

PIERWSZY KROK DO IRONMANA - SŁAWA 2019
Dystans: 400m pływanie/20km rower/4.688km bieg



M-ce	Nr zaw.	Nazwisko Imię	Klub	Miejscowość	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
1	410	WOSTAL ALEKSANDER	GVT	SZPROTAWA	1992	M(18-29)	1	00:07:16 (8)	00:01:50	00:31:55 (3)	00:01:10	00:13:59 (1)	00:56:10	1	
2	327	GREMBSKI MACIEJ	CSGT GŁOGÓW / KP PSP GŁOGÓW	GŁOGÓW	1992	M(18-29)	2	00:05:56 (1)	00:01:24	00:31:59 (6)	00:01:16	00:16:20 (4)	00:56:55	2	
3	364	MATUSEWICZ MICHAŁ	KS GVT	JEDLINA-ZDRÓJ	2002	M(16-17)	1	00:06:17 (2)	00:01:21	00:32:38 (9)	00:01:25	00:15:56 (2)	00:57:37	3	
4	311	CHMIELEWSKI MICHAŁ	METZINK TRI	SZCZYTNIAK	1982	M(30-39)	1	00:07:15 (7)	00:01:43	00:31:56 (4)	00:01:23	00:17:38 (16)	00:59:55	4	
5	330	JANISZ BORCZYK	TEAM KARAŚ	WROCLAW	1987	M(30-39)	2	00:07:05 (5)	00:01:50	00:32:05 (7)	00:01:48	00:17:23 (11)	01:00:11	5	
6	303	OLCZAK JAKUB		KOŚCIELEC	2003	M(16-17)	2	00:06:40 (3)	00:01:40	00:33:44 (16)	00:01:25	00:17:52 (20)	01:01:21	6	
7	336	KADEJ ROBERT	TRI GRANDA WOŁÓW	WOŁÓW	1990	M(18-29)	3	00:08:06 (19)	00:02:18	00:31:44 (1)	00:01:24	00:17:58 (21)	01:01:30	7	
8	411	WYSOCCAŃSKI PAWEŁ	PCC SQUAD / TRI GRANDA WOŁÓW	WOŁÓW	1990	M(18-29)	4	00:07:43 (11)	00:02:12	00:32:18 (8)	00:01:18	00:18:29 (24)	01:02:00	8	
9	393	SZOMBIERSKI ROBERT	TRI AKTYWNI LUBSKO	LUBSKO	1984	M(30-39)	3	00:08:23 (20)	00:01:56	00:34:01 (23)	00:01:22	00:16:42 (6)	01:02:24	9	
10	372	NOWACZYK PRZEMYSŁAW		LUBOŃ	1980	M(30-39)	4	00:07:47 (12)	00:02:19	00:31:57 (5)	00:01:23	00:19:00 (32)	01:02:26	10	
11	302	ANDRIAN SŁAWOMIR		WARSZAWA	1991	M(18-29)	5	00:07:22 (9)	00:02:16	00:33:02 (11)	00:01:51	00:18:10 (22)	01:02:41	11	
12	344	GORWA ROBERT	KUSH	SZCZYTNIAKI	1978	M(40-49)	1	00:10:07 (60)	00:02:13	00:31:51 (2)	00:01:52	00:16:40 (5)	01:02:43	12	
13	315	DOMARADZKI WOJCIECH	ZGRUPKA TEAM	POZNAN	1983	M(30-39)	5	00:08:02 (17)	00:02:03	00:33:57 (21)	00:01:37	00:17:23 (11)	01:03:02	13	
14	351	LEOPOLD MARCIN		KOMORNIKI	1976	M(40-49)	2	00:09:07 (31)	00:02:14	00:32:49 (10)	00:02:09	00:16:45 (8)	01:03:04	14	
15	383	PIŁAT MICHAŁ		BOLESŁAWIEC	1978	M(40-49)	3	00:08:38 (21)	00:02:08	00:33:25 (13)	00:01:20	00:17:42 (17)	01:03:13	15	
16	334	KACZMAREK ERWIN	GREMBSKI TRIATHLON TEAM	GŁOGÓW MODŁA	1990	M(18-29)	6	00:06:47 (4)	00:01:52	00:35:47 (32)	00:01:28	00:17:49 (19)	01:03:43	16	
