

# 10. JBL Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu  
Data: 28.05.2022r.  
Dystans: 1/4 IM  
Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
1	23	Stępiak Kacper		PHO3NIX ACADEMY BY GVT	M	PRO-M	1	00:11:47	00:03:11	01:01:03	00:01:27	00:37:15	01:54:43
2	25	Skipper Joe		Pho3nix Team	M	PRO-M	2	00:13:16	00:03:24	01:05:56	00:01:52	00:37:28	02:01:56
3	142	Imianowski Konrad	Sieraków		M	PRO-M	3	00:14:15	00:03:31	01:05:48	00:01:46	00:37:03	02:02:23
4	354	Latawiec Bartosz	Legionowo	Trinergy / TriYo z Legio	M	M40-44	1	00:16:26	00:03:54	01:02:59	00:01:49	00:41:18	02:06:26
5	730	Wostal Aleksander	Zielona Góra	progresscontrol.pl	M	M30-34	1	00:15:21	00:03:45	01:09:12	00:01:41	00:36:32	02:06:31
6	588	Marciniak Michał	Skórzewo	UKS Cityzen / BE3	M	M35-39	1	00:14:34	00:03:32	01:07:17	00:01:33	00:39:39	02:06:35
7	631	Szczeńiak Piotr	Strzelin	Gvt	M	M40-44	2	00:15:46	00:03:39	01:06:41	00:01:53	00:39:30	02:07:29
8	479	Olszewski Aleksander	Wrocław	TRINERGY	M	M35-39	2	00:14:14	00:03:56	01:07:19	00:01:42	00:40:24	02:07:35
9	109	Ciemielewski Piotr	Torun	TMT / DawajKalach	M	M35-39	3	00:14:44	00:04:14	01:07:40	00:01:31	00:39:44	02:07:53
10	372	Lisieński Michał	Siemianowice Śląskie	CHOP ZE ŻELAZA TRI TEAM / AUTO-FORM	M	M35-39	4	00:13:22	00:03:34	01:08:58	00:01:36	00:40:49	02:08:19
11	520	Prałat Kacper	Poznań	IM Inspiration	M	M25-29	1	00:15:00	00:04:34	01:08:35	00:02:16	00:40:00	02:10:25
12	447	Naczak Jakub	Luboń	#bezklubu	M	M35-39	5	00:16:49	00:04:10	01:06:40	00:02:24	00:40:46	02:10:49
13	245	Jaworski Rafał	Warszawa	#DawajKalachTeam	M	M35-39	6	00:16:12	00:03:57	01:07:17	00:01:42	00:42:05	02:11:13
14	388	Łukaszewicz Dawid	Wrocław	ORBEA MBC Wrocław	M	M35-39	7	00:14:57	00:04:43	01:07:54	00:02:16	00:41:25	02:11:15
15	691	Walkowiak Łukasz	Miękowo	#CHARTY_Jarka	M	M25-29	2	00:15:40	00:05:16	01:08:18	00:02:03	00:40:00	02:11:17
16	725	Wojcieszko Piotr	Wrocław	Chmura Coaching	M	M40-44	3	00:16:14	00:04:27	01:07:46	00:01:50	00:41:01	02:11:18
17	210	Imianowski Eryk	Sieraków	KS Kasztelanka / MMS Team	M	M18-24	1	00:17:05	00:03:52	01:08:36	00:02:06	00:39:41	02:11:20
18	420	Messyasz Krzysztof	Oława	BIMARKO&WELDA&GALI TEAM	M	M40-44	4	00:15:56	00:03:47	01:07:39	00:02:21	00:41:56	02:11:39
19	185	Greguła Wojciech	Chojna	MOYA RACING TEAM	M	M35-39	8	00:15:17	00:04:27	01:08:45	00:02:53	00:40:32	02:11:54
20	660	Śliwa Wojciech	Szczecin	KS IRONMAN PRODMAR Szczecin	M	M45-49	1	00:15:13	00:04:11	01:06:34	00:02:22	00:43:55	02:12:15
21	217	Jahnz Karolina	Stargard	Go2tri	K	K35-39	1	00:14:27	00:03:53	01:10:36	00:02:01	00:42:05	02:13:02
22	24	Wołos Ewelina	Warszawa	Triwawa	K	PRO-K	1	00:17:04	00:03:49	01:09:44	00:02:04	00:40:41	02:13:22
23	428	Miedziak Sebastian	Rogalinek	LS PLUS Recykling TEAM	M	M35-39	9	00:15:53	00:04:08	01:08:26	00:01:53	00:43:12	02:13:32
24	294	Szefer Piotr	Warszawa	Trienergy	M	M45-49	2	00:16:15	00:05:35	01:07:02	00:01:47	00:43:25	02:14:04
25	312	Kościelniak Bartosz	Wrocław	GVT BMC 3SOFT Świebodzice	M	M25-29	3	00:14:09	00:04:09	01:11:03	00:01:45	00:43:01	02:14:07
26	74	Broda Tomasz	Nowe Chechło	Zabrzeńskie Towarzystwo Triathlonowe	M	M35-39	10	00:16:09	00:04:53	01:09:09	00:02:09	00:42:01	02:14:21
27	201	Herbowski Piotr	Szamotoły	Ania Halska Coaching	M	M45-49	3	00:16:28	00:04:30	01:11:20	00:02:22	00:40:13	02:14:53
28	783	Juzof Sebastian		Anna Halska Team	M	M25-29	4	00:16:26	00:04:29	01:06:39	00:03:43	00:44:12	02:15:29
29	97	Cherednikov Stepan	Poznan	BPM / Cityzen	M	M30-34	2	00:16:39	00:04:56	01:08:54	00:02:09	00:42:58	02:15:36
30	216	Jagielski Łukasz	Poznań	AZS UAP	M	M30-34	3	00:15:26	00:04:11	01:11:32	00:02:20	00:42:40	02:16:09
31	545	Rudnik Tomasz	Żarów	Becomeone	M	M40-44	5	00:18:39	00:04:30	01:10:58	00:02:25	00:40:12	02:16:44
32	634	Szczurowski Waldemar	Głogów	MTS Drużyna Szpiku KGHM	M	M40-44	6	00:16:37	00:05:13	01:12:36	00:02:47	00:40:00	02:17:13
33	766	Żyła Tobiasz	Międzyrzecz	Międzyrzeckie Gazele	M	M30-34	4	00:17:14	00:05:44	01:12:12	00:02:11	00:40:11	02:17:32
34	350	Kwiatkowski Rafał	Warszawa	Kaziki	M	M40-44	7	00:15:42	00:03:59	01:13:27	00:01:55	00:43:04	02:18:07
35	426	Michniewicz Maciej	Opole	GT KONA	M	M45-49	4	00:15:06	00:04:29	01:12:42	00:01:55	00:43:59	02:18:11
36	587	Sobecki Filip	Bezzoczec-Szczecin	KS Ironman CS Polska	M	M45-49	5	00:15:18	00:04:20	01:11:23	00:01:59	00:45:16	02:18:16
37	418	Medyk Damian	Wrocław		M	M30-34	5	00:15:24	00:04:11	01:12:14	00:02:23	00:44:11	02:18:23
