

# Garmin Iron Triathlon Skierniewice 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 4 lipca 2021

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

Miejscowość: Skierniewice



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
1	1	BODNAR MACIEJ	JÓZEFOSŁAW	MBC TEAM	POL	1994	M25	1	11:00:02	00:12:19 (2)	00:01:25	01:02:48 (1)	00:01:01	00:36:44 (2)	01:54:17	1		
2	2	MARCINEK TOMASZ	RACIBÓRZ	TM IRON TEAM KOLARSKI.EU	POL	1991	M30	1	11:00:02	00:12:15 (1)	00:01:21	01:05:02 (3)	00:00:49	00:35:25 (1)	01:54:52	2		
3	109	KLINCEWICZ ADRIAN	GÓRZÓW WLKP.	KS IRONMAN CS SZCZECIN CSR SŁOWIANKA	POL	1997	M18	1	11:00:08	00:13:44 (8)	00:01:43	01:04:57 (2)	00:01:12	00:39:13 (6)	02:00:49	3		
4	38	OWCZAREK KRZYSZTOF	CZĘSTOCHOWA		POL	1992	M25	2	11:00:00	00:12:43 (3)	00:01:32	01:07:04 (6)	00:01:03	00:39:29 (8)	02:01:51	4		
5	136	MROZEK ROBERT	LUBLIN	SZKOŁA PŁYWANIA WODNIK/BIKE ROOM	POL	1987	M30	2	11:00:08	00:13:06 (4)	00:01:32	01:08:55 (10)	00:01:05	00:38:09 (3)	02:02:47	5		
6	221	DUPLICKI KAMIL	SOCHACZEW	BEKO	POL	1981	M40	1	11:00:05	00:14:45 (18)	00:01:28	01:07:30 (8)	00:00:56	00:39:02 (5)	02:03:41	6		
7	231	KUCZYŃSKI KRZYSZTOF	WARSZAWA		POL	1994	M25	3	11:00:11	00:13:47 (9)	00:01:28	01:08:41 (9)	00:00:53	00:39:58 (9)	02:04:47	7		
8	128	FABISZEWSKI RAFAŁ	WARSZAWA	KAZIKI	POL	1983	M35	1	11:00:25	00:15:59 (35)	00:02:09	01:07:27 (7)	00:01:19	00:38:37 (4)	02:05:31	8		
9	217	KURCZEWSKI KAMIL	ŁÓDŹ	IM INSPIRATION	POL	1988	M30	3	11:00:25	00:15:25 (26)	00:02:13	01:05:48 (4)	00:01:26	00:43:06 (20)	02:07:58	9		
10	122	LEWICKI MAURZYCY	OSIECZNA		POL	2000	M18	2	11:00:52	00:14:45 (18)	00:01:40	01:11:03 (20)	00:01:15	00:40:14 (10)	02:08:57	10		
11	131	BLADOWSKI ARTUR	ŁÓWICZ	KLUB KOLARSKI ŁÓWICZ BODY MOVE	POL	1984	M35	2	11:01:02	00:16:40 (50)	00:01:52	01:09:15 (11)	00:01:12	00:41:08 (12)	02:10:07	11		
12	93	ZIELIŃSKI KAMIL	WARSZAWA	TRIATHLETIC TEAM	POL	1989	M30	4	11:00:11	00:13:29 (5)	00:01:37	01:11:11 (22)	00:01:07	00:42:49 (17)	02:10:13	12		
13	142	FABISZEWSKI MARCIN	WARSZAWA	TRIWAWA	POL	1983	M35	3	11:00:14	00:14:53 (21)	00:02:20	01:11:21 (24)	00:01:30	00:40:37 (11)	02:10:41	13		
14	127	KURACH MICHAŁ	WARSZAWA	FIVE DIMENSIONS	POL	1985	M35	4	11:00:17	00:16:06 (40)	00:02:03	01:06:59 (5)	00:01:23	00:44:19 (27)	02:10:50	14		
15	181	KOŁODZIEJ SEBASTIAN	WARSZAWA	LABOSPORT TEAM	POL	1981	M40	2	11:00:14	00:15:32 (29)	00:02:02	01:10:11 (15)	00:01:33	00:41:47 (14)	02:11:05	15		
16	46	SZYDŁOWSKI MARCIN	MYSLENICE	4TRI TEAM	POL	1979	M40	3	11:00:34	00:15:42 (32)	00:01:57	01:11:10 (21)	00:01:27	00:41:30 (13)	02:11:46	16		
17	16	SWIANIEWICZ ANTONI	WARSZAWA	TRI AMO / AKS POLONIA WARSZAWA	POL	1985	M35	5	11:01:24	00:16:02 (36)	00:02:20	01:09:26 (12)	00:01:28	00:42:50 (18)	02:12:06	17		
18	194	OGŁOBLIN ADAM	WARSZAWA	TRI AMO	POL	1992	M25	4	11:00:05	00:13:40 (6)	00:01:48	01:10:29 (16)	00:01:23	00:44:48 (30)	02:12:08	18		
19	208	DĄBROWSKI MICHAŁ	WARSZAWA	TRIATHLETIC TEAM	POL	1984	M35	6	11:00:50	00:16:54 (59)	00:01:53	01:09:56 (13)	00:01:37	00:42:04 (16)	02:12:24	19		
20	20	CZAJKA KRYSZTOF	ŻORY		POL	1981	M40	4	11:00:40	00:17:39 (77)	00:01:54	01:14:28 (48)	00:01:15	00:39:23 (7)	02:14:39	20		
21	149	NAPOROWSKI RAFAŁ	NOWINY	TS AKWEDUKT KIELCE PERSCHMANN	POL	1976	M45	1	11:00:22	00:16:05 (39)	00:02:13	01:11:17 (23)	00:01:48	00:43:46 (23)	02:15:09	21		
22	119	KOSOWSKI MARCIN	WROCŁAW	MBC TEAM	POL	1986	M35	7	11:00:31	00:14:55 (22)	00:02:16	01:11:45 (26)	00:01:24	00:44:50 (31)	02:15:10	22		
23	30	IWANOWSKI PIOTR	WARSZAWA	TRIWAWA	POL	1980	M40	5	11:02:10	00:15:56 (34)	00:02:28	01:12:13 (27)	00:01:25	00:43:22 (21)	02:15:24	23		
