180)	02:55:51	182		
207	147	BARANOWSKA KORNELIA	GDAŃSK	SPRTEVO	POL	1973	K45	1	00:19:42 (160)	00:04:09	01:29:07 (220)	00:03:15	01:00:21 (199)	02:56:34		25	
208	381	SIENICKI RADOŚLAW	WARSZAWA	PWC TRI TEAM	POL	1982	M35	37	00:18:23 (108)	00:04:09	01:34:31 (247)	00:02:52	00:56:39 (153)	02:56:34	183		
209	63	MEIER MARKUS	KOŁO	TRI4.PL	POL	1964	M55	6	00:28:24 (266)	00:02:39	01:24:09 (163)	00:03:12	00:58:13 (175)	02:56:37	184		
210	84	STANIK MICHAŁ	JÓZEFÓW K/LEGIONOWA	NEON TEAM	POL	1978	M40	48	00:18:25 (112)	00:02:14	01:22:29 (144)	00:03:06	01:10:33 (250)	02:56:47	185		
211	109	BARTNICKI WOJCIECH	ELBLĄG	TEAMKARAS-ELBLĄG	POL	1968	M50	6	00:22:54 (225)	00:03:21	01:34:10 (245)	00:03:25	00:53:32 (118)	02:57:22	186		
212	127	GRZMIL BARTŁOMIEJ	JÓZEFÓW	ELTO	POL	1990	M25	23	00:20:03 (173)	00:03:15	01:25:26 (172)	00:02:52	01:06:34 (241)	02:58:10	187		
213	174	PĘDZIWIATR MICHAŁ	WARSZAWA		POL	1987	M30	31	00:20:00 (171)	00:04:25	01:25:30 (173)	00:03:05	01:05:18 (233)	02:58:18	188		
214	298	GAWRYCH SYLWIA	CHOROSZCZ	NADAKTYWNI BIAŁYSTOK	POL	1985	K30	4	00:22:14 (214)	00:02:56	01:28:00 (212)	00:02:59	01:02:13 (213)	02:58:22		26	
215	75	CECHOWSKA KATARZYNA	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM ETT	POL	1973	K45	2	00:23:10 (231)	00:03:37	01:29:23 (223)	00:02:49	00:59:37 (190)	02:58:36		27	