17	358	MALINOWSKI PIOTR	PTT DELTA	PŁOCK	1968	M(50-59)	1	00:09:26 (36)	00:02:40	00:33:53 (20)	00:01:48	00:16:08 (3)	01:03:55	17	
18	405	TYCNER OLIIWER	SBR CUKIERNIA A.M TYCNER	KOŚCIAN	2002	M(16-17)	3	00:07:48 (13)	00:01:53	00:33:52 (19)	00:01:35	00:19:48 (45)	01:04:56	18	
19	321	GIERES WALDEMAR	PTT DELTA	PŁOCK	1968	M(50-59)	2	00:09:33 (40)	00:01:38	00:34:09 (25)	00:01:29	00:18:32 (25)	01:05:21	19	
20	313	CIEKAŃSKI MICHAŁ	35 PLUS	LESZNO	1974	M(40-49)	4	00:08:39 (22)	00:02:38	00:33:23 (12)	00:02:01	00:18:53 (28)	01:05:34	20	
21	301	ADAMCZYK WOJCIECH	ZSRB	LESZNO	2002	M(16-17)	4	00:08:50 (25)	00:02:07	00:36:06 (36)	00:01:54	00:16:44 (7)	01:05:41	21	
22	380	PIERZCHLEWICZ KRZYSZTOF	GWIAZDOWSKI TRIATHLON TEAM	POZNAN	1981	M(30-39)	6	00:09:40 (45)	00:02:46	00:33:51 (18)	00:02:02	00:17:35 (14)	01:05:54	22	
23	421	BOROWIAK MACIEJ	ZDUNTRI.PL	KALISZ	1981	M(30-39)	7	00:09:14 (33)	00:02:23	00:33:47 (17)	00:01:39	00:19:10 (37)	01:06:13	23	
24	338	KARDASZ SŁAWEK	LITWINTRIATHLONTEAM	LUBIN	1999	M(18-29)	7	00:08:05 (18)	00:02:35	00:36:14 (38)	00:01:42	00:17:48 (18)	01:06:24	24	
25	357	MALANOWSKI JAROSŁAW	PTT DELTA	PŁOCK	1959	M(60+)	1	00:09:34 (43)	00:01:49	00:34:32 (28)	00:01:42	00:19:02 (34)	01:06:39	25	
26	373	OLEJNICZAK URSZULA	CSGT GŁOGÓW	GŁOGÓW	1998	K(18-29)	1	00:07:22 (9)	00:01:30	00:37:02 (50)	00:01:11	00:19:39 (42)	01:06:44		1
27	350	LEKS IRENEUSZ		ZIELONA GÓRA	1963	M(50-59)	3	00:08:57 (27)	00:02:30	00:36:16 (39)	00:01:54	00:17:19 (9)	01:06:56	26	
28	365	MATUSEWICZ MIKOŁAJ		JEDLINA-ZDRÓJ	2002	M(16-17)	5	00:07:14 (6)	00:02:25	00:37:35 (55)	00:01:23	00:18:22 (23)	01:06:59	27	
29	413	ZGRZEBNIAK ROBERT	JELCZ TRIATHLON PROJECT	CHRZĄSTAWA WIELKA	1978	M(40-49)	5	00:10:04 (56)	00:02:37	00:34:08 (24)	00:01:43	00:18:58 (31)	01:07:30	28	
30	322	GLAPIŃSKI JACEK	ABY DO METY	PRZEMKÓW	1976	M(40-49)	6	00:09:39 (44)	00:02:31	00:33:34 (14)	00:02:09	00:19:41 (43)	01:07:34	29	
31	329	JACKOWIAK MICHAŁ	I-SPORT	DOPIEWIEC	1985	M(30-39)	8	00:09:19 (34)	00:02:28	00:33:37 (15)	00:02:17	00:20:17 (48)	01:07:58	30	
32	407	WĘGIELEWSKI SZYMON		BYDGOSZCZ	1986	M(30-39)	9	00:08:39 (22)	00:02:47	00:36:23 (41)	00:01:35	00:18:41 (27)	01:08:05	31	
33	425	FIBNER KRZYSZTOF	MET ZINU TRIATHLON		1991	M(18-29)	8	00:10:29 (69)	00:02:38	00:34:20 (27)	00:01:44	00:19:04 (35)	01:08:15	32	
34	426	LUSIŃSKI CEZARY	WTT	WARSZAWA	1963	M(50-59)	4	00:10:01 (54)	00:02:21	00:36:00 (34)	00:01:39	00:18:33 (26)	01:08:34	33	