38	163	Gędek Łukasz	Kraków	KAT-KrakowskiAmatorTriathlonu	M	M35-39	11	00:18:54	00:04:22	01:12:35	00:02:05	00:40:40	02:18:36
39	238	Jasiński Kamil	Morzyczyn	Go2Tri	M	M25-29	5	00:18:24	00:03:51	01:11:53	00:02:09	00:42:26	02:18:43
40	54	Baum Bartosz	Poznań	CTS/B3 CITYZEN_POZNAŃ	M	M35-39	12	00:15:34	00:04:20	01:13:12	00:02:05	00:43:49	02:19:00
41	655	Szymański Kornel	Jeżów Sudecki		M	M25-29	6	00:14:17	00:04:19	01:17:52	00:02:10	00:40:31	02:19:09
42	400	Małecki Grzegorz	Siadło Dolne	CS Ironman Szczecin	M	M35-39	13	00:14:04	00:04:33	01:13:26	00:02:11	00:44:55	02:19:09
43	374	Liszka Wojciech	Wrocław	Litwin Sports	M	M30-34	6	00:15:17	00:05:46	01:11:19	00:01:58	00:44:50	02:19:10
44	582	Staby Tomasz	Górzewo Wlkp.	IM Inspiration	M	M50-54	1	00:16:17	00:04:37	01:09:51	00:02:07	00:46:19	02:19:11
45	664	Świerek Andrzej	Dotuj	HAPIT	M	M45-49	6	00:17:46	00:04:51	01:10:52	00:01:52	00:44:04	02:19:25
46	114	Cybulski Jacek	Szczecin	Swim2Tri	M	M40-44	8	00:16:17	00:04:47	01:13:55	00:02:09	00:42:18	02:19:26
47	302	Konieczny Grzegorz	Wrocław	PCG.GO	M	M30-34	7	00:16:26	00:04:37	01:12:49	00:02:16	00:43:40	02:19:48
48	392	Maćkowski Maciej	Berlin		M	M40-44	9	00:16:29	00:05:07	01:11:08	00:02:14	00:44:59	02:19:57
49	756	Ziółkowski Marek	Wrocław	DASHRADE TEAM	M	M50-54	2	00:15:12	00:04:28	01:12:16	00:02:08	00:46:03	02:20:07
50	194	Grzędą Waldemar	Jelcz-Laskowice	Jelcz Triathlon Project	M	M35-39	14	00:15:47	00:04:00	01:12:32	00:02:26	00:45:30	02:20:15
51	287	Kita Tomek	Poznań	SpecShop Team	M	M40-44	10	00:15:07	00:04:01	01:13:11	00:02:43	00:45:24	02:20:26
52	214	Jackowiak Piotr	Brzeg	Sztuka Ruchu	M	M35-39	15	00:14:14	00:04:02	01:16:17	00:02:09	00:44:31	02:21:13
53	455	Nosek Maciej	Bochnia	Triathlon Team Bochnia	M	M55-59	1	00:18:55	00:04:26	01:10:28	00:02:05	00:45:24	02:21:18
54	630	Szczęsny Filip	Szukalice	GVT	M	M45-49	7	00:17:56	00:05:21	01:09:47	00:02:07	00:46:08	02:21:19
55	474	Nowicki Marcin	Gorzów Wielkopolski	Go2Tri	M	M40-44	11	00:16:09	00:05:07	01:14:28	00:02:19	00:43:25	02:21:28
56	572	Skiba Mariusz	Szczecin	Klub Sportowy IRONMAN CS POLSKA	M	M35-39	16	00:17:36	00:04:53	01:10:42	00:02:07	00:46:12	02:21:30
57	61	Biernacki Krystian	WROCLAW	GVT	M	M40-44	12	00:15:33	00:04:42	01:12:07	00:02:12	00:46:59	02:21:33
58	123	Czuk Przemysław	Zabrzeg		M	M25-29	7	00:16:28	00:03:50	01:15:29	00:01:32	00:44:14	02:21:33
59	371	Liputa Emilia	Wrocław	Aloha Triathlon Team	K	K25-29	1	00:16:47	00:04:31	01:15:29	00:02:35	00:42:24	02:21:46
60	329	Królowski Edward	Plewiska	KB Maniac	M	M50-54	3	00:17:27	00:04:30	01:14:48	00:01:45	00:43:22	02:21:52
61	562	Siatecki Paweł	Poznań		M	M30-34	8	00:19:34	00:04:21	01:11:52	00:01:59	00:44:07	02:21:53
62	613	Stróżycki Jakub	Cerekwica	Sparta Cerekwica	M	M40-44	13	00:16:50	00:04:44	01:09:21	00:02:50	00:48:17	02:22:02
63	187	Grochowska Aleksandra	Polska	GVT	K	K25-29	2	00:15:10	00:04:26	01:13:33	00:01:53	00:47:01	02:22:03
64	666	TABAK KONRAD	Wrocław	GVT	M	M35-39	17	00:18:03	00:05:33	01:11:30	00:02:05	00:44:58	02:22:09
65	90	Bych Maciej	Oława	MACIEJ BYCH TRENER OSOBISTY	M	M45-49	8	00:16:00	00:05:01	01:11:23	00:02:39	00:47:21	02:22:24
66	681	Turek-Zielinski Albin	Toruń	Toruński Klub Triathlonowy	M	M45-49	9	00:16:02	00:05:49	01:11:28	00:03:05	00:46:11	02:22:35
67	106	Chrzanowski Zbigniew	Płock	Kalach Team	M	M40-44	14	00:16:10	00:05:18	01:12:38	00:03:19	00:45:18	02:22:43
68	558	Sawicki Rafał	Wrocław	Scorpion	M	M40-44	15	00:18:45	00:05:56	01:09:25	00:02:25	00:46:16	02:22:47
69	635	Szeffler Radosław	Szczecin	Swim2tri	M	M45-49	10	00:17:43	00:06:15	01:12:01	00:02:20	00:44:28	02:22:47
70	235	JASICZEK RADOSŁAW	Świdnica	GLKS Żelazna Świdnica	M	M40-44	16	00:17:03	00:04:51	01:12:20	00:01:55	00:46:44	02:22:53
71	324	Kozłowski Jacek	Płock	PTT Delta	M	M45-49	11	00:18:03	00:05:09	01:11:57	00:02:08	00:45:59	02:23:16
72	223	Jankowiak Łukasz	Zielona Góra	AleTempo	M	M30-34	9	00:17:07	00:04:12	01:15:37	00:02:05	00:44:17	02:23:18
73	659	Śliwa Maciej	Kruszyn	Papryka Team	M	M35-39	18	00:18:15	00:04:35	01:13:36	00:02:15	00:44:42	02:23:23
74	508	Piotrowicz Hubert	Poznań	Mocni w Gębie	M	M40-44	17	00:17:46	00:04:31	01:13:40	00:02:28	00:45:17	02:23:42
75	50	Baran Roman	Namysłów	NTT TRIADA Namysłów	M	M40-44	18	00:14:13	00:04:38	01:16:31	00:02:27	00:45:56	02:23:45
76	99	Chmielewski Rafał	Grudziądz	Olimpia/Wisła/Ruch Grudziądz	M	M45-49	12	00:17:24	00:04:39	01:10:47	00:02:05	00:49:00	02:23:55