# Garmin Iron Triathlon Elbląg 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 28 lipca 2019 r.

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

Miejscowość: Elbląg



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
216	135	SZULC MACIEJ	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM	POL	1974	M45	27	00:20:14 (180)	00:04:23	01:31:57 (238)	00:03:12	00:59:13 (186)	02:58:59	189		
217	218	HARTLINSKI GRZEGORZ	JAROTY OLSZTYN		POL	1984	M35	38	00:19:19 (148)	00:03:06	01:27:14 (199)	00:02:59	01:06:53 (243)	02:59:31	190		
218	267	BOROWICZ ADRIAN	TORUŃ		POL	1996	M18	9	00:19:03 (135)	00:03:31	01:29:11 (221)	00:02:53	01:05:57 (236)	03:00:35	191		
219	291	KRÓL JAKUB	BIAŁYSTOK	CROSSFIT BIAŁYSTOK	POL	1986	M30	32	00:23:25 (234)	00:02:33	01:25:55 (184)	00:03:03	01:06:14 (239)	03:01:11	192		
220	223	NAJNIGIER-TUROS JOANNA	WARSZAWA	EDC RUNNERS	POL	1986	K30	5	00:19:04 (136)	00:03:56	01:36:06 (254)	00:03:55	00:58:11 (173)	03:01:12		28	
221	240	OLSZEWSKI DAMIAN	GDYNIA		POL	1991	M25	24	00:18:01 (95)	00:03:46	01:30:16 (229)	00:02:59	01:06:20 (240)	03:01:22	193		
222	222	OCHRYMOWICZ MATEUSZ	WARSZAWA	OLX TRIATHLON TEAM	POL	1991	M25	25	00:27:46 (264)	00:03:21	01:32:22 (239)	00:03:15	00:55:18 (143)	03:02:02	194		
223	289	SZCZĘSNY MARCIN	MARKI		POL	1971	M45	28	00:22:23 (217)	00:04:20	01:30:06 (228)	00:02:53	01:03:35 (225)	03:03:17	195		
224	228	GAŚIOREK MAREK	WÓLKA KOZODAWSKA	KONDYCJA	POL	1961	M55	7	00:23:26 (235)	00:02:52	01:31:15 (236)	00:04:13	01:02:06 (210)	03:03:52	196		
225	119	ŁASZKIEWICZ TADEUSZ	KOŁO	MLUKS TRIATHLON KOŁO	POL	1956	M60	4	00:26:25 (258)	00:02:57	01:33:30 (241)	00:03:50	00:57:39 (167)	03:04:21	197		
226	272	ŚWIDERSKI MICHAŁ	LEGIONOWO	TRI LEVEL	POL	1980	M35	39	00:19:04 (136)	00:03:07	01:26:47 (196)	00:04:18	01:11:42 (260)	03:04:58	198		
227	50	CHALAMONSKI TOMASZ	OSTROŁĘKA	NO HUMAN DOCTORS TEAM	POL	1975	M40	49	00:29:57 (267)	00:03:12	01:26:00 (187)	00:03:18	01:02:43 (216)	03:05:10	199		
228	67	KŁOS JANINA	GDAŃSK		POL	1980	K35	9	00:23:01 (228)	00:03:35	01:35:36 (253)	00:03:23	00:59:37 (191)	03:05:12		29	
229	198	TOMASZEWSKI LESZEK	ELBLĄG	ELBLĄSKA GRUPA ROWEROWA STOP	POL	1959	M60	5	00:25:08 (250)	00:05:59	01:27:50 (208)	00:04:20	01:02:12 (212)	03:05:29	200		
230	207	MIĄSIK BARTOSZ	PRUSZCZ GDAŃSKI		POL	1980	M35	40	00:20:34 (188)	00:04:03	01:24:34 (166)	00:03:15	01:13:56 (265)	03:06:22	201		
231	318	MIĄSIK-POGODZIŃSKA AGNIESZKA	KRAKÓW	WM TRISELF	POL	1976	K40	5	00:22:31 (220)	00:02:52	01:25:57 (185)	00:04:12	01:10:54 (253)	03:06:26		30	
232	221	DREWZYŃSKI WOJCIECH	CHOJNICE		POL	1979	M40	50	00:23:30 (237)	00:03:27	01:25:30 (174)	00:02:55	01:11:42 (259)	03:07:04	202		
233	92	WINTOCH MARCIN	TORUŃ		POL	1975	M40	51	00:21:02 (197)	00:04:22	01:27:23 (200)	00:04:25	01:10:05 (247)	03:07:17	203		
234	263	LITKOWSKI JAKUB	CHOJNICE	PAN PAN	POL	1986	M30	33	00:22:27 (218)	00:04:04	01:25:16 (170)	00:04:20	01:11:24 (257)	03:07:31	204		
235	224	OWCZAREK JACEK	PIĄTKOWISKO		POL	1972	M45	29	00:25:32 (254)	00:04:16	01:31:19 (237)	00:03:41	01:02:47 (218)	03:07:35	205		