35	374	PARAHUS JAREK	NOWA SÓL	MODRZYCA	1984	M(30-39)	10	00:10:01 (54)	00:02:32	00:34:56 (29)	00:02:11	00:18:56 (30)	01:08:36	34	
36	412	ZAKRZEWSKI KAROL	UAM POZNAŃ	POZNAŃ	1983	M(30-39)	11	00:09:58 (53)	00:02:37	00:36:05 (35)	00:01:45	00:19:01 (33)	01:09:26	35	
37	325	GÓRNY PIOTR		LUBOŃ	1982	M(30-39)	12	00:09:29 (38)	00:01:59	00:36:12 (37)	00:02:39	00:19:41 (43)	01:10:00	36	
38	398	ŚWIATOWY KRYSZTIAN	ŚLIMAKI BARCIN	BARCIN	1981	M(30-39)	13	00:10:06 (59)	00:02:04	00:36:38 (45)	00:01:21	00:19:59 (46)	01:10:08	37	
39	390	SZCZUROWSKA JOANNA	MTS DRUŻYNA SZPIKU KGHM	GŁOGÓW	1978	K(40-49)	1	00:10:04 (57)	00:02:10	00:37:20 (54)	00:01:48	00:19:12 (38)	01:10:34		2
40	378	PIĄTAS PAWEŁ		NOWY TOMYŚL	1986	M(30-39)	14	00:10:05 (58)	00:03:10	00:35:19 (30)	00:02:09	00:20:18 (49)	01:11:01	38	
41	352	ŁAPIŃSKA KINGA	SŁAWA	SŁAWA	1994	K(18-29)	2	00:07:58 (16)	00:02:05	00:39:07 (68)	00:01:25	00:20:26 (51)	01:11:01		3
42	332	JURKOWSKI ARTUR	TRI ARTUR	RUSZOWICE	1967	M(50-59)	5	00:10:27 (66)	00:03:09	00:34:00 (22)	00:02:46	00:20:41 (55)	01:11:03	39	
43	342	KOZAK MARCIN		KARCZOWISKA	1981	M(30-39)	15	00:09:00 (29)	00:02:48	00:36:26 (43)	00:01:57	00:21:13 (67)	01:11:24	40	
44	356	MAJER MICHAŁ		JÓZEFÓW	1987	M(30-39)	16	00:09:49 (48)	00:02:40	00:36:18 (40)	00:01:47	00:20:58 (62)	01:11:32	41	
45	367	MICHNOWSKI MACIEJ	35 PLUS	GOSTYŃ	1976	M(40-49)	7	00:09:40 (45)	00:03:42	00:36:29 (44)	00:02:20	00:19:36 (40)	01:11:47	42	
46	377	PERŁAKOWSKI TADEUSZ	MTS DRUŻYNA SZPIKU KGHM	GAWORZYCE	1956	M(60+)	2	00:11:17 (85)	00:02:43	00:38:13 (60)	00:02:03	00:17:37 (15)	01:11:53	43	
47	417	HALICKI ROBERT	TMTEAM	PUSTKÓW ŻURAWSKI	1978	M(40-49)	8	00:09:50 (49)	00:03:01	00:34:15 (26)	00:02:17	00:22:56 (86)	01:12:19	44	
48	323	GNIEWOSZ MARCIN		BYTKÓW	1995	M(18-29)	9	00:07:54 (15)	00:02:45	00:39:21 (69)	00:01:31	00:20:52 (60)	01:12:23	45	
49	328	GRZEGOROWSKI DARIUSZ	TEAM BAJKOLANDIA	LESZNO	1976	M(40-49)	9	00:10:48 (75)	00:02:27	00:36:00 (33)	00:01:29	00:21:41 (71)	01:12:25	46	
50	406	WALIGÓRA MACIEJ		WROCLAW	1987	M(30-39)	17	00:08:49 (24)	00:02:15	00:37:03 (51)	00:02:05	00:22:16 (76)	01:12:28	47	
51	384	KAMIŃSKI MIROSLAW		WILKOWICE	1970	M(40-49)	10	00:09:57 (52)	00:03:01	00:36:24 (42)	00:02:15	00:21:03 (63)	01:12:40	48	
52	337	KALITA KATARZYNA	GLKS ŻELAZNA ŚWIDNICA	ŚWIDNICA	1989	K(30-39)	1	00:10:23 (65)	00:02:09	00:37:45 (56)	00:01:36	00:21:06 (65)	01:12:59		4