24	152	BOGUCKI MARCIN	WARSZAWA	TRINERGY TEAM	POL	1986	M35	8	11:00:17	00:14:41 (16)	00:02:23	01:14:04 (44)	00:02:09	00:42:57 (19)	02:16:14	24		
25	108	WRÓBLEWSKI MATEUSZ	RAWA MAZOWIECKA	BEDNARSKI TRI TEAM	POL	1991	M30	5	11:01:28	00:17:49 (85)	00:01:49	01:11:26 (25)	00:01:20	00:43:57 (25)	02:16:21	25		
26	6	PETEREK ANNA	POZNAŃ	LOCO PRINT TEAM LOCO PRINT PAWEŁ PETEREK	POL	1990	K30	1	11:00:01	00:14:03 (10)	00:01:46	01:15:04 (54)	00:01:13	00:44:58 (33)	02:17:04		1	
27	189	KOWALIK STANISŁAW	CHYLICE		POL	1974	M45	2	11:00:17	00:14:31 (15)	00:02:42	01:13:31 (40)	00:01:28	00:45:02 (34)	02:17:14	26		
28	62	OWORUSZKO JAROSŁAW	WARSZAWA	CTS	POL	1971	M50	1	11:00:31	00:16:04 (38)	00:02:09	01:12:36 (31)	00:02:14	00:44:18 (26)	02:17:21	27		
29	52	BEDYŃSKI RADEK	WARSZAWA	KUŹNIA TRIATHLONU	POL	1973	M45	3	11:01:20	00:17:38 (75)	00:02:35	01:10:01 (14)	00:01:29	00:45:47 (41)	02:17:30	28		
30	107	PAWLIN MATEUSZ	WARSZAWA	TRIZARZA	POL	1991	M30	6	11:00:31	00:17:45 (80)	00:02:41	01:13:59 (42)	00:01:21	00:41:50 (15)	02:17:36	29		
31	7	KORULCZYK OLA	BAŁTÓW	TRIWAWA - BIEGAJACA BIO MAMA	POL	1988	K30	2	11:00:02	00:14:46 (20)	00:01:44	01:13:18 (39)	00:01:05	00:46:51 (49)	02:17:44		2	
32	144	KUMOR TOMASZ	WARSZAWA	GVT	POL	1986	M35	9	11:00:14	00:15:29 (27)	00:02:13	01:13:00 (36)	00:02:13	00:44:55 (32)	02:17:50	30		
33	51	KONARSKI MARCIN	NYSZA	TRIATHLON NOR NYSZA	POL	1971	M50	2	11:01:17	00:15:00 (23)	00:02:15	01:10:40 (17)	00:01:23	00:49:00 (73)	02:18:18	31		
34	199	ODZIMEK WOJCIECH	JEDLNIA LETNISKO	LABOSPORT	POL	1977	M40	6	11:00:28	00:14:15 (11)	00:02:46	01:16:49 (76)	00:01:25	00:43:30 (22)	02:18:45	32		
35	140	NIEDŹWIECKI MARCIN	WARSZAWA	TRIWAWA	POL	1985	M35	10	11:00:34	00:15:17 (24)	00:03:05	01:12:55 (34)	00:01:22	00:46:26 (45)	02:19:05	33		
36	89	KOŁODZIEJSKI ARIEL	OZARÓW MAZOWIECKI	TEAM KARAŚ KPMG TRIATHLON TEAM	POL	1985	M35	11	11:03:09	00:16:09 (42)	00:02:20	01:12:36 (31)	00:01:32	00:46:51 (50)	02:19:28	34		
37	116	KOWALSKI GRZEGORZ	WARSZAWA - POLSKA	PROTEK	POL	1986	M35	12	11:03:12	00:18:26 (106)	00:02:13	01:12:18 (28)	00:01:57	00:45:11 (35)	02:20:05	35		
38	126	GRYZEL ADAM	ŁOMIANKI		POL	1982	M35	13	11:00:58	00:15:32 (29)	00:01:52	01:12:54 (33)	00:02:02	00:47:47 (62)	02:20:07	36		
39	11	SZYP WOJCIECH	WARSZAWA		POL	1990	M30	7	11:02:13	00:18:53 (120)	00:03:44	01:10:59 (19)	00:01:42	00:45:41 (40)	02:20:59	37		
40	36	CIEŚLA ROBERT	BELCHATÓW		POL	1991	M30	8	11:00:00	00:18:19 (102)	00:01:58	01:13:06 (37)	00:01:17	00:47:20 (55)	02:22:00	38		
41	83	WENDOŁOWSKI ROBERT	WARSZAWA	TEAM KARAŚ	POL	1976	M45	4	11:03:37	00:17:33 (73)	00:02:06	01:16:13 (67)	00:01:41	00:44:40 (29)	02:22:13	39		
42	202	SIECZKA MICHAŁ	SZYDLOWIEC		POL	1986	M35	14	11:00:55	00:17:41 (78)	00:02:49	01:16:52 (77)	00:02:00	00:43:55 (24)	02:23:17	40		
43	8	KUCHARSKI ŁUKASZ	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1983	M35	15	11:00:25	00:16:17 (45)	00:02:08	01:15:59 (63)	00:01:25	00:47:38 (61)	02:23:27	41		
44	210	DOMAŃSKI BŁAŻEJ	WARSZAWA	TRICLUB	POL	1981	M40	7	11:02:42	00:17:51 (86)	00:02:06	01:16:07 (66)	00:01:35	00:45:50 (42)	02:23:29	42		
45	141	WOŁOWSKI FILIP	WARSZAWA	TRIWAWA	POL	1973	M45	5	11:01:20	00:18:12 (98)	00:02:19	01:12:24 (29)	00:01:38	00:48:57 (72)	02:23:30	43		
46	13	SADO PAWEŁ	KIELCE		POL	1985	M35	16	11:01:02	00:16:45 (54)	00:02:22	01:16:05 (65)	00:01:28	00:46:57 (52)	02:23:37	44		
47	177	POPCZYK GRZEGORZ	KRAKÓW	TRIWISE	POL	1978	M40	8	11:00:49	00:16:07 (41)	00:02:06	01:14:26 (47)	00:01:35	00:49:31 (82)	02:23:45	45		