# 10. JBL Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/4 IM

Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
77	268	Kalwiński Bartosz	Puszczkovo	Padre Team	M	M35-39	19	00:17:22	00:04:39	01:17:00	00:02:02	00:42:54	02:23:57
78	685	Ulanowski Grzegorz	Stubice	STORMRIDER	M	M45-49	13	00:19:02	00:05:03	01:14:04	00:03:05	00:42:53	02:24:07
79	140	Fajok Szymon	Poznań	MBC Team	M	M18-24	2	00:16:35	00:04:35	01:11:08	00:03:25	00:48:27	02:24:10
80	141	Jaroniec Lech	Mościenica	Ironway	M	M40-44	19	00:16:22	00:04:56	01:17:19	00:02:29	00:43:04	02:24:10
81	747	Zawierucha Karol	Bezzecze	IM Inspiration	M	M30-34	10	00:17:10	00:04:44	01:12:34	00:02:31	00:47:12	02:24:11
82	554	Ryfa Maciej	Borówiec	TM Iron Team/REHAU Crossactive	M	M25-29	8	00:16:46	00:04:54	01:14:39	00:01:40	00:46:17	02:24:16
83	339	Kula Damian	Kraków	TRIRWISE	M	M45-49	14	00:16:31	00:05:18	01:14:40	00:02:03	00:45:51	02:24:23
84	390	Maciejewski Karol	Nadolice Wielkie	FunTri	M	M40-44	20	00:18:33	00:05:16	01:12:24	00:01:58	00:46:15	02:24:26
85	318	Kowalski Piotr	Nowy Dwór	Jelcz Triathlon Project	M	M30-34	11	00:14:51	00:04:47	01:14:19	00:02:05	00:48:25	02:24:27
86	469	Nowak Dawid Łukasz	Bełchatów	Ruch Kluch	M	M40-44	21	00:21:21	00:04:49	01:11:25	00:02:04	00:44:54	02:24:33
87	480	Onuchowski Damian	Żary	Waniewski coaching	M	M55-59	2	00:17:10	00:04:43	01:12:18	00:02:37	00:47:46	02:24:34
88	459	Nowaczyński Bartosz	Miłostowo		M	M30-34	12	00:18:19	00:04:32	01:13:32	00:02:01	00:46:13	02:24:37
89	748	Posacki Zbigniew	Lubiąż	Wołów Biega	M	M45-49	15	00:18:13	00:04:53	01:14:47	00:02:02	00:45:13	02:25:08
90	336	Młynarczyk Marcin	Żarów	Becomeone	M	M35-39	20	00:19:00	00:04:50	01:11:54	00:02:20	00:47:24	02:25:28
91	337	Kukla Maciej	Chorzów		M	M35-39	21	00:17:33	00:04:39	01:15:51	00:02:20	00:45:17	02:25:40
92	51	Bartochowski Łukasz	Poznań	VanHooij Bike Manufaktur	M	M40-44	22	00:17:33	00:06:03	01:13:30	00:02:46	00:45:52	02:25:44
93	754	Ziemiński Bartosz	Płock	PTT DELTA	M	M35-39	22	00:21:51	00:04:46	01:13:18	00:01:58	00:44:00	02:25:53
94	144	Farat Michał	Zielona Góra		M	M35-39	23	00:30:07	00:10:52	00:56:54	00:02:38	00:45:24	02:25:55
95	377	Lubik Jarosław	Sieraków	IM Inspiration	M	M30-34	13	00:18:20	00:04:41	01:14:13	00:02:14	00:46:40	02:26:08
96	376	Lubarski Marcin	Poznań	KS Posenania	M	M35-39	24	00:15:11	00:07:11	01:12:20	00:02:43	00:48:44	02:26:09
97	49	Banek Eugeniusz	Gorzyczki	TRiceratops	M	M45-49	16	00:17:19	00:04:51	01:13:46	00:02:10	00:48:04	02:26:10
98	107	CHWALISZ ŁUKASZ	Luboń	Night Runners	M	M30-34	14	00:19:42	00:06:15	01:12:12	00:02:36	00:45:32	02:26:17
99	189	Gronowski Maciej	Suchy Las		M	M18-24	3	00:16:25	00:05:07	01:16:22	00:02:12	00:46:15	02:26:21
100	705	Wieczorek Grzegorz	Katowice	IRONSILESIA	M	M40-44	23	00:21:02	00:06:12	01:29:57	00:02:45	00:26:28	02:26:24
101	267	Kałek Artur	Bydgoszcz	TM IRON TEAM	M	M45-49	17	00:16:42	00:05:12	01:14:41	00:02:44	00:47:27	02:26:46
102	419	Mendyka Paweł	Szczecin	NSZZFiPW w Szczecinie	M	M35-39	25	00:18:07	00:05:33	01:14:39	00:02:05	00:46:23	02:26:47
103	580	Skupień Konrad	Łódź, woj. łódzkie, Polska	konradskupien.pl	M	M50-54	4	00:20:15	00:05:24	01:16:28	00:02:23	00:42:21	02:26:51
104	421	Michalak Piotr	Gorzów Wlkp.	Friendly Fire	M	M30-34	15	00:17:21	00:04:32	01:16:06	00:01:57	00:46:57	02:26:53
105	604	Stefaniak Marcin	Wałbrzych	TM Iron Team	M	M45-49	18	00:16:49	00:05:44	01:13:38	00:02:47	00:47:56	02:26:54
106	158	Gamski Marcin	Ożarów Mazowiecki	Team Ceberak	M	M45-49	19	00:16:19	00:04:59	01:13:03	00:02:20	00:50:18	02:26:59
107	206	Hołubowicz Jacek	Poznań	Posnania Triathlon	M	M30-34	16	00:17:35	00:04:42	01:14:50	00:02:04	00:47:49	02:27:00
108	468	Nowak Sławomir	Warszawa	Exatel Running Team/ Kuźnia Triathlonu	M	M50-54	5	00:15:37	00:06:19	01:14:32	00:03:20	00:47:18	02:27:06
109	70	BORUCKI Witold	Jelcz-Laskowice	Jelcz Triathlon Project	M	M40-44	24	00:17:49	00:05:10	01:14:14	00:02:07	00:47:54	02:27:14
110	638	Szlachta Jakub	Szczecin	Go2Tri	M	M35-39	26	00:13:44	00:05:35	01:19:05	00:02:38	00:46:13	02:27:15
111	692	Walkowiak Bartosz	Plewiska	www.studio-motiv.pl POSNANIA TRIATHLON	M	M40-44	25	00:17:28	00:05:17	01:15:20	00:02:03	00:47:10	02:27:18
112	621	Sworek Dawid	Poznań	OwocBiega Team	M	M30-34	17	00:16:25	00:04:29	01:16:44	00:02:15	00:47:26	02:27:19
113	381	Łapawa Dariusz	Poznań	Mocni w Gębie	M	M35-39	27	00:17:33	00:05:23	01:13:56	00:02:08	00:48:31	02:27:31