53	354	ŁYSZCZAK ROMAN		ZIELONA GÓRA	1966	M(50-59)	6	00:09:33 (40)	00:02:34	00:36:48 (48)	00:01:41	00:22:29 (78)	01:13:05	49	
54	424	BUDZISZEWSKA SANDRA	ENDORFINA WSCHOWA	WSCHOWA	1989	K(30-39)	2	00:15:22 (114)	00:02:12	00:35:20 (31)	00:01:24	00:18:55 (29)	01:13:13		5
55	419	BZDYK PAWEŁ		WROCLAW	1972	M(40-49)	11	00:08:57 (27)	00:02:46	00:38:31 (64)	00:02:40	00:20:48 (58)	01:13:42	50	
56	316	DUTCZAK WOJCIECH	DUTCZAK	ZIELONA GÓRA	1983	M(30-39)	18	00:10:11 (62)	00:03:12	00:38:03 (59)	00:01:39	00:20:54 (61)	01:13:59	51	
57	361	MARCHELEWSKI MATEUSZ		RADZYŃ	1987	M(30-39)	19	00:09:40 (45)	00:02:42	00:38:27 (62)	00:02:33	00:20:51 (59)	01:14:13	52	
58	387	SALAŃKA TOMASZ		MIĘDZYRZECZ	1975	M(40-49)	12	00:08:52 (26)	00:03:22	00:36:43 (46)	00:02:03	00:23:22 (89)	01:14:22	53	
59	381	PIETRZAK GRZEGORZ	TAX-NT GRZEGORZ PIETRZAK	NOWY TOMYŚL	1973	M(40-49)	13	00:10:13 (64)	00:02:22	00:38:31 (63)	00:02:02	00:21:26 (69)	01:14:34	54	
60	409	WOJCIECHOWSKI JAKUB	35 PLUS	LESZNO	1983	M(30-39)	20	00:09:05 (30)	00:02:34	00:40:29 (81)	00:01:45	00:21:06 (65)	01:14:59	55	

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M-ce	Nr zaw.	Nazwisko Imię	Klub	Miejscowość	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K
61	366	MICHNOWICZ EWELINA		KROSNO ODRZAŃSKIE	1992	K(18-29)	3	00:13:09 (102)	00:02:12	00:42:05 (94)	00:01:40	00:17:22 (10)	01:16:28		6
62	314	DOBROCHOWSKA ILONA	STRZEGOMSKA DWUNASTKA	STRZEGOM	1979	K(40-49)	2	00:10:45 (74)	00:02:27	00:40:26 (80)	00:01:55	00:21:03 (63)	01:16:36		7
63	382	PIGUŁA AGNIESZKA		POZNAŃ	1978	K(40-49)	3	00:11:37 (87)	00:02:38	00:39:51 (75)	00:02:28	00:20:10 (47)	01:16:44		8
64	408	WILKOSZ MICHAŁ	SWIMPOINT	WROCLAW	1998	M(18-29)	10	00:09:29 (38)	00:05:04	00:37:57 (58)	00:04:38	00:19:37 (41)	01:16:45		56
65	339	KARDASZ SŁAWOMIR	LITWINTRIATHLONTEAM	LUBIN	1971	M(40-49)	14	00:11:53 (90)	00:02:26	00:39:22 (70)	00:02:36	00:20:29 (52)	01:16:46		57
66	386	RAUNKE PATRYK		ZIELONA GÓRA	1981	M(30-39)	21	00:09:53 (51)	00:03:01	00:38:44 (66)	00:01:53	00:23:31 (91)	01:17:02		58
67	395	SZYMAŃSKI SEBASTIAN	START WROCLAW	KONSTANCIN-JEZIORNA	1974	M(40-49)	15	00:07:48 (13)	00:02:40	00:36:49 (49)	00:02:33	00:27:30 (109)	01:17:20		59
68	397	ŚMIGAJ NORBERT		GŁOGÓW	1975	M(40-49)	16	00:09:28 (37)	00:03:10	00:38:34 (65)	00:02:13	00:23:57 (92)	01:17:22		60