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

Miejscowość: Skierniewice



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
48	50	WIERNIŃSKI ŁUKASZ	WARSZAWA		POL	1988	M30	9	11:01:50	00:17:31 (70)	00:02:00	01:15:06 (57)	00:01:45	00:45:28 (36)	02:23:50	46		00:02:00
49	137	WOJCIUK ADAM	LUBLIN	MROZEK TRI TEAM	POL	1981	M40	9	11:01:17	00:16:42 (52)	00:02:03	01:14:35 (49)	00:01:20	00:49:30 (80)	02:24:10	47		
50	212	ŁOŚ TOMASZ	BIAŁYSTOK	3T BIAŁYSTOK	POL	1986	M35	17	11:01:44	00:19:00 (125)	00:03:03	01:14:53 (52)	00:01:56	00:45:30 (37)	02:24:22	48		
51	112	JANISZ MAREK	GRÓDEK NAD DUNAJCEM	I'M INSPIRATION	POL	1999	M18	3	11:01:17	00:18:31 (109)	00:02:11	01:15:28 (58)	00:01:37	00:46:39 (47)	02:24:26	49		
52	226	GONTARZ SZYMON	WARSZAWA		POL	1987	M30	10	11:01:47	00:17:13 (64)	00:02:04	01:16:15 (70)	00:01:11	00:47:47 (62)	02:24:30	50		
53	211	STARZYŃSKI PAWEŁ	WARSZAWA	TRINERGY TEAM	POL	1963	M55	1	11:00:19	00:15:29 (27)	00:03:37	01:15:39 (60)	00:01:32	00:48:20 (67)	02:24:37	51		
54	101	HUNKIEWICZ WOJCIECH	MARKI	MCP MAZOWIECKIE CENTRUM POLIGRAFII	POL	1972	M45	6	11:00:37	00:16:03 (37)	00:02:33	01:14:51 (51)	00:01:44	00:49:36 (86)	02:24:47	52		
55	187	WINKLER MARGIN	SOMPOLNO	MBC - MACIEJ BODNAR COACHING	POL	1979	M40	10	11:01:03	00:19:21 (135)	00:02:55	01:10:52 (18)	00:01:33	00:50:46 (102)	02:25:27	53		
56	225	WARZYBOK MAGDALENA	WARSZAWA	KAZIKI	POL	1982	K35	1	11:00:47	00:16:53 (58)	00:02:02	01:15:51 (62)	00:01:57	00:49:11 (76)	02:25:54		3	
57	160	KOŁODZIECZYK ŁUKASZ	DOBIESZKÓW	BEDNARSKI TRI TEAM	POL	1980	M40	11	11:00:40	00:16:13 (43)	00:02:03	01:17:20 (89)	00:01:36	00:48:44 (69)	02:25:56	54		
58	49	PAKUŁA RAFAŁ	ŁÓDŹ	CYKLOMANIACY.PL	POL	1985	M35	18	11:01:10	00:15:17 (24)	00:02:15	01:17:36 (91)	00:01:23	00:49:30 (80)	02:26:01	55		
59	111	MACIEJEWSKI RAFAŁ	TYCHY	19881988	POL	1988	M30	11	11:01:47	00:18:00 (91)	00:03:03	01:14:13 (45)	00:01:35	00:49:34 (84)	02:26:25	56		
60	22	GÓRCECKI BARTŁOMIEJ	WARSZAWA	TRIWAWA	POL	1976	M45	7	11:01:24	00:18:54 (122)	00:01:56	01:16:40 (74)	00:01:38	00:47:25 (57)	02:26:33	57		
61	165	JÓZWIK PAWEŁ	LUBLIN	MROZEK TRI TEAM	POL	1983	M35	19	11:01:10	00:18:04 (93)	00:02:03	01:15:42 (61)	00:01:31	00:49:33 (83)	02:26:53	58		
62	23	WOŁK MARIUSZ	RAWA MAZOWIECKA		POL	1992	M25	5	11:01:43	00:18:37 (112)	00:02:21	01:14:45 (50)	00:01:15	00:49:58 (92)	02:26:56	59		
63	206	RUCIŃSKI RAFAŁ	WARSZAWA	TRI AMO / BBK	POL	1979	M40	12	11:01:47						02:27:30	60		
64	132	KRUPOWIES MACIEJ	KATOWICE		POL	1993	M25	6	11:01:13	00:19:29 (140)	00:02:16	01:17:04 (85)	00:01:30	00:47:36 (60)	02:27:55	61		
65	70	BRZUSKA LESŁAW	ŁÓDŹ		POL	1979	M40	13	11:00:34	00:17:59 (90)	00:02:41	01:15:31 (59)	00:03:58	00:47:58 (64)	02:28:07	62		
66	175	BONIECKI PIOTR	BOBROWIEC	TRI AMO MEANDER	POL	1977	M40	14	11:00:59	00:17:19 (65)	00:02:46	01:15:05 (55)	00:02:20	00:50:44 (101)	02:28:14	63		
67	56	BUGAJ MIROŚLAW	WARSZAWA		POL	1967	M50	3	11:00:37	00:14:20 (13)	00:03:03	01:19:38 (113)	00:02:01	00:49:26 (78)	02:28:28	64		
68	176	CZAJKOWSKI MICHAŁ	NOWA WOLA		POL	1973	M45	8	11:01:31	00:16:18 (46)	00:02:14	01:17:40 (93)	00:01:41	00:50:48 (104)	02:28:41	65		
69	14	WNUK JAN	WARSZAWA		POL	1990	M30	12	11:01:34	00:19:14 (133)	00:02:14	01:14:01 (43)	00:01:27	00:52:00 (114)	02:28:56	66		
70	220	KOLANO AGNIESZKA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1981	K40	1	11:02:46	00:20:38 (162)	00:02:36	01:17:00 (83)	00:02:02	00:46:41 (48)	02:28:57		4	
71	81	BANASIAK BARTŁOMIEJ	WARSZAWA		POL	1991	M30	13	11:02:03	00:16:54 (59)	00:02:35	01:18:24 (100)	00:02:01	00:49:07 (74)	02:29:01	67		
72	164	MISIASZEK JANUSZ	KĘDZIERZYN-KOŹLE	LABOSPORT TEAM	POL	1958	M60	1	11:02:24	00:18:33 (110)	00:02:29	01:18:50 (105)	00:01:52	00:47:19 (54)	02:29:03	68		
73	218	KUTKA SŁAWOMIR	RYBNIK	QUEST ROAD	POL	1987	M30	14	11:02:55	00:18:23 (104)	00:05:12	01:16:04 (64)	00:02:41	00:46:54 (51)	02:29:14	69		
74	168	SZYMKÓW SŁAWEK	STRASZYN	BANACH SPORT TEAM BST	POL	1970	M50	4	11:02:52	00:18:49 (116)	00:02:52	01:16:56 (81)	00:01:31	00:49:07 (74)	02:29:15	70		
75	53	JĘDROCHA KAROLINA	KLUCZE		POL	1999	K18	1	11:01:35	00:18:01 (92)	00:03:02	01:19:13 (108)	00:02:16	00:47:00 (53)	02:29:32		5	
76	74	MOMOT PIOTR	WROCŁAW	TRIATHLON CLUB WROCŁAW	POL	1986	M35	20	11:03:06	00:18:56 (123)	00:02:27	01:18:14 (99)	00:01:46	00:48:11 (66)	02:29:34	71		
77	31	BIELA TOMASZ	KRAKÓW	BRZYSKI TRI TEAM	POL	1994	M25	7	11:02:14	00:17:35 (74)	00:02:54	01:21:16 (124)	00:01:50	00:46:00 (43)	02:29:35	72		
78	63	KĘPIŃSKI KACPER	WARSZAWA	TRIWAWA	POL	1995	M25	8	11:00:08	00:13:40 (7)	00:02:36	01:22:09 (130)	00:01:43	00:49:29 (79)	02:29:37	73		
79	82	HUREK PIOTR	MIRKÓW		POL	1983	M35	21	11:02:59	00:19:44 (146)	00:02:51	01:18:41 (104)	00:02:00	00:46:27 (46)	02:29:43	74		
80	15	OWCZAREK JACEK	PIĄTKOWISKO		POL	1972	M45	9	11:02:59	00:19:52 (149)	00:02:13	01:16:55 (79)	00:01:23	00:49:36 (86)	02:29:59	75		
81	133	TRACZYŃSKI MATEUSZ	ŁÓDŹ		POL	1991	M30	15	11:02:07	00:19:08 (130)	00:02:22	01:12:31 (30)	00:01:49	00:54:17 (138)	02:30:07	76		
82	214	ZAGRZEJEWSKI BARTOSZ	WARSZAWA	TRICLUB	POL	1984	M35	22	11:00:28	00:16:14 (44)	00:02:13	01:17:25 (90)	00:01:45	00:52:38 (121)	02:30:15	77		
83	180	WŁODARCZYK PIOTR	ŁÓDŹ	LTP	POL	1976	M45	10	11:00:19	00:18:38 (113)	00:02:26	01:16:55 (79)	00:01:42	00:50:47 (103)	02:30:28	78		
84	60	GUTENPLAN JACEK	ŁÓDŹ		POL	1968	M50	5	11:01:13	00:19:18 (134)	00:02:34	01:16:28 (72)	00:02:18	00:49:52 (91)	02:30:30	79		
85	169	SŁUPECKI KAMIL	LEGIONOWO	TRICLUB	POL	1990	M30	16	11:03:32	00:17:20 (66)	00:02:22	01:12:59 (35)	00:02:07	00:55:47 (150)	02:30:35	80		
86	174	KUBIELSKI BARTOSZ	WARSZAWA	TRI AMO	POL	1974	M45	11	11:01:41	00:18:51 (119)	00:02:32	01:16:59 (82)	00:01:42	00:50:51 (106)	02:30:55	81		
87	17	RADKO KRYSZTIAN	PONIAŹTOWICE	IRON3K	POL	1976	M45	12	11:00:55	00:17:23 (69)	00:02:07	01:13:17 (38)	00:01:27	00:56:47 (159)	02:31:01	82		
88	95	GALANCIAK PIOTR	ŁÓDŹ	ATOS / HTF LUDWIK SIKORSKI	POL	1983	M35	23	11:03:58	00:17:32 (71)	00:03:10	01:14:55 (53)	00:02:06	00:53:21 (131)	02:31:04	83		
89	124	BIRECKI WACŁAW	OPOLE	GT KONA	POL	1960	M60	2	11:01:34	00:19:00 (125)	00:02:34	01:13:45 (41)	00:01:57	00:52:01 (115)	02:31:17	84		00:02:00
90	196	JARECKA BEATA	SIEMIENOWICE ŚLĄSKIE	BEDNARSKI TRI TEAM	POL	1984	K35	2	11:02:24	00:18:27 (107)	00:02:49	01:18:30 (102)	00:01:49	00:49:50 (90)	02:31:25		6	
91	9	PIŁOWSKI MICHAŁ	ŻYRARDÓW	TRINITY TRIATHLON UNITY -	POL	1990	M30	17	11:01:57	00:17:43 (79)	00:02:13	01:19:50 (115)	00:01:21	00:50:19 (97)	02:31:26	85		
92	185	WIKTOROWSKI WOJCIECH	BUSKO-ZDRÓJ	MBC TEAM	POL	1988	M30	18	11:02:30	00:19:30 (142)	00:02:23	01:22:00 (128)	00:01:56	00:45:38 (38)	02:31:27	86		
93	224	JEDWABNY TOMEK	MAGDALENKA	TRICLUB	POL	1976	M45	13	11:02:24	00:18:25 (105)	00:02:10	01:17:13 (86)	00:01:38	00:52:10 (117)	02:31:36	87		
94	73	LENART MIŁOSZ	KĘTRZYN	FUNDACJA DRUŻYNA ML	POL	1965	M55	2	11:03:43	00:23:35 (199)	00:02:56	01:16:34 (73)	00:01:28	00:47:33 (59)	02:32:06	88		