236	226	OSĘDOWSKA ALEKSANDRA	PŁOCK	AZS UJK KIELCE	POL	1996	K18	5	00:19:53 (169)	00:03:15	01:39:34 (264)	00:03:22	01:01:37 (207)	03:07:41		31	
237	47	KŁOSIEWICZ WOJCIECH	ELBLĄG		POL	1975	M40	52	00:25:07 (249)	00:03:27	01:36:33 (255)	00:03:29	00:59:11 (185)	03:07:47	206		
238	143	MICHALSKI PRZEMYSŁAW	GDAŃSK	2 MORSKI PUŁK STRZELCÓW	POL	1974	M45	30	00:20:55 (195)	00:04:05	01:27:48 (207)	00:04:47	01:10:30 (249)	03:08:05	207		
239	56	GRACZYKOWSKI ANDRZEJ	BYDGOSZCZ	NADTO SIĘ JADŁO.	POL	1972	M45	31	00:19:10 (143)	00:03:09	01:25:54 (182)	00:04:35	01:15:30 (271)	03:08:18	208		
240	116	ŁAWECKI DARIUSZ	ROTMANKA		POL	1964	M55	8	00:19:25 (153)	00:03:25	01:30:03 (227)	00:03:32	01:12:18 (262)	03:08:43	209		
241	246	NOWAKOWSKI KONRAD	ELBLĄG		POL	1979	M40	53	00:21:54 (211)	00:03:42	01:34:30 (246)	00:03:07	01:05:38 (235)	03:08:51	210		
242	171	DUBOWICZ MACIEJ	ŻYCHLIN	TRITON KONIN	POL	1993	M25	26	00:22:42 (222)	00:04:01	01:38:44 (260)	00:02:29	01:01:38 (209)	03:09:34	211		
243	124	TOMASZEWICZ PIOTR	ELBLĄG	ENDUROMAN ELBLĄG	POL	1968	M50	7	00:21:51 (208)	00:04:00	01:31:01 (235)	00:03:51	01:08:56 (246)	03:09:39	212		
244	306	OKON MICHAŁ	GDYNIA	PARKRUN GDYNIA	POL	1975	M40	54	00:24:02 (242)	00:05:20	01:30:24 (230)	00:04:55	01:05:36 (234)	03:10:17	213		
245	51	PŁOTKA GRZEGORZ	KOSZALIN		POL	1982	M35	41	00:35:18 (272)	00:03:57	01:41:49 (268)	00:04:30	00:45:13 (28)	03:10:47	214		
246	160	JABŁOŃSKI JAKUB	ELBLĄG	TEAMKARAS-ELBLĄG	POL	1982	M35	42	00:18:38 (121)	00:04:27	01:33:51 (244)	00:03:13	01:10:57 (254)	03:11:06	215		
247	156	TĘGI MACIEJ	GDYNIA		POL	1985	M30	34	00:21:21 (199)	00:04:13	01:40:46 (267)	00:03:13	01:02:46 (217)	03:12:19	216		
248	193	STRÓŻYK ARTUR	BARTODZIEJE		POL	1983	M35	43	00:33:24 (271)	00:03:22	01:27:33 (203)	00:03:20	01:04:48 (231)	03:12:27	217		
249	166	ARENDT TOMASZ	KIELPINO		POL	1988	M30	35	00:26:51 (260)	00:03:52	01:27:55 (209)	00:02:44	01:11:28 (258)	03:12:50	218		
250	241	DRELICH MICHAŁ	WARSZAWA	AKADEMIATRIATHLONU.PL	POL	1982	M35	44	00:26:18 (257)	00:02:48	01:39:52 (266)	00:03:46	01:00:40 (202)	03:13:24	219		
251	310	SIEDLECKI ARTUR	GDYNIA	GDYŃSKIE MORSY	POL	1974	M45	32	00:25:15 (253)	00:03:42	01:35:01 (248)	00:03:32	01:06:07 (238)	03:13:37	220		
252	197	PERZYŃSKI WOJCIECH	KONIN		POL	1965	M50	8	00:22:34 (221)	00:03:50	01:30:37 (231)	00:03:52	01:14:28 (268)	03:15:21	221		
253	190	MACIEJEWSKI MICHAŁ	WARSZAWA		POL	1985	M30	36	00:25:41 (255)	00:03:05	01:27:56 (210)	00:04:37	01:14:10 (267)	03:15:29	222		
254	126	OWSIANY ANDRZEJ	GDAŃSK	LOS SZWAGROS TEAM	POL	1964	M55	9	00:24:36 (245)	00:04:27	01:36:51 (257)	00:04:47	01:04:55 (232)	03:15:36	223		
255	148	FERKO-CZAJKOWSKA STANISŁAWA	KONSTANCIN-JEZIORNA		POL	1967	K50	2	00:27:29 (263)	00:02:25	01:32:31 (240)	00:03:37	01:10:15 (248)	03:16:17		32	
256	53	WIKLAK ADAM	NOWA IWICZNA	AGMA PROJEKT	POL	1975	M40	55	00:32:59 (270)	00:04:15	01:29:17 (222)	00:03:16	01:06:43 (242)	03:16:30	224		
257	86	HUPPERT ERAN	WARSAW	WITC	POL	1973	M45	33	00:20:53 (193)	00:04:50	01:38:15 (258)	00:04:38	01:07:58 (245)	03:16:34	225		
258	273	POWAŁKA PIOTR	OŻARÓW MAZOWIECKI		POL	1983	M35	45	00:25:10 (251)	00:03:55	01:38:51 (262)	00:04:50	01:04:13 (229)	03:16:59	226		