69	388	STRYNOWICZ DAWID	TRI GRANDA WOŁÓW	WOŁÓW	1990	M(18-29)	11	00:10:31 (71)	00:02:46	00:39:41 (74)	00:01:55	00:22:41 (83)	01:17:34		61
70	369	MINTA SŁAWEK	SYRENA ZBĄSZYNEK	ZBĄSZYNEK	1972	M(40-49)	17	00:11:00 (81)	00:03:20	00:40:36 (83)	00:02:11	00:20:34 (53)	01:17:41		62
71	396	ŚLIWIŃSKI JÓZEF		LESZNO	1988	M(30-39)	22	00:10:12 (63)	00:03:32	00:39:29 (71)	00:02:02	00:22:36 (80)	01:17:51		63
72	308	BOGUCKI SŁAWOMIR		ZIELONA GÓRA	1961	M(50-59)	7	00:16:04 (116)	00:02:58	00:37:55 (57)	00:02:09	00:19:06 (36)	01:18:12		64
73	309	BOJEK BŁAŻEJ	BOJEK	LESZNO	1993	M(18-29)	12	00:12:27 (93)	00:03:20	00:40:46 (86)	00:02:10	00:19:34 (39)	01:18:17		65
74	360	MANIA PRZEMYSŁAW	SKAZANY NA SUKCES	ZIELONA GÓRA	1981	M(30-39)	23	00:10:49 (76)	00:02:58	00:40:38 (84)	00:02:07	00:21:52 (74)	01:18:24		66
75	320	GAŚSIOROWSKI HUBERT	OGIEŃ	GŁOGÓW	1992	M(18-29)	13	00:09:50 (49)	00:03:02	00:42:40 (99)	00:02:11	00:20:41 (56)	01:18:24		67
76	400	TERMENA MARCIN	JELCZ TRIATHLON PROJECT	MŁOSZYCE	1979	M(40-49)	18	00:11:53 (90)	00:03:18	00:39:55 (76)	00:01:58	00:21:35 (70)	01:18:39		68
77	418	KUBISZYN-BZDYK AGATA		WROCLAW	1973	K(40-49)	4	00:11:01 (83)	00:03:01	00:40:11 (79)	00:02:11	00:22:19 (77)	01:18:43		9
78	340	KITA TOMASZ	OGT	OLEŚNICA	1974	M(40-49)	19	00:13:06 (101)	00:02:51	00:36:46 (47)	00:01:52	00:24:19 (95)	01:18:54		69
79	416	MUCHA DAWID	TRIGRANDE WOŁÓW	WOŁÓW	1990	M(18-29)	14	00:11:30 (86)	00:03:21	00:40:02 (78)	00:02:11	00:21:51 (73)	01:18:55		70
80	371	NIEKRASZEWICZ KONSTANTY		WROCLAW	1984	M(30-39)	24	00:12:09 (92)	00:03:55	00:44:08 (102)	00:01:44	00:17:33 (13)	01:19:29		71
81	324	GÓRA DAMIAN	PROCAM-BIOGEN TEAM	ŚRODA ŚLĄSKA	1985	M(30-39)	25	00:09:33 (40)	00:03:56	00:40:50 (87)	00:02:04	00:23:12 (88)	01:19:35		72
82	326	GÓDŹ NORBERT		DACHOWA	1971	M(40-49)	20	00:09:24 (35)	00:03:18	00:38:51 (67)	00:01:48	00:26:16 (104)	01:19:37		73
83	317	EKERT EWA	GT RAT	WROCLAW	1984	K(30-39)	3	00:10:42 (72)	00:03:44	00:41:26 (92)	00:01:56	00:22:08 (75)	01:19:56		10
84	401	TURÓW TOMASZ	PROCAM-BIOGEN TEAM	WROCLAW	1986	M(30-39)	26	00:10:44 (73)	00:03:45	00:40:29 (81)	00:02:18	00:22:50 (84)	01:20:06		74
85	414	ZUBOWICZ MARIA	TRI CHICAS	RZCZYWÓŁ	1981	K(30-39)	4	00:13:52 (107)	00:02:53	00:38:26 (61)	00:02:08	00:23:05 (87)	01:20:24		11
86	392	SZOMBERSKA MONIKA	TRI AKTYWNI LUBSKO	LUBSKO	1985	K(30-39)	5	00:13:35 (105)	00:02:41	00:41:14 (91)	00:01:48	00:21:43 (72)	01:21:01		12