# Garmin Iron Triathlon Skierniewice 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 4 lipca 2021

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

Miejscowość: Skierniewice



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
95	213	BOGUSZEWski BARTŁOMIEJ	WARSZAWA		POL	1995	M25	9	11:02:00	00:17:38 (75)	00:02:46	01:22:51 (139)	00:01:31	00:47:26 (58)	02:32:12	89		
96	59	JANKOWSKI SEBASTIAN	RADZYMIN		POL	1986	M35	24	11:03:26	00:21:10 (178)	00:03:07	01:16:13 (68)	00:01:54	00:48:05 (65)	02:32:29	90		00:02:00
97	184	MIELKE RAPHAEL	BAŻANOWICE	TRIATHLON YMCA KRAKÓW	POL	1966	M55	3	11:00:46	00:18:04 (93)	00:02:04	01:19:22 (111)	00:01:29	00:51:59 (113)	02:32:58	91		
98	71	KOSMALSKI DANIEL	SIEDLCE		POL	1982	M35	25	11:00:43	00:19:30 (141)	00:02:32	01:17:39 (92)	00:01:05	00:52:13 (118)	02:32:59	92		
99	215	ŁOPIŃSKI GAWĘŁ BARTOSZ	WARSZAWA	TEAM KARAS BILLENNIUM	POL	1975	M45	14	11:00:11	00:14:43 (17)	00:02:26	01:19:06 (106)	00:01:50	00:55:03 (143)	02:33:08	93		
100	178	MISZTAŁ PIOTR	KIELCE	TS AKWEDUKT KIELCE	POL	1976	M45	15	11:01:06	00:16:40 (50)	00:02:50	01:22:44 (135)	00:02:26	00:48:51 (70)	02:33:31	94		
101	39	WOLAŃSKI RAFAŁ	WARSZAWA		POL	1998	M18	4	11:01:38	00:18:22 (103)	00:03:26	01:16:22 (71)	00:01:38	00:53:48 (134)	02:33:36	95		
102	157	SZYMAŃSKI TOMASZ	MYSIADŁO	#TRIPAKA PRZECHLEWO	POL	1966	M55	4	11:03:46	00:21:15 (179)	00:02:41	01:18:28 (101)	00:01:53	00:49:35 (85)	02:33:52	96		
103	156	OLEŚIEWICZ PIOTR	JÓZEFOSŁAW	TEAM ZABIEGANEDNI	POL	1992	M25	10	11:03:33	00:23:29 (198)	00:04:42	01:17:04 (84)	00:02:27	00:46:21 (44)	02:34:03	97		
104	166	KINDLER MACIEJ	KRAKÓW		POL	1986	M35	26	11:01:54	00:18:49 (115)	00:02:37	01:19:15 (109)	00:02:20	00:51:23 (110)	02:34:24	98		
105	48	KUKLA ŁUKASZ	KIELCE	TS AKWEDUKT KIELCE	POL	1981	M40	15	11:02:46	00:19:27 (139)	00:02:29	01:19:18 (110)	00:02:22	00:50:58 (107)	02:34:34	99		
106	192	KOPROWSKI ŁUKASZ	ŁÓDŹ	BEDNARSKI TRI TEAM	POL	1976	M45	16	11:03:06	00:19:57 (150)	00:02:58	01:23:58 (151)	00:02:19	00:45:39 (39)	02:34:51	100		
107	216	AUGUSTYŃSKI PIOTR	BYDGOSZCZ	FLOW RUNNERS BYDGOSZCZ SHIUSZ BYDGOSZCZ	POL	1976	M45	17	11:03:15	00:20:21 (156)	00:02:24	01:16:45 (75)	00:02:15	00:53:24 (133)	02:35:09	101		
108	173	NIEZGODZKI TOMASZ	WARSZAWA		POL	1990	M30	19	11:01:51	00:17:47 (84)	00:03:05	01:22:00 (129)	00:01:50	00:50:37 (100)	02:35:19	102		
109	230	SŁOMKA MATEUSZ	TOMASZÓW MAZOWIECK		POL	1989	M30	20	11:01:20	00:16:45 (54)	00:02:44	01:21:11 (123)	00:01:31	00:53:14 (130)	02:35:25	103		
110	129	MYNC ANGELIKA	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1991	K30	3	11:01:28	00:18:05 (95)	00:02:19	01:23:31 (145)	00:01:34	00:50:01 (93)	02:35:30		7	
111	110	SIKORA BARTŁOMIEJ	DUCZKI	INTER CARS TRIATHLON TEAM	POL	1989	M30	21	11:03:16	00:21:00 (172)	00:02:38	01:17:45 (94)	00:01:48	00:52:22 (119)	02:35:33	104		
112	145	WĄTROBA DARIUSZ	KIELCE	TS AKWEDUKT KIELCE	POL	1971	M50	6	11:02:49	00:19:48 (147)	00:02:42	01:18:35 (103)	00:01:43	00:52:46 (123)	02:35:34	105		
113	86	OSIŃSKI MICHAŁ	TRUSZAW		POL	1975	M45	18	11:00:22	00:16:19 (47)	00:03:15	01:14:23 (46)	00:01:54	00:59:43 (182)	02:35:34	106		
114	61	BANAŚZAK DAMIAN	PODOLSKIE		POL	1979	M40	16	11:01:13	00:17:09 (62)	00:02:05	01:16:52 (78)	00:01:56	00:57:33 (165)	02:35:35	107		
115	113	ZIEMBA MARCIN	LWÓWEK		POL	1982	M35	27	11:00:52	00:15:41 (31)	00:02:38	01:26:36 (171)	00:01:49	00:48:56 (71)	02:35:40	108		
116	37	WOCH KRZYSZTOF	ŁOMIANKI	WIDŁOROGI	POL	1980	M40	17	11:02:52	00:18:53 (121)	00:02:42	01:22:45 (136)	00:02:11	00:49:16 (77)	02:35:47	109		
117	65	BARAN ZBIGNIEW	POŁANIEC		POL	1974	M45	19	11:01:57	00:21:25 (181)	00:03:26	01:24:20 (156)	00:02:20	00:44:19 (27)	02:35:50	110		