# Garmin Iron Triathlon Elbląg 2019 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 28 lipca 2019 r.

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

Miejscowość: Elbląg



SPONSOR  
TYTULARNY



SPONSORZY  
STRATEGICZNI



PARTNER  
STRATEGICZNY



GOSPODARZ



ORGANIZATORZY



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
259	27	GASIK-POWAŁKA MAŁGORZATA	OŻARÓW MAZOWIECKI	KUŹNIA TRIATHLONU	POL	1980	K35	10	00:25:13 (252)	00:03:59	01:38:46 (261)	00:04:49	01:04:13 (228)	03:17:00		33	
260	111	TROSZYŃSKI JAKUB	WARSZAWA	KANCELARIA RADCÓW PRAWNYCH OTAWSKI DZIURA	POL	1979	M40	56	00:22:15 (215)	00:04:42	01:42:17 (269)	00:04:13	01:03:46 (226)	03:17:13	227		
261	304	ŻBIKOWSKI JACEK	SIERPIN	MKS TRUSO ELBLĄG	POL	1964	M55	10	00:22:02 (213)	00:03:10	01:35:24 (252)	00:03:22	01:13:17 (263)	03:17:15	228		
262	58	LENZ MAREK	GDANSK		POL	1972	M45	34	00:23:45 (239)	00:03:36	01:35:07 (251)	00:04:32	01:14:06 (266)	03:21:06	229		
263	233	URBAŃCZYK MARCIN	NOWY DWÓR MAZOWIEC	TRINERGY TEAM/ PERSONALTRIATHLON	POL	1980	M35	46	00:23:15 (233)	00:04:19	01:35:06 (250)	00:05:10	01:13:30 (264)	03:21:20	230		
264	146	ALBRECHT PAWEŁ	ELBLĄG	PUŁK WSPARCIA DOWODZENIA ELBLĄG	POL	1987	M30	37	00:31:47 (269)	00:02:46	01:28:54 (219)	00:03:39	01:15:05 (270)	03:22:11	231		
265	308	OSIECKA BEATA	KONSTANCIN-JEZIORNA	KUŹNIA TRIATHLONU	POL	1966	K50	3	00:24:57 (248)	00:04:21	01:39:20 (263)	00:03:43	01:11:23 (255)	03:23:44		34	
266	266	WŁODARCZAK BARBARA	BYDGOSZCZ	TRISPACE	POL	1963	K55	1	00:28:12 (265)	00:02:56	01:39:51 (265)	00:03:42	01:12:01 (261)	03:26:43		35	
267	275	RUTA BARTŁOMIEJ	GOSTYŃ		POL	1985	M30	38	00:27:24 (261)	00:06:39	01:35:05 (249)	00:06:50	01:11:23 (256)	03:27:21	232		
268	201	KOLYAGIN ALEKSANDR	KALININGRAD		RUS	1982	M35	47	00:27:29 (262)	00:03:59	01:42:28 (270)	00:03:15	01:10:41 (251)	03:27:52	233		
269	178	CNOTA BARTŁOMIEJ	REDA	UKS TRI-TEAM RUMIA	POL	1979	M40	57	00:21:53 (209)	00:03:36	01:38:23 (259)	00:04:38	01:22:06 (275)	03:30:36	234		
270	90	ŚPIEWAK ALEKSANDER	WARSZAWA		POL	1982	M35	48	00:24:49 (247)	00:03:57	01:43:52 (271)	00:03:34	01:14:30 (269)	03:30:42	235		
271	121	BRZYSKI JANUSZ	ELBLĄG		POL	1947	M70+	1	00:25:43 (256)	00:04:59	01:36:34 (256)	00:04:27	01:19:39 (273)	03:31:22	236		
272	164	BRZOZA CEZARY	ELBLĄG		POL	1994	M25	27	00:36:36 (273)	00:04:33	01:46:18 (274)	00:03:12	01:03:24 (223)	03:34:03	237		
273	138	KWIŁOSZ BEATA	BRANIEWO		POL	1973	K45	3	00:29:58 (268)	00:03:09	01:46:55 (275)	00:04:07	01:10:45 (252)	03:34:54		36	
274	85	SZEŁSKI KRYSZTIAN	ELBLĄG	ENDUROMAN ELBLĄG	POL	1980	M35	49	00:24:04 (243)	00:06:30	01:43:55 (272)	00:04:55	01:18:20 (272)	03:37:44	238		
275	196	CHERSKAIA VALERIA	KALININGRAD		RUS	1988	K30	6	00:23:36 (238)	00:03:30	01:52:22 (276)	00:03:46	01:22:03 (274)	03:45:17		37	
276	256	WOJDOWSKA MAGDALENA	MARKI	KORDECKIEGOTEAM JUST-MAX	POL	1991	K25	4	00:23:09 (230)	00:03:55	01:45:39 (273)	00:04:24	01:29:03 (276)	03:46:10		38	