87	403	TYCNER ADRIAN		KOŚCIAN	1979	M(40-49)	21	00:09:09 (32)	00:03:25	00:39:32 (72)	00:02:24	00:26:51 (107)	01:21:21		75
88	370	MYDŁOWSKI RYSZARD	GLKS ŻELAZNA ŚWIDNICA	ŚWIDNICA	1959	M(60+)	3	00:13:26 (104)	00:02:53	00:39:55 (76)	00:02:43	00:22:41 (82)	01:21:38		76
89	318	SURMA MARIUSZ	OGT	OLEŚNICA	1977	M(40-49)	22	00:13:04 (100)	00:04:29	00:41:32 (93)	00:02:35	00:20:18 (49)	01:21:58		77
90	376	PAWLAK KATARZYNA	GLKS ŻELAZNA ŚWIDNICA	ŚWIDNICA	1976	K(40-49)	5	00:11:38 (88)	00:03:09	00:42:31 (97)	00:02:01	00:22:39 (81)	01:21:58		13
91	402	TUZIMEK DARIUSZ	DRUŻYNA SZPIKU	ZIELONA GÓRA	1966	M(50-59)	8	00:12:48 (98)	00:03:55	00:42:34 (98)	00:02:16	00:20:38 (54)	01:22:11		78
92	343	KRZYŻANOWSKI MAREK	MAREK	WROCLAW	1963	M(50-59)	9	00:10:10 (61)	00:03:34	00:41:03 (89)	00:02:42	00:24:51 (101)	01:22:20		79
93	333	KACZANOWICZ MAREK	OLEŚNICKA GRUPA TRIATHLONOWA	OLEŚNICA	1969	M(50-59)	10	00:11:49 (89)	00:03:22	00:40:40 (85)	00:02:21	00:24:16 (94)	01:22:28		80
94	391	SZECHNICKI ROBERT	UNIA SZKLARY GÓRNE	LUBIN	1993	M(18-29)	15	00:10:29 (69)	00:03:39	00:46:47 (110)	00:02:33	00:20:42 (57)	01:24:10		81
95	363	MARKIEWICZ KAROLINA	ŻELAZNA ŚWIDNICA	ŚWIDNICA	1979	K(40-49)	6	00:12:51 (99)	00:03:23	00:42:17 (95)	00:02:15	00:24:03 (93)	01:24:49		14
96	331	JĘCZMIONKA ANDRZEJ	WOLSZTYŃSKI KLUB BIEGOWY	STARY WIDZIM	1952	M(60+)	4	00:17:05 (119)	00:02:46	00:37:06 (52)	00:03:00	00:27:03 (108)	01:27:00		82
97	375	PAWLAK JACEK		SERBY	1984	M(30-39)	27	00:10:28 (67)	00:05:12	00:45:21 (105)	00:02:12	00:24:41 (98)	01:27:54		83
98	348	KUŚ MATEUSZ	WROCLAW	WROCLAW	1984	M(30-39)	28	00:11:14 (84)	00:04:25	00:45:22 (106)	00:02:14	00:24:39 (96)	01:27:54		84
99	385	PRZYWARTA WIKTORIA		SIEDLSKO	2001	K(18-29)	4	00:13:54 (108)	00:03:06	00:45:07 (104)	00:01:34	00:24:43 (99)	01:28:24		15
100	304	BĄBA PAWEŁ	ORLIK UJAZD	UJAZD	1958	M(60+)	5	00:10:54 (78)	00:03:36	00:48:48 (116)	00:02:59	00:22:33 (79)	01:28:50		85
101	394	SZUMIŃSKI PAWEŁ		ALEKSANDRÓW ŁÓDZKI	1972	M(40-49)	23	00:10:28 (67)	00:04:34	00:48:29 (115)	00:02:29	00:22:51 (85)	01:28:51		86
102	305	BIAŁY ALEKSANDER	TRIATHLON CLUB WROCLAW	WROCLAW	1958	M(60+)	6	00:14:22 (112)	00:05:25	00:37:16 (53)	00:03:35	00:28:27 (112)	01:29:05		87
103	335	KACZMAREK IRENEUSZ	ATV SIEMAHA	SERBY	1970	M(40-49)	24	00:14:13 (111)	00:03:41	00:41:01 (88)	00:02:15	00:27:57 (110)	01:29:07		88