118	102	CISOWSKI ARTUR	WARSZAWA	TRIWAWA	POL	1977	M40	18	11:01:41	00:17:21 (68)	00:02:47	01:19:54 (117)	00:01:28	00:54:24 (139)	02:35:54	111		
119	159	DELEGACZ SŁAWOMIR	WARSZAWA	MBC TEAM	POL	1963	M55	5	11:02:01	00:21:05 (173)	00:02:52	01:15:05 (55)	00:03:47	00:53:05 (127)	02:35:54	112		
120	219	GRZESIAK MARIUSZ	MARIANÓW		POL	1974	M45	20	11:02:59	00:19:24 (138)	00:03:12	01:24:07 (154)	00:01:53	00:47:22 (56)	02:35:58	113		
121	201	OSTASZEWSKI MACIEJ	PRUSZKÓW	LABOSPORT TEAM	POL	1979	M40	19	11:00:52	00:16:43 (53)	00:02:09	01:23:18 (143)	00:01:43	00:52:05 (116)	02:35:58	114		
122	24	MAĆKIEWICZ MICHAŁ	PIOTRKÓW TRYBUNALSKI		POL	1992	M25	11	11:02:17	00:17:46 (82)	00:02:44	01:22:32 (133)	00:01:44	00:51:18 (109)	02:36:04	115		
123	33	BIAŁEK MAREK	WARSZAWA	TRIWAWA	POL	1982	M35	28	11:00:43	00:15:49 (33)	00:02:15	01:17:17 (87)	00:02:17	00:58:30 (175)	02:36:08	116		
124	99	BRONIAREK PAMELA	SKIERNIEWICE	UKS NAWA SKIERNIEWICE	POL	1995	K25	1	11:00:28	00:14:28 (14)	00:02:35	01:25:57 (167)	00:01:57	00:51:30 (111)	02:36:27		8	
125	143	PAWŁOWSKI PRZEMEK	ŻYCHLIN		POL	1982	M35	29	11:02:27	00:19:39 (145)	00:03:31	01:20:58 (121)	00:01:48	00:50:48 (104)	02:36:44	117		
126	172	LINDHOLM ANNA	WARSZAWA	TRICLUB WARSZAWA MYBIKE.PL, (TRIWAWA)	POL	1975	K45	1	11:02:27	00:20:22 (157)	00:02:07	01:23:03 (140)	00:01:36	00:49:46 (89)	02:36:54		9	
127	69	SZYMAŃKA JUSTYNA	KIELCE	TS AKWEDUKT KIELCE	POL	1982	K35	3	11:03:02	00:19:07 (129)	00:02:57	01:23:28 (144)	00:01:48	00:50:12 (95)	02:37:32		10	
128	90	TRELA ŁUKASZ	ŻYWIĘC	KS HALNY WĘGIERSKA GÓRKA	POL	1991	M30	22	11:02:56	00:18:16 (100)	00:02:53	01:25:53 (165)	00:01:56	00:48:42 (68)	02:37:40	118		
129	79	OSYDA MACIEJ	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1986	M35	30	11:01:28	00:16:46 (56)	00:02:24	01:24:00 (152)	00:01:25	00:53:10 (128)	02:37:45	119		
130	191	CYBULSKI PIOTR	LUBLIN	WYDOLNOŚĆ.PL	POL	1975	M45	21	11:02:36	00:16:50 (57)	00:03:40	01:19:35 (112)	00:02:27	00:55:20 (148)	02:37:52	120		
131	78	HEWELKE FILIP	WARSZAWA	TRIWAWA KOALA	POL	1977	M40	20	11:01:57	00:17:46 (81)	00:03:22	01:20:59 (122)	00:02:52	00:52:53 (125)	02:37:52	121		
132	72	ŚWIECH KRYSZTIAN	WŁOCŁAWEK	KRYSZTIAN ŚWIECH	POL	1980	M40	21	11:01:44	00:20:00 (151)	00:02:50	01:17:17 (87)	00:02:06	00:55:46 (149)	02:37:59	122		
133	54	SAJEWICZ MICHAŁ	ŁÓDŹ	BLOKERS ŁÓDŹ	POL	1980	M40	22	11:03:20	00:18:57 (124)	00:04:27	01:19:45 (114)	00:02:42	00:50:30 (98)	02:38:21	123		00:02:00
134	170	RAMIAN ANNA	KIELCE	TS AKWEDUKT KIELCE	POL	1996	K25	2	11:00:37	00:14:18 (12)	00:01:58	01:22:46 (138)	00:01:24	00:58:11 (172)	02:38:37		11	
135	55	MODZELEWSKI MACIEJ	ŁÓWICZ	SWIM FOR A DREAM	POL	1984	M35	31	11:00:43	00:21:05 (173)	00:02:06	01:22:36 (134)	00:01:40	00:51:11 (108)	02:38:38	124		
136	120	GOLER ELA	WARSZAWA	MBC TEAM	POL	1986	K35	4	11:01:41	00:19:11 (131)	00:02:50	01:22:45 (137)	00:01:26	00:52:46 (124)	02:38:58		12	
137	227	NOWAKOWSKI BRUNO	MILANÓWEK		POL	2000	M18	5	11:03:02	00:16:39 (49)	00:03:07	01:28:07 (181)	00:01:22	00:50:08 (94)	02:39:23	125		
138	96	HOCZEK ARKADIUSZ	KOLANOWICE	KIEDY SIĘ ZMĘCZY SZ ? JUTRO !	POL	1973	M45	22	11:02:33	00:20:09 (154)	00:02:07	01:17:59 (97)	00:01:37	00:57:39 (168)	02:39:31	126		
139	197	OCHRYMOWICZ MATEUSZ	WARSZAWA	TRINITY TRIATHLON UNITY	POL	1991	M30	23	11:03:06	00:19:23 (137)	00:02:38	01:23:36 (147)	00:02:00	00:52:23 (120)	02:40:00	127		
140	153	WALENTA STANISŁAW	WARSZAWA	LUFT TRI TEAM	POL	1975	M45	23	11:03:29	00:22:33 (192)	00:03:27	01:22:18 (131)	00:01:21	00:50:34 (99)	02:40:13	128		
141	204	KŁĘKA MARCIN	BELCHATÓW		POL	1977	M40	23	11:01:06	00:18:09 (97)	00:03:32	01:17:50 (95)	00:02:15	00:59:16 (180)	02:41:02	129		