114	454	Nolbert Adam	Wrocław		M	M50-54	6	00:18:02	00:05:21	01:17:13	00:02:28	00:44:27	02:27:31
115	517	Poniedziałek Filip	Plewiska	IM Inspiration	M	M35-39	28	00:18:56	00:05:09	01:13:59	00:02:26	00:47:11	02:27:41
116	321	Kozinoga Mateusz	Poznań	NatekiMatek	M	M35-39	29	00:19:27	00:05:45	01:19:49	00:02:15	00:40:26	02:27:42
117	444	Musiał Robert	Warszawa	TriWawa	M	M55-59	3	00:19:01	00:04:42	01:14:34	00:02:48	00:46:37	02:27:42
118	751	Zgrzebiński Robert	Chrzęstawa Wielka	Jelcz Triathlon Project	M	M40-44	26	00:17:28	00:05:22	01:14:39	00:02:20	00:48:11	02:28:00
119	380	Lupa Marcin	Wrocław	GVT	M	M40-44	27	00:16:46	00:05:06	01:13:32	00:02:17	00:50:20	02:28:01
120	509	Jaszkuł Wojciech	Gorzów Wlkp		M	M30-34	18	00:19:23	00:04:59	01:16:20	00:03:07	00:44:13	02:28:02
121	193	Grzesiak Marcin	KĘTY	Beskid Tri	M	M40-44	28	00:18:09	00:05:46	01:15:04	00:02:29	00:46:50	02:28:18
122	609	Witkowski Jarek	Poznań	3E3Citizen	M	M50-54	7	00:16:10	00:04:56	01:14:17	00:02:43	00:50:18	02:28:24
123	753	Ziemia Marcin	Lwówek		M	M40-44	29	00:16:21	00:04:49	01:17:57	00:02:18	00:46:59	02:28:24
124	599	Stachurski Daniel	Warszawa	Karaś Team	M	M45-49	20	00:17:51	00:05:15	01:15:39	00:02:30	00:47:12	02:28:27
125	458	Nowaczyk Maciej	Baranowo	Mocni w Gębie	M	M40-44	30	00:16:57	00:05:34	01:15:12	00:02:22	00:48:24	02:28:29
126	402	Małkowski Andrzej	Zalesie Górne		M	M40-44	31	00:17:40	00:05:19	01:16:30	00:02:43	00:46:18	02:28:30
127	460	Nowak Paweł	Koszalin	#TRIPaka Przechlewo	M	M45-49	21	00:17:39	00:04:07	01:14:48	00:02:00	00:49:58	02:28:32
128	533	Rogiewicz Remigiusz	Szczecin	KS Ironman Szczecin	M	M40-44	32	00:15:11	00:05:09	01:15:48	00:02:12	00:50:30	02:28:50
129	116	Czapla Łukasz	Tychy	TRiceratops	M	M40-44	33	00:18:39	00:05:56	01:15:28	00:02:34	00:46:16	02:28:53
130	759	Żelichowski Artur	Wilamowice	Beskid Tri Team	M	M45-49	22	00:21:36	00:04:49	01:15:32	00:02:08	00:44:51	02:28:56
131	434	Mikołajczyk Tomasz	Dopiewiec	Explorador Team	M	M40-44	34	00:17:55	00:05:20	01:17:16	00:02:20	00:46:11	02:29:02
132	63	Binkowski Michał	Rokietnica	Binu Team	M	M30-34	19	00:16:37	00:04:45	01:20:50	00:02:08	00:44:45	02:29:05
133	250	Jędrasiak Adrian	Zielona Góra		M	M40-44	35	00:19:44	00:04:26	01:17:18	00:02:23	00:45:19	02:29:10
134	95	Tomaszewski Mateusz	Wrocław		M	M40-44	36	00:17:14	00:04:46	01:17:51	00:02:21	00:47:12	02:29:24
135	758	Żelazny Maciej	Szczecin	Trigym Szczecin	M	M30-34	20	00:15:28	00:04:33	01:17:48	00:02:10	00:49:29	02:29:28
136	174	Golański Grzegorz	Zalasewo		M	M35-39	30	00:17:28	00:05:28	01:17:47	00:02:06	00:46:52	02:29:41
137	699	Wawrzyniak Michał	Solec Kujawski	Team Zoot Europe	M	M40-44	37	00:17:06	00:05:41	01:14:34	00:03:12	00:49:14	02:29:47
138	60	Bielecki Piotr	Szczecin	Go2Tri Szczecin	M	M30-34	21	00:17:15	00:07:03	01:15:28	00:02:29	00:47:44	02:29:59
139	491	Palmowski Łukasz	Rozalin	Ale miło	M	M45-49	23	00:18:39	00:04:47	01:15:01	00:01:54	00:49:43	02:30:04
140	237	Jasielski Maurycy	Poznań		M	M45-49	24	00:17:59	00:05:50	01:16:38	00:02:42	00:47:00	02:30:09
141	552	Rybarczyk Jacek	Warszawa	KS Start Pułaski Warka	M	M50-54	8	00:17:55	00:05:31	01:15:05	00:02:48	00:49:01	02:30:20
142	665	ŚWITAŁA KRZYSZTOF	RAKONIEWICE	RAKONIEWICE NIAGARA FITNESS KLUB	M	M45-49	25	00:16:05	00:06:43	01:16:01	00:02:50	00:48:44	02:30:23
143	360	Leśniak Karolina	Wrocław	TMTeam	K	K35-39	2	00:17:52	00:05:17	01:19:24	00:02:18	00:45:33	02:30:24
144	164	Giernas Marcin	Rydzyzna		M	M30-34	22	00:18:35	00:06:16	01:17:14	00:02:19	00:46:03	02:30:27
145	289	Kłopotcki Jakub	Komorniki	Team Zoot Europe	M	M30-34	23	00:18:37	00:06:19	01:18:43	00:02:03	00:44:46	02:30:28
146	110	CIERNIAK KRZYSZTOF	Zalasewo	PRO3666 / PASTE GROUP	M	M50-54	9	00:17:15	00:04:55	01:17:20	00:03:10	00:47:50	02:30:30
147	326	Krawczyk Paweł	Szczecin	Trigym Szczecin	M	M30-34	24	00:16:12	00:05:12	01:19:00	00:02:50	00:47:17	02:30:31
148	722	Wojciechowski Piotr	Poznań	KS Posenania	M	M40-44	38	00:17:46	00:04:58	01:19:21	00:02:50	00:45:38	02:30:33
149	674	Cichosz Robert	Jelcz-Laskowice	Jelcz Triathlon Project	M	M45-49	26	00:18:49	00:04:41	01:15:56	00:02:26	00:48:43	02:30:35
150	278	Karski Kacper	Inowrocław		M	M18-24	4	00:15:10	00:05:52	01:18:39	00:01:58	00:49:04	02:30:43
151	535	Romanowski Piotr	Wysoka	Tieto Triathlon Team	M	M35-39	31	00:21:23	00:04:20	01:16:46	00:02:28	00:45:46	02:30:43
152	331	Krystosiak Jakub	Szczecin		M	M40-44	39	00:16:00	00:05:36	01:16:41	00:02:16	00:50:10	02:30:43