104	341	KOBUŚ MONIKA	FITSTYLE TEAM	BRZEG DOLNY	1985	K(30-39)	6	00:12:41 (96)	00:03:47	00:41:10 (90)	00:03:08	00:28:21 (111)	01:29:07		16
105	355	MADEJOWSKA JOANNA		WROCLAW	1978	K(40-49)	7	00:14:03 (110)	00:02:58	00:42:20 (96)	00:01:58	00:28:57 (114)	01:30:16		17
106	359	OLCZAK ROBERT		KRWONY	1973	M(40-49)	25	00:12:44 (97)	00:04:56	00:39:34 (73)	00:03:46	00:29:36 (116)	01:30:36		89
107	415	ŻBIK MAIKEL	SUL-TECH TEAN	TRZEBIECHÓW	1992	M(18-29)	16	00:10:59 (80)	00:04:46	00:49:21 (117)	00:02:13	00:23:22 (89)	01:30:41		90
108	404	TYCNER MAGDALENA		KOŚCIAN	1981	K(30-39)	7	00:10:56 (79)	00:03:16	00:44:02 (101)	00:02:05	00:30:38 (118)	01:30:57		18
109	349	LANDSBERG-KORZYSTKO IGA	OLAWS	ZŁOTORYJA	1979	K(40-49)	8	00:16:41 (117)	00:03:18	00:47:55 (113)	00:01:51	00:21:18 (68)	01:31:03		19
110	423	KRZESZOWSKA ADRIANNA	ROWERY MAŁGOŚKA	POZNAŃ	1989	K(30-39)	8	00:13:54 (108)	00:03:14	00:47:45 (112)	00:01:34	00:24:40 (97)	01:31:07		20
111	312	CHWAŁKO EWA		JESZKOWICE	1974	K(40-49)	9	00:13:20 (103)	00:03:43	00:46:28 (108)	00:02:59	00:26:31 (105)	01:33:01		21
112	319	GAŁUCHA JOLANTA	ICE TEAM LWÓWEK ŚLĄSKI	LWÓWEK ŚLĄSKI	1970	K(40-49)	10	00:15:29 (115)	00:02:59	00:47:35 (111)	00:02:17	00:24:48 (100)	01:33:08		22
113	399	TATARSKA PAULA		POZNAŃ	1989	K(30-39)	9	00:15:20 (113)	00:03:13	00:44:47 (103)	00:02:09	00:28:45 (113)	01:34:14		23
114	389	STUERMER JOANNA	TRI CHICAS	POZNAŃ, POLSKA	1987	K(30-39)	10	00:12:35 (95)	00:04:31	00:48:27 (114)	00:02:43	00:26:34 (106)	01:34:50		24
115	346	KUC URSZULA	1 LIGA TEAM	POGÓRZE	1976	K(40-49)	11	00:10:53 (77)	00:05:20	00:43:25 (100)	00:02:42	00:33:15 (120)	01:35:35		25
116	307	BIELAK KRZYSZTOF		POLKOWICE	1992	M(18-29)	17	00:11:01 (82)	00:05:55	00:53:16 (119)	00:02:06	00:25:14 (103)	01:37:32		91
117	345	KUBIAK NATALIA		X	1993	K(18-29)	5	00:12:29 (94)	00:03:38	00:53:37 (120)	00:01:45	00:29:09 (115)	01:40:38		26
118	362	MARCINIAK BARBARA	TRIATHLON CLUB WROCLAW	WROCLAW	1961	K(50-59)	1	00:13:47 (106)	00:06:03	00:46:18 (107)	00:04:02	00:32:10 (119)	01:42:20		27
119	306	BIELAK ARTUR		POLKOWICE	1964	M(50-59)	11	00:18:12 (120)	00:05:22	00:51:07 (118)	00:02:54	00:25:01 (102)	01:42:36		92
120	310	BOK JAKUB	SZALONY MRÓWKOJAD	BORUJA KOŚCIELNA	1983	M(30-39)	29	00:16:51 (118)	00:06:12	00:46:30 (109)	00:03:48	00:30:02 (117)	01:43:23		93