# Garmin Iron Triathlon Skierniewice 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 4 lipca 2021

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

Miejscowość: Skierniewice



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
142	200	CZARNECKI KAROL	WARSZAWA	POWERADE	POL	1983	M35	32	11:03:19	00:21:09 (176)	00:03:13	01:16:14 (69)	00:03:21	00:57:13 (163)	02:41:10	130		
143	103	KRYSIAK HUBERT	WARSZAWA	IM INSPIRATION	POL	1988	M30	24	11:02:39	00:23:37 (201)	00:02:46	01:17:53 (96)	00:01:47	00:55:11 (146)	02:41:14	131		
144	64	MICHALEC MARTA	RUDA ŚLĄSKA		POL	1985	K35	5	11:00:56	00:17:01 (61)	00:02:22	01:27:10 (173)	00:01:38	00:53:21 (131)	02:41:32		13	
145	28	GRYŚ PIOTR	DEŁUGOSIODŁO		POL	1980	M40	24	11:02:21	00:19:04 (127)	00:02:56	01:19:12 (107)	00:01:47	00:58:55 (177)	02:41:54	132		
146	125	BRZEZIŃSKI MICHAŁ	ŁÓDŹ		POL	1979	M40	25	11:02:30	00:18:49 (116)	00:03:05	01:20:25 (118)	00:02:25	00:57:29 (164)	02:42:13	133		
147	232	ZIENTEK BARTOSZ	WARSZAWA		POL	1982	M35	33	11:02:39	00:17:46 (82)	00:03:44	01:25:14 (162)	00:01:53	00:53:56 (136)	02:42:33	134		
148	117	MISIAK AGATA	WARSZAWA	WIDLOROGI	POL	1992	K25	3	11:03:09	00:17:20 (67)	00:02:46	01:23:46 (149)	00:01:46	00:57:01 (161)	02:42:39		14	
149	44	TREFON MICHALINA	ROGŹNIK	KOZAKTEAM	POL	1987	K30	4	11:01:06	00:19:05 (172)	00:02:20	01:27:05 (172)	00:01:25	00:53:03 (126)	02:42:58		15	
150	150	SZCZEPAŃSKI MICHAŁ	ŁÓDŹ		POL	1985	M35	34	11:03:37	00:21:49 (188)	00:03:27	01:25:30 (163)	00:02:15	00:50:18 (96)	02:43:19	135		
151	105	KLIMOWICZ GRZEGORZ	TARNOWSKIE GÓRY		POL	1979	M40	26	11:03:09	00:20:04 (152)	00:02:48	01:26:29 (169)	00:01:57	00:52:42 (122)	02:44:00	136		
152	195	RIEMER TOMASZ	ŁÓDŹ	MKT	POL	1965	M55	6	11:00:22	00:23:23 (197)	00:02:58	01:19:52 (116)	00:01:52	00:55:59 (154)	02:44:04	137		
153	148	OZIMEK DAMIAN	PUSTKÓW		POL	1983	M35	35	11:03:43	00:20:29 (159)	00:03:05	01:21:45 (126)	00:02:27	00:56:24 (155)	02:44:10	138		
154	154	BANASZKIEWICZ PAWEŁ	WARSZAWA		POL	1976	M45	24	11:01:24	00:17:10 (63)	00:03:48	01:23:10 (142)	00:02:29	00:57:50 (169)	02:44:27	139		
155	179	OLCZAK ARKADIUSZ	KOŚCIELEC	MLUKS TRIATHLON KOŁO OLLO TEAM	POL	1972	M45	25	11:01:54	00:20:58 (169)	00:02:13	01:22:22 (132)	00:01:42	00:57:37 (167)	02:44:52	140		
156	146	IHNATOWICZ ARKADIUSZ	WARSZAWA	#DAWAJKALACH	POL	1968	M50	7	11:00:46	00:18:31 (108)	00:03:23	01:21:59 (127)	00:02:16	00:59:20 (181)	02:45:29	141		
157	100	TKACZYK MIŁOSZ	GRODZISK MAZOWIECKI	MBC TEAM	POL	1988	M30	25	11:02:21	00:17:58 (87)	00:02:32	01:20:51 (119)	00:02:25	01:01:50 (192)	02:45:36	142		
158	66	MALISZEWSKI PIOTR	ŁÓDŹ	19711971	POL	1971	M50	8	11:02:36	00:27:03 (211)	00:03:34	01:18:13 (98)	00:02:09	00:54:40 (141)	02:45:39	143		
159	26	SZYMAŃSKI MATEUSZ	WARSZAWA	TEAM HOLO	POL	1989	M30	26	11:02:10	00:17:58 (87)	00:02:38	01:28:49 (183)	00:01:38	00:55:49 (152)	02:46:52	144		
160	163	MAKOWICZ JÓZEF	ŻARY	SAINT-GOBAIN SQUAD	POL	1956	M65	1	11:03:23	00:20:07 (153)	00:04:29	01:24:49 (159)	00:02:47	00:54:49 (142)	02:47:01	145		
161	167	BRZOSKA RENATA	KIELCE	TS AKWEDUKT KIELCE	POL	1970	K50	1	11:01:51	00:21:08 (175)	00:02:21	01:30:00 (188)	00:01:52	00:51:44 (112)	02:47:05		16	
162	182	ZUJKIEWICZ TOMASZ	OTWOCK	TRIWAWA	POL	1977	M40	27	11:03:36	00:20:28 (158)	00:03:01	01:25:55 (166)	00:02:43	00:55:17 (147)	02:47:24	146		
163	130	WOJDECKA KAROLINA	WARSZAWA	MBC TEAM	POL	1986	K35	6	11:01:37	00:19:37 (143)	00:02:32	01:25:38 (164)	00:01:53	00:58:09 (171)	02:47:49		17	
164	94	KLENIEWSKA ELIZA	WARSZAWA	TRICLUB	POL	1993	K25	4	11:02:36	00:17:58 (89)	00:02:44	01:30:40 (190)	00:01:49	00:55:07 (144)	02:48:18		18	