# 10. JBL Triathlon Sieraków



Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/4 IM

Miejscowość: Sieraków

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
153	57	Biegański Maciej	Poznań	ORTOspot	M	M35-39	32	00:18:36	00:06:12	01:16:07	00:02:07	00:47:54	02:30:56
154	39	AUGUSTYNIAK GRZEGORZ	SŁUPNO	PTT DELTA	M	M50-54	10	00:16:25	00:06:00	01:18:12	00:02:38	00:47:42	02:30:57
155	538	Rosiński Sławomir	Siekierki Wielkie	WICHER SIEKIERKI	M	M40-44	40	00:16:42	00:06:11	01:20:17	00:02:34	00:45:18	02:31:02
156	776	Szwed Kamil	Krosno Odrzańskie		M	M30-34	25	00:20:43	00:06:35	01:14:18	00:03:02	00:46:30	02:31:08
157	734	Wójtowicz Mateusz	Katowice	IRONSIELSIA	M	M30-34	26	00:20:12	00:07:14	01:15:44	00:02:35	00:45:32	02:31:17
158	1	Kepiński Kacper	Warszawa	TriWawa	M	PRO-M	4	00:14:05	00:05:16	01:25:02	00:02:04	00:44:54	02:31:21
159	780	Gąsiorowski Michał	Mięczyzrzecz	Racuszki	M	M35-39	33	00:19:00	00:04:59	01:17:05	00:02:37	00:47:42	02:31:23
160	629	Szczeszek Łukasz	Poznań		M	M40-44	41	00:21:42	00:06:01	01:17:26	00:02:17	00:44:03	02:31:29
161	579	Skulski Maciej	Tyniec Mały	Mitsubishi Materials MTB TEAM	M	M45-49	27	00:17:57	00:05:28	01:12:45	00:02:08	00:53:12	02:31:30
162	165	Giese Michał	Gliwice	Tri&More	M	M40-44	42	00:20:32	00:06:38	01:12:54	00:03:00	00:48:26	02:31:30
163	364	Liebner Patryk	Szczecin	Trigym Szczecin	M	M40-44	43	00:18:14	00:06:24	01:19:08	00:02:31	00:45:26	02:31:43
164	646	Szwed Michał	Poznań	Drużyna Mocarzy / enduhub.com / Citizen_BE3	M	M50-54	11	00:17:36	00:06:16	01:15:30	00:02:51	00:49:33	02:31:46
165	694	Wański Przemysław	Poznań	Mocni w gębie	M	M35-39	34	00:19:23	00:06:15	01:17:10	00:02:30	00:46:37	02:31:55
166	701	Wąsowski Szymon	Warszawa		M	M35-39	35	00:17:06	00:05:25	01:18:44	00:02:44	00:47:57	02:31:56
167	740	Zając Paweł	Opalenica	7PRO TriathlonTeam, Leśny Uciekinier Team	M	M35-39	36	00:16:55	00:04:14	01:20:12	00:02:01	00:48:42	02:32:04
168	524	PYZIK Łukasz	Pietrzykowice	TRIMP	M	M40-44	44	00:18:36	00:05:59	01:14:19	00:03:00	00:50:21	02:32:15
169	85	Bugaj Robert	Konin	Triton Konin	M	M40-44	45	00:16:43	00:05:45	01:21:50	00:02:00	00:46:03	02:32:21
170	570	SITKOWSKI TOMASZ	GOLCZEWO	ALMARE.PL	M	M45-49	28	00:17:48	00:05:46	01:15:57	00:02:54	00:49:57	02:32:22
171	577	Skrobański Jakub	Puszczykowo		M	M30-34	27	00:15:50	00:05:29	01:18:53	00:02:30	00:49:53	02:32:35
172	653	Szymański Przemysław	Trzcianka	MG Running Team	M	M40-44	46	00:20:08	00:04:41	01:15:16	00:02:24	00:50:07	02:32:36
173	151	Frąckowiak Krzysztof	Wrocław		M	M45-49	29	00:17:34	00:05:14	01:19:46	00:02:26	00:47:49	02:32:49
174	433	Sobiesław Rafał	Wrocław	GVT	M	M45-49	30	00:17:27	00:06:31	01:13:38	00:02:32	00:52:52	02:33:00
175	382	Łącki Piotr	Zielona Góra		M	M30-34	28	00:15:22	00:04:58	01:15:28	00:02:22	00:54:59	02:33:09
176	594	Sosnowski Jarosław	Płock	PTT DELTA / #DawajKalach	M	M40-44	47	00:13:36	00:04:14	01:28:14	00:02:26	00:44:49	02:33:19
177	205	Hołowenko Marcin	Przescocin	Spiner Team Police	M	M40-44	48	00:17:53	00:07:00	01:17:39	00:02:19	00:48:28	02:33:19
178	738	Zachwieja Piotr	Bydgoszcz		M	M35-39	37	00:19:33	00:06:26	01:17:37	00:02:37	00:47:09	02:33:22
179	323	Szarata Tomasz	Miłoszyce	Jelcz Triathlon Project	M	M45-49	31	00:20:10	00:05:34	01:18:22	00:02:26	00:47:00	02:33:32
180	35	Annusewicz Stachu	Poznań	DoPorzyguAlboWcale	M	M35-39	38	00:17:42	00:05:54	01:21:13	00:02:33	00:46:24	02:33:46
181	571	Skiba Grzegorz	Tychy	TRiceratops	M	M40-44	49	00:20:04	00:07:02	01:16:16	00:03:10	00:47:21	02:33:53
182	593	Drop Krzysztof	Zielona Góra	Litwin Sports	M	M55-59	4	00:18:24	00:06:04	01:18:10	00:02:43	00:48:35	02:33:56
183	386	Łojek Krzysztof	WARSZAWA		M	M35-39	39	00:17:44	00:05:59	01:17:02	00:02:19	00:50:53	02:33:57
184	46	Sznek Artur	Jerzykowo	CTS	M	M50-54	12	00:17:05	00:05:30	01:20:39	00:02:42	00:48:02	02:33:58
185	148	FOLTYŃSKI MARCIN	Gruszczyn	KLAS Szpot Swarzędz	M	M45-49	32	00:22:04	00:05:56	01:15:09	00:02:21	00:48:39	02:34:09
186	605	Sterczała Marcin	Kicin	Rehau Crossactive	M	M25-29	9	00:19:41	00:06:06	01:18:38	00:02:18	00:47:28	02:34:11
187	749	Dąbrowski Damian	Warszawa	Karaś Team	M	M40-44	50	00:17:14	00:05:14	01:18:24	00:02:51	00:50:37	02:34:20
188	301	Konieczny Remigiusz	Poznań	CITY ZEN POZNAŃ	M	M45-49	33	00:17:56	00:05:00	01:17:59	00:02:53	00:50:37	02:34:25
189	137	Dykie Damian	Poznań		M	M30-34	29	00:16:28	00:06:17	01:15:39	00:03:13	00:53:03	02:34:40
190	414	Mawlichanów Maciej	Warszawa	Wiatrak 207	M	M30-34	30	00:17:34	00:05:37	01:20:14	00:02:02	00:49:17	02:34:44
191	616	Suchy Przemek	Domaniów	FunTri	M	M45-49	34	00:20:54	00:07:28	01:15:44	00:03:36	00:47:15	02:34:57
192	717	Wiśniewski Kacper	Legnica	LitWIN Sports	M	M18-24	5	00:18:39	00:05:18	01:19:37	00:02:30	00:48:57	02:35:01
193	159	Gancarz Piotr	Szczecin	Drużyna G	M	M35-39	40	00:16:20	00:06:19	01:22:12	00:02:29	00:47:42	02:35:02
194	707	Wiertelak Aleksandra	Szczecin	Trigym Szczecin	K	K30-34	1	00:18:02	00:04:50	01:18:26	00:03:08	00:50:36	02:35:02
195	335	Kucharczyk Kamil	Poznań	Tri Not To Die	M	M35-39	41	00:19:20	00:05:46	01:19:08	00:02:46	00:48:06	02:35:06
196	592	Solarczyk Maciej	Mogilno	Mogilno Team	M	M45-49	35	00:20:45	00:04:27	01:16:39	00:02:34	00:50:57	02:35:22
197	671	Tepper Marcin	Kórnik	BUDCHEM	M	M45-49	36	00:21:50	00:05:21	01:18:17	00:02:19	00:47:42	02:35:29
198	452	Niewiada Maciej	Poznań	eXplorador	M	M40-44	51	00:16:58	00:04:58	01:25:38	00:02:07	00:45:59	02:35:40
199	648	Szyk Damian	Police	Swim2Tri	M	M45-49	37	00:19:34	00:06:33	01:15:20	00:02:36	00:51:38	02:35:41
200	515	Polak Jakub	Wrocław		M	M30-34	31	00:18:16	00:05:06	01:16:34	00:02:33	00:53:38	02:36:07
201	536	Rorbek Adam	Katowice	IRONSILESLIA	M	M35-39	42	00:16:31	00:05:53	01:20:38	00:02:24	00:50:47	02:36:13
202	682	Turkowiak Łukasz	Suchy Las	STUDIO FUEGO / Rehau	M	M35-39	43	00:17:23	00:05:38	01:19:23	00:02:07	00:51:43	02:36:14
203	284	Kifert Marcin	Zielona gora		M	M40-44	52	00:21:47	00:05:34	01:12:57	00:02:38	00:53:31	02:36:27
204	247	jazikowski Paweł	Poznań		M	M50-54	13	00:19:04	00:05:40	01:19:58	00:02:45	00:49:09	02:36:36
205	221	Jakubowski Arkadiusz	PMI		M	M45-49	38	00:17:41	00:05:16	01:15:21	00:02:54	00:55:29	02:36:41
206	500	Pierzchlewicz Krzysztof	Poznań	Gwiazdowski Triathlon Team	M	M40-44	53	00:18:43	00:05:01	01:20:54	00:03:03	00:49:15	02:36:56
207	263	Kaczmarek Karol	Rawicz	NZG	M	M45-49	39	00:15:48	00:06:28	01:19:21	00:02:26	00:52:54	02:36:57
208	160	Garstecki Michał	Skawina	WM Trisef / SkawinaBiega	M	M45-49	40	00:20:10	00:04:54	01:20:28	00:03:18	00:48:07	02:36:57
209	733	Wójcikowski Cezary	Mierzyn	CKMarine.pl	M	M45-49	41	00:18:54	00:04:51	01:16:20	00:02:36	00:54:16	02:36:57
210	715	Wiśniewski Tomasz	Wrocław	Become one	M	M30-34	32	00:15:13	00:05:09	01:22:34	00:02:48	00:51:14	02:36:58
211	361	Lewandowski Andrzej	Kórnik	UAM Triathlon Poznań	M	M60-64	1	00:17:38	00:05:37	01:19:09	00:02:30	00:52:25	02:37:19
212	173	Golanowski Krzysztof	Szczecin	Bulk Cargo Port Szczecin	M	M45-49	42	00:19:40	00:06:18	01:17:21	00:02:07	00:51:54	02:37:20
213	565	Sikorski Wojciech	Poznań	Rowery Małgośka	M	M35-39	44	00:19:24	00:06:25	01:22:05	00:02:27	00:47:07	02:37:28
214	656	Szymański Jacek	Jezów Sudecki		M	M55-59	5	00:17:22	00:04:46	01:22:47	00:03:12	00:49:30	02:37:37
215	68	Borowski Witold	Sieraków	Borowski Triathlon Team	M	M60-64	2	00:20:59	00:05:51	01:18:22	00:02:21	00:50:08	02:37:41
216	242	Jaworski Piotr	WROCLAW		M	M35-39	45	00:18:09	00:05:52	01:17:45	00:02:37	00:53:41	02:38:04
217	490	Pająk Andrzej	Skórzewo	OWOCBIEGA TEAM fundacjapajak.pl	M	M35-39	46	00:17:38	00:06:04	01:15:47	00:02:47	00:55:50	02:38:06
218	362	Lewandowski Jakub	Poznań	Posnania Triathlon	M	M40-44	54	00:17:57	00:05:49	01:18:52	00:02:33	00:52:59	02:38:10
219	457	Nowaczyk Grzegorz	Chodzież	LODOZERCY CHODZIEŻ / PCH_RUN	M	M45-49	43	00:19:43	00:05:38	01:22:07	00:02:59	00:48:05	02:38:32
220	295	Kolasiński Damian	Zalasewo	KS Posnania	M	M45-49	44	00:17:21	00:05:44	01:18:08	00:02:43	00:54:37	02:38:33
221	121	Członkowski Grzegorz	Poznań	Dziki z Moraska	M	M45-49	45	00:16:04	00:05:51	01:20:31	00:03:01	00:53:09	02:38:36
222	607	Stepień Alicja	Zielona Góra	Litwin Sports	K	K45-49	1	00:18:00	00:05:31	01:19:21	00:02:54	00:53:01	02:38:47
223	601	Stanke Łukasz	Poznań	4Fiter	M	M40-44	55	00:18:38	00:06:18	01:19:42	00:02:41	00:51:36	02:38:55
224	602	Stankiewicz Jakub	Kalisz	ZDUN TRIATLON TEAM	M	M45-49	46	00:19:19	00:06:16	01:23:08	00:02:50	00:47:23	02:38:56
225	739	Zadłużny Robert	Rednica		M	M40-44	56	00:20:30	00:05:50	01:23:00	00:02:56	00:46:40	02:38:56
226	338	Kukuła Jarosław	Poznań	BATM   Q KA   SCIM	M	M40-44	57	00:23:42	00:10:15	01:11:28	00:04:00	00:49:48	02:39:13
227	606	Stepień Ireneusz	Zielona Góra	Litwin Sports	M	M50-54	14	00:22:36	00:05:40	01:14:45	00:02:47	00:53:25	02:39:13
228	283	Kierzkowski Jan	Warszawa	Trimasters	M	M25-29	10	00:16:03	00:05:00	01:21:02	00:03:38	00:53:38	02:39:21

# 10. JBL Triathlon Sieraków



Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/4 IM

Miejscowość: Sieraków

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
229	251	Jędrycha Artur	Dąbrowa Górnicza	IM INSPIRATION	M	M45-49	47	00:18:44	00:06:52	01:16:55	00:02:34	00:54:16	02:39:21
230	316	Kowalczyk Marcin	Nowy Folwark	Triathlon Team Września	M	M50-54	15	00:20:30	00:06:44	01:17:08	00:02:58	00:52:22	02:39:42
231	317	Kowalski Marcin	Tychy	TRiceratops	M	M40-44	58	00:19:54	00:05:18	01:21:46	00:02:06	00:50:40	02:39:44
232	115	Cygan Adam	Drańsko Pomorskie	DSI ACTIVE TEAM	M	M40-44	59	00:16:47	00:06:00	01:21:05	00:02:32	00:53:20	02:39:44
233	712	Wiłski Maciej	Rosnówko	Stomatologia Nad Zalewem	M	M40-44	60	00:18:06	00:05:33	01:23:39	00:02:44	00:49:42	02:39:44
234	727	Szkurat Tomasz		Power Training	M	M35-39	47	00:19:38	00:05:39	01:21:42	00:03:39	00:49:09	02:39:47
235	764	Boryslawski Dawid	Smolec	LitWin Sports	M	M45-49	48	00:18:05	00:06:53	01:22:45	00:02:38	00:49:26	02:39:47
236	208	Hozakowski Kajetan	Zielona Góra		M	M30-34	33	00:21:30	00:06:02	01:22:14	00:03:15	00:46:47	02:39:48
237	486	Ozdoba Krzysztof	Siechnice	Tri Mission	M	M45-49	49	00:17:52	00:06:36	01:21:12	00:02:37	00:51:32	02:39:49
238	71	Boryslawski Wojciech	Kęty	LACRIMA OPTYK Triathlon Team	M	M40-44	61	00:17:16	00:05:29	01:20:23	00:02:50	00:53:55	02:39:53
239	603	Starega Agata	Młędzycród		K	K30-34	2	00:20:52	00:05:12	01:22:28	00:02:26	00:48:56	02:39:54
240	637	Szindler Wojciech	Zalasewo		M	M40-44	62	00:21:09	00:06:32	01:18:33	00:02:41	00:51:08	02:40:03
241	487	Ozimek Robert	Czaszczo		M	M45-49	50	00:17:40	00:06:30	01:17:56	00:02:55	00:55:07	02:40:08
242	314	Kotlińska-Łojek Ewa	Warszawa	PKO Bank Polski	K	K35-39	3	00:17:23	00:07:34	01:21:30	00:02:46	00:50:59	02:40:12
243	84	BUDZISZEWSKI Marcin	Warszawa	Koala Team	M	M40-44	63	00:19:40	00:07:02	01:14:18	00:02:53	00:56:21	02:40:14
244	334	Kubiak Patryk	Poznań		M	M40-44	64	00:18:39	00:07:20	01:22:57	00:02:23	00:49:03	02:40:22
245	105	Chołuj Michał	Warszawa	TriWawa	M	M45-49	51	00:20:18	00:04:54	01:17:12	00:02:22	00:55:45	02:40:31
246	518	Porebski Kacper	Kraków		M	M35-39	48	00:18:57	00:05:50	01:20:13	00:03:57	00:51:38	02:40:35
247	355	Lech Jarek	Dołuje		M	M45-49	52	00:17:21	00:05:21	01:21:11	00:03:10	00:53:50	02:40:53
248	397	Makowski Sławomir	Bydgoszcz	Cortez Triathlon Team	M	M50-54	16	00:22:40	00:05:12	01:19:05	00:04:35	00:49:21	02:40:53
249	693	Walkowski Mikołaj	Katowice	Ironsilesia	M	M35-39	49	00:19:41	00:06:09	01:21:07	00:03:09	00:51:05	02:41:11
250	585	Sobański Marcin	Poznań	Zgrupka Team	M	M40-44	65	00:22:26	00:06:56	01:14:43	00:03:07	00:54:08	02:41:20
251	203	Hojnor Piotr	Święta Katarzyna	Litwin Sports	M	M40-44	66	00:20:40	00:06:41	01:18:27	00:02:52	00:53:30	02:41:25
252	661	Śmigórski Rafał	Borówiec	Cityzen	M	M45-49	53	00:19:23	00:07:24	01:19:02	00:02:52	00:52:51	02:41:32
253	771	Bogucki Jarosław	Oława		M	M50-54	17	00:17:06	00:05:59	01:24:41	00:02:29	00:51:19	02:41:34
254	432	Mikołajczyk Kinga	Szczecin	Tri gym Szczecin	K	K35-39	4	00:20:33	00:05:44	01:19:57	00:02:49	00:52:37	02:41:40
255	423	Michalak Tomasz	Rosnówko	Komorniki MTB TEAM	M	M40-44	67	00:20:26	00:06:06	01:17:32	00:02:48	00:54:52	02:41:44
256	466	Nowak Dawid	Poznań	TRICeratops	M	M40-44	68	00:19:00	00:04:51	01:21:18	00:03:07	00:53:30	02:41:46
257	470	Nowak Adam	Łódź		M	M25-29	11	00:21:01	00:04:52	01:18:26	00:02:34	00:54:54	02:41:47
258	427	Miczuga Marcin	Września	GAREL PLAST TEAM	M	M45-49	54	00:18:58	00:07:07	01:19:48	00:02:54	00:53:03	02:41:50
259	91	Bylina Bartosz	Poznań		M	M50-54	18	00:18:11	00:05:56	01:23:06	00:03:00	00:51:38	02:41:51
260	736	Wysz Damian	Poznań	Porsche Obornicka Poznań	M	M40-44	69	00:17:51	00:04:56	01:22:26	00:02:20	00:54:18	02:41:51
261	378	Lucka Judyta	Bielsko-Biała	Beskid Triathlon Center	K	K40-44	1	00:17:57	00:05:42	01:25:06	00:02:04	00:51:09	02:41:58
262	207	Hołubowicz Bartłomiej	Poznań	KS Posnania	M	M30-34	34	00:19:47	00:05:58	01:18:33	00:02:25	00:55:17	02:42:00
263	482	Ostrowski Radek	Puszczkowo	REHAU Crossactive	M	M40-44	70	00:26:14	00:03:57	01:16:14	00:01:58	00:53:42	02:42:05
264	442	Motylewska Marta	Płock	PTT Delta	K	K30-34	3	00:20:17	00:04:55	01:21:34	00:02:47	00:52:34	02:42:07
265	680	Trzeciak Dariusz	Kołobrzeg	Kołobrzeg Maraton Team	M	M50-54	19	00:18:00	00:07:43	01:21:56	00:02:55	00:51:37	02:42:11
266	384	Łączny Leszek	Borkowice		M	M60-64	3	00:20:24	00:05:23	01:18:28	00:02:57	00:55:04	02:42:16
267	750	Czako Andras	Warszawa	Tri Masters	M	M40-44	71	00:18:35	00:06:36	01:25:32	00:02:34	00:49:02	02:42:19
268	368	Lipiński Marcin	Komorniki	VanHooy	M	M45-49	55	00:16:27	00:07:10	01:20:19	00:02:50	00:55:38	02:42:24
269	591	Kaźmierski Michał	Leszno		M	M40-44	72	00:20:09	00:05:41	01:17:34	00:02:23	00:56:40	02:42:27
270	687	Urbański Marek	Zielona Góra		M	M45-49	56	00:19:08	00:06:57	01:21:32	00:03:04	00:51:58	02:42:39
271	800	Hartlieb Hubert	Wrocław	Wrocław	M	M45-49	57	00:17:12	00:06:50	01:21:52	00:03:54	00:52:54	02:42:42
272	234	Drozdek Łukasz	Tychy	Tri Ceratops	M	M45-49	58	00:23:38	00:06:32	01:21:07	00:04:57	00:46:29	02:42:43
273	276	Karczewska Karolina	Osielsko		K	K30-34	4	00:19:46	00:06:41	01:24:55	00:02:41	00:48:56	02:42:59
274	704	Wieczorek Rafał	Nadolice Wielkie	TietoTriTeam	M	M35-39	50	00:20:08	00:06:20	01:20:08	00:03:06	00:53:19	02:43:01
275	215	Jackowski Adam	Kamionki	Adamo One Two Tri	M	M40-44	73	00:19:13	00:06:58	01:19:16	00:02:44	00:54:50	02:43:01
276	495	Pastuszka Paweł	Starachowice		M	M30-34	35	00:17:34	00:07:36	01:21:15	00:02:53	00:53:56	02:43:14
277	124	Czykieta Paweł	Popielów	Tri Mission	M	M25-29	12	00:19:20	00:06:51	01:19:47	00:02:49	00:54:28	02:43:15
278	548	ROUTKOWSKI TOMEK	SZAMOTUŁY	SKS Oborniki	M	M45-49	59	00:19:21	00:06:32	01:20:15	00:03:10	00:54:04	02:43:22
279	478	Osulkiewicz Dariusz	Lubin		M	M45-49	60	00:21:10	00:07:06	01:20:03	00:03:44	00:51:21	02:43:24
280	618	Suwiczak Łukasz	Środa Wlkp		M	M35-39	51	00:17:26	00:07:14	01:19:25	00:03:35	00:55:51	02:43:31
281	133	Dunal Mateusz	Gorzów Wielkopolski		M	M35-39	52	00:18:26	00:06:06	01:24:10	00:02:12	00:52:55	02:43:49
282	161	Gąsior Oliwia	Legnica	Triathlonowa Legnica	K	K18-24	1	00:14:07	00:05:18	01:27:27	00:02:19	00:55:00	02:44:11
283	196	Gumiński Michał	Ruda Śląska	Ironsilesia	M	M35-39	53	00:18:23	00:05:40	01:26:15	00:02:05	00:51:52	02:44:15
284	375	Liszka Wojciech	Tychy	Triceratops	M	M45-49	61	00:21:43	00:05:30	01:23:33	00:03:30	00:50:02	02:44:18
285	370	Lipski Łukasz	Piła	Bingo Team	M	M40-44	74	00:21:07	00:07:03	01:18:38	00:03:03	00:54:54	02:44:45
286	83	BUDAKIEWICZ PATRYK	OŁAWA	TRIMMISSION	M	M30-34	36	00:20:24	00:07:25	01:24:12	00:02:25	00:50:25	02:44:51
287	120	Czerniak Gracjan	Koszalin		M	M40-44	75	00:20:11	00:06:03	01:25:16	00:02:17	00:51:05	02:44:52
288	735	Wrzochol Paweł	Szczecin	Trigym Szczecin	M	M35-39	54	00:19:48	00:06:48	01:19:46	00:03:41	00:54:49	02:44:52
289	475	NOWICKI TOMASZ	STARGARD SZCZEC.	SZWLA STARGARD SZCZEC.	M	M55-59	6	00:18:28	00:07:06	01:21:33	00:02:44	00:55:03	02:44:54
290	551	Rybarczyk Adam	Sieraków		M	M25-29	13	00:19:26	00:05:50	01:25:21	00:02:10	00:52:12	02:44:59
291	502	Pieszak ZOSIA	góra	Kanapowe Pampry	K	K35-39	5	00:20:54	00:05:06	01:26:57	00:03:16	00:48:49	02:45:02
292	462	Nowak Adrian	Pobiedziska	Tri4Fun	M	M45-49	62	00:18:15	00:04:56	01:21:47	00:02:54	00:57:12	02:45:04
293	37	Antkowiak Szymon	Poznań		M	M30-34	37	00:21:13	00:06:19	01:21:48	00:02:09	00:53:39	02:45:08
294	610	Stolarczyk Radek	Sieradz		M	M35-39	55	00:18:01	00:08:05	01:26:50	00:03:48	00:48:24	02:45:08
295	119	Czekalska Maria	Poznań		K	K35-39	6	00:19:03	00:05:29	01:24:52	00:02:39	00:53:06	02:45:09
296	77	Brygier Jacek	Płock	Płocki Klub Kolarski	M	M50-54	20	00:25:20	00:06:06	01:18:57	00:02:47	00:52:18	02:45:28
297	531	Retkiewicz Robert	Kleszczów		M	M40-44	76	00:20:31	00:06:37	01:22:05	00:03:11	00:53:06	02:45:30
298	41	Awedyk Miłosław	Poznań	BE3_Cityzen	M	M45-49	63	00:19:07	00:06:50	01:21:02	00:02:50	00:55:52	02:45:41
299	256	Jurkowski Radek	Plewiska		M	M35-39	56	00:25:38	00:09:09	01:22:37	00:02:37	00:45:47	02:45:48
300	789	Grobelny Ryszard	Poznań		M	M50-59		00:20:56	00:06:46	01:18:15	00:03:04	00:56:47	02:45:48
301	698	Waśniowski Paweł	Dąbrówka	TrenerTriathlonu.pl	M	M45-49	64	00:19:49	00:06:53	01:24:44	00:03:44	00:50:38	02:45:48
302	483	Osuch Jordan	Poznań	Osuch Jubiler	M	M30-34	38	00:21:01	00:06:19	01:21:45	00:02:30	00:54:20	02:45:55
303	633	Szczurowska Joanna	Głogów	MTS DRUŻYNA SZPIKU KGHM	K	K40-44	2	00:18:52	00:05:18	01:25:14	00:03:01	00:53:41	02:46:06
304	389	Machata Jacek	Wrocław		M	M40-44	77	00:18:43	00:06:08	01:23:15	00:02:26	00:55:43	02:46:15



# 10. JBL Triathlon Sieraków



Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/4 IM

Miejscowość: Sieraków

Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
305	345	Kuta Karolina	Zaosie	Litwin Triathlon Team	K	K25-29	3	00:21:18	00:05:05	01:24:20	00:02:43	00:52:52	02:46:18
306	349	KWIATKOWSKI KRZYSZTOF	MOGILNO	OŚMIORNICA TEAM	M	M40-44	78	00:20:03	00:05:35	01:18:40	00:02:31	00:59:36	02:46:25
307	401	Małkowski Zbigniew	Szreniawa	Enea Team	M	M45-49	65	00:20:24	00:06:12	01:18:49	00:03:28	00:57:33	02:46:26
308	403	Mańska Sławomir	Mikołów	BIEGAMY Z SERCEM	M	M40-44	79	00:21:56	00:08:05	01:18:09	00:04:23	00:54:05	02:46:38
309	373	Lisowski Michał	Bydgoszcz		M	M35-39	57	00:18:27	00:08:54	01:18:42	00:03:16	00:57:23	02:46:42
310	726	Wojtkowiak Mariusz	Poznań		M	M40-44	80	00:20:55	00:06:57	01:23:54	00:02:31	00:52:38	02:46:55
311	257	Jurkowski Artur	Ruszowice	CSGT	M	M55-59	7	00:22:16	00:06:15	01:20:19	00:03:16	00:54:56	02:47:02
312	456	Nowacki Marcin	Rawicz		M	M30-34	39	00:14:39	00:05:44	01:27:37	00:02:35	00:56:29	02:47:04
313	639	szmelter andrzej	Żary	MYSZOMAN	M	M45-49	66	00:19:34	00:07:26	01:22:25	00:03:08	00:54:36	02:47:09
314	139	Fabisz Rafał	Dopiewiec	NO NAME	M	M45-49	67	00:21:39	00:05:34	01:22:22	00:02:59	00:54:36	02:47:10
315	81	Buczyński Tomasz	Poznań		M	M35-39	58	00:21:36	00:06:22	01:25:29	00:02:41	00:51:04	02:47:12
316	431	Mikołajczak Łukasz