165	223	CYNIER MIESZKO	ŻYRARDÓW	19791979	POL	1979	M40	28	11:02:45	00:19:21 (135)	00:02:53	01:29:29 (185)	00:02:17	00:54:35 (140)	02:48:35	147		
166	19	MISIAK MIREK	KORYTÓW A	WIDLOROGI	POL	1970	M50	9	11:03:13	00:20:34 (160)	00:03:09	01:26:09 (168)	00:01:56	00:56:49 (160)	02:48:37	148		
167	222	KOWALSKI JACEK	GRODZISK MAZOWIECKI		POL	1976	M45	26	11:02:49	00:22:39 (194)	00:04:24	01:21:42 (125)	00:02:19	00:57:35 (166)	02:48:39	149		
168	203	STRZELCZYK MARTA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1991	K30	5	11:01:31	00:16:29 (48)	00:03:35	01:29:35 (186)	00:02:04	00:57:06 (162)	02:48:49		19	
169	104	MEIER MARKUS	KOŁO	TRI4.PL	POL	1964	M55	7	11:02:06	00:20:45 (166)	00:02:47	01:29:37 (187)	00:01:55	00:54:05 (137)	02:49:09	150		
170	162	ORLICZ ROBERT	WARSZAWA	TRICLUB	POL	1976	M45	27	11:01:10	00:21:17 (180)	00:02:41	01:24:27 (157)	00:01:49	00:59:13 (179)	02:49:27	151		
171	43	ZAKRZEWSKI MICHAŁ	ŁÓDŹ	SNG WILD DUCKS	POL	1977	M40	29	11:02:49	00:17:32 (72)	00:05:08	01:20:53 (120)	00:03:14	01:02:41 (197)	02:49:28	152		
172	77	LENARCZYK MACIEJ	ŁÓDŹ		POL	1986	M35	36	11:00:00	00:24:09 (207)	00:03:43	01:23:50 (150)	00:02:01	00:55:50 (153)	02:49:33	153		
173	27	CURYŁO WACŁAW	WARKA		POL	1964	M55	8	11:03:53	00:20:45 (165)	00:02:38	01:23:43 (148)	00:01:41	01:00:59 (188)	02:49:46	154		
174	158	KRÓL JAKUB	WARSZAWA	PROPER SPORCIK & MELANŻYK	POL	1986	M35	37	11:00:40	00:18:16 (100)	00:02:53	01:27:48 (177)	00:01:53	00:59:02 (178)	02:49:52	155		
175	209	PIEŃKOWSKA KATARZYNA	WARSZAWA	WITC	POL	1982	K35	7	11:03:27	00:20:59 (171)	00:02:44	01:24:44 (158)	00:01:38	01:00:16 (185)	02:50:21		20	
176	114	WENDOŁOWSKA BASIA	WARSZAWA		POL	1976	K45	2	11:03:40	00:22:00 (190)	00:02:50	01:27:17 (174)	00:01:55	00:56:31 (157)	02:50:33		21	
177	139	STĘPIEN DAVID	WILHELMSHAVEN	TSR OLYMPIA WILHELMSHAVEN	GER	1991	M30	27	11:02:34	00:22:10 (191)	00:03:10	01:23:06 (141)	00:02:27	00:59:53 (183)	02:50:46	156		
178	183	MICHALSKI ANDRZEJ	RADZYMIN		POL	1984	M35	38	11:01:54	00:19:13 (132)	00:03:19	01:25:08 (161)	00:01:53	01:01:25 (190)	02:50:58	157		
179	161	KOŁODZIEJCZYK EWA	DOBIESZKÓW	BEDNARSKI TRI TEAM	POL	1981	K40	2	11:02:56	00:20:38 (162)	00:02:41	01:32:47 (200)	00:01:39	00:53:52 (135)	02:51:37		22	
180	91	ŻYŁA MAREK	KATOWICE		POL	1964	M55	9	11:03:13	00:20:34 (160)	00:03:36	01:23:31 (145)	00:02:12	01:02:40 (196)	02:52:33	158		
181	190	CYBULSKA DOMINIKA	LUBLIN	WYDOLNOŚĆ.PL	POL	1975	K45	3	11:02:33	00:19:51 (148)	00:03:28	01:24:59 (160)	00:02:03	01:02:12 (195)	02:52:33		23	
182	10	BREJTFUS BARTOSZ	WARSZAWA	TRIWAWA	POL	2000	M18	6	11:02:26	00:18:14 (99)	00:02:09	01:28:00 (179)	00:01:45	01:02:59 (198)	02:53:07	159		
183	75	MOŹDŻONEK MICHAŁ	WARSZAWA	LABOSPORT TEAM TRIWAWA HUB.LU ELCARO PROW	POL	1977	M40	30	11:03:29	00:20:39 (164)	00:03:19	01:24:04 (153)	00:01:37	01:03:31 (200)	02:53:10	160		
184	12	RABIEGA MICHAŁ	WARSZAWA		POL	1980	M40	31	11:02:52	00:21:40 (187)	00:03:17	01:31:58 (197)	00:01:48	00:55:09 (145)	02:53:52	161		
185	115	NOWAKOWSKI ANDRZEJ	ŁAZIENIEC		POL	1989	M30	28	11:02:17	00:21:36 (184)	00:05:07	01:24:14 (155)	00:03:16	01:00:55 (187)	02:55:08	162		
186	106	CZUBLUN PIOTR	PIASECZNO	IM INSPIRATION	POL	1973	M45	28	11:01:31	00:21:36 (184)	00:03:07	01:32:20 (199)	00:01:46	00:56:24 (155)	02:55:13	163		
187	40	GĘBICKI NORBERT	ŁÓDŹ	HTF LUDWIK SIKORSKI	POL	1984	M35	39	11:03:49	00:21:27 (182)	00:03:12	01:33:44 (203)	00:01:35	00:55:47 (150)	02:55:45	164		
188	188	MODRZEJEWSKI ADAM	WARSZAWA	KLUB WYSOKOGÓRSKI WARSZAWA	POL	1982	M35	40	11:03:39	00:22:46 (195)	00:05:16	01:29:03 (184)	00:01:43	00:58:06 (170)	02:56:54	165		

# Garmin Iron Triathlon Skierniewice 1/4 IM

Organizator: LABOSPORT Polska s.c.

Data: 4 lipca 2021

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

Miejscowość: Skierniewice



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
189	88	PAWLIK DOROTA	WARSZAWA		POL	1976	K45	4	11:02:00	00:20:48 (167)	00:03:41	01:31:02 (192)	00:01:47	00:59:54 (184)	<b>02:57:12</b>		24	
190	21	KARASZ ANDRZEJ	RADOM	PERSCHMANN TEAM	POL	1969	M50	10	11:02:43	00:22:39 (193)	00:03:26	01:30:22 (189)	00:02:21	00:58:27 (173)	<b>02:57:15</b>		166	
191	98	GRAJNERT TOMASZ	WARSZAWA	JTHM RACING TEAM	POL	1982	M35	41	11:03:43	00:18:36 (111)	00:03:13	01:31:50 (193)	00:01:47	01:01:53 (193)	<b>02:57:19</b>		167	
192	58	GRZESZCZYK BARTOSZ	WARSZAWA	TRENINGIBIEGOWE.PL	POL	1988	M30	29	11:02:43	00:23:53 (204)	00:02:24	01:33:05 (202)	00:02:13	00:56:40 (158)	<b>02:58:15</b>		168	
193	193	MARCZEWSKI MACIEJ	KIELCE		POL	1992	M25	12	11:02:20	00:18:08 (96)	00:04:22	01:41:45 (212)	00:01:27	00:53:12 (129)	<b>02:58:54</b>		169	
194	87	MELON PIOTR	WARSZAWA		POL	1996	M25	13	11:02:10	00:18:39 (114)	00:02:41	01:33:57 (205)	00:02:32	01:01:10 (189)	<b>02:58:59</b>		170	
195	97	OCHRYMOWICZ TOMASZ	WARSZAWA	TRI CLUB	POL	1972	M45	29	11:02:13	00:18:49 (116)	00:03:30	01:31:59 (198)	00:03:15	01:01:46 (191)	<b>02:59:19</b>		171	
196	250	WIKLAK ADAM	NOWA IWICZNA	AGMA PROJEKT	POL	1975	M45	30	11:03:27	00:21:39 (186)	00:03:30	01:28:17 (182)	00:02:51	01:03:06 (199)	<b>02:59:23</b>		172	
197	45	PYZEL AGNIESZKA	KONSTANCIN-JEZIORNA	KS PEGAZ	POL	1968	K50	2	11:02:04	00:24:08 (206)	00:03:13	01:31:55 (196)	00:02:53	00:58:28 (174)	<b>03:00:37</b>		25	
198	57	OSTASZEWSKA MARTA	PRUSZKÓW	LABOSPORT TEAM	POL	1979	K40	3	11:03:33	00:20:58 (170)	00:03:08	01:33:45 (204)	00:01:55	01:02:05 (194)	<b>03:01:51</b>		26	
199	155	BAKOWSKI WŁODZIMIERZ	WARSZAWA - POLSKA		POL	1958	M60	3	11:03:23	00:21:09 (177)	00:05:30	01:26:36 (170)	00:02:26	01:06:30 (204)	<b>03:02:11</b>		173	
200	186	SOBANSKI WOJCIECH	WARSZAWA		POL	1971	M50	11	11:00:50	00:19:37 (143)	00:05:28	01:31:54 (194)	00:02:09	01:03:45 (210)	<b>03:02:53</b>		174	
201	67	CHOJA SŁAWOMIR	PONIATÓW	TOM FIT CENTER	POL	1966	M55	10	11:02:39	00:20:49 (168)	00:03:41	01:28:04 (180)	00:02:05	01:08:47 (210)	<b>03:03:26</b>		175	
202	228	BARDZKI SYLWESTER	KIELCE		POL	1979	M40	32	11:03:40	00:23:13 (196)	00:03:46	01:34:11 (206)	00:02:10	01:00:23 (186)	<b>03:03:43</b>		176	
203	80	PROKOP ŁUKASZ	WARSZAWA	KUŹNIA TRIATHLONU ACCENTURE	POL	1991	M30	30	11:02:07	00:20:16 (155)	00:03:41	01:30:49 (191)	00:02:29	01:07:17 (207)	<b>03:04:32</b>		177	
204	18	MAKOWSKI ROBERT	WARSZAWA	GOTHAMCITY	POL	1975	M45	31	11:03:50	00:23:37 (201)	00:02:58	01:27:32 (176)	00:01:55	01:09:18 (211)	<b>03:05:20</b>		178	
205	171	MACIEJCZYK DARIUSZ	PIASECZNO		POL	1959	M60	4	11:01:38	00:23:36 (200)	00:05:14	01:27:27 (175)	00:04:08	01:05:00 (202)	<b>03:05:25</b>		179	
206	34	GOLEC PRZEMYSŁAW	GLIWICE		POL	1977	M40	33	11:03:46	00:21:32 (183)	00:05:14	01:39:58 (210)	00:03:03	00:58:49 (176)	<b>03:08:36</b>		180	
207	123	KAMIŃSKI MAREK	WROCŁAW	180 MINUT	POL	1972	M45	32	11:03:47	00:33:06 (213)	00:04:35	01:39:28 (209)	00:02:00	00:49:45 (88)	<b>03:08:54</b>		181	
208	25	OWCZAREK PAWEŁ	PABIANICE		POL	1971	M50	12	11:03:03	00:23:46 (203)	00:03:02	01:27:58 (178)	00:03:09	01:11:43 (212)	<b>03:09:38</b>		182	
209	135	SADOWY ROBERT	SKIERNIEWICE	RS PROJECT	POL	1978	M40	34	11:02:30	00:25:07 (209)	00:02:39	01:32:49 (201)	00:01:48	01:07:25 (208)	<b>03:09:48</b>		183	
210	205	KOSSAKOWSKI DAMIAN	RADZYMIN	POWERADE COCA-COLA	POL	1994	M25	14	11:03:16	00:24:54 (208)	00:04:32	01:31:55 (195)	00:02:31	01:07:42 (209)	<b>03:11:34</b>		184	
211	84	JAKÓBSKI KAMIL	SOSNOWIEC	PO CO JA TO ROBIĘ?	POL	1990	M30	31	11:03:23	00:21:55 (189)	00:04:08	01:41:13 (211)	00:01:42	01:05:13 (203)	<b>03:14:11</b>		185	
212	134	SOBCZAK PAWEŁ	WARSZAWA		POL	1952	M65	2	11:03:57	00:26:05 (210)	00:05:43	01:35:29 (207)	00:03:22	01:06:48 (206)	<b>03:17:27</b>		186	
213	151	KOŁCZYŃSKA BARBARA	ŁÓDŹ	JEDNOOSOBOWY EMERYTOWANY WSZECZSTRONNY	POL	1956	K65	1	11:03:59	00:28:03 (212)	00:04:08	01:37:25 (208)	00:02:32	01:06:44 (205)	<b>03:18:52</b>		27	
214	68	KONARCZAK KACPER	ŁÓDŹ	CELIRONMAN	POL	1991	M30	32	11:03:54	00:23:53 (204)	00:04:42	01:46:29 (213)	00:02:40	01:31:04 (213)	<b>03:48:48</b>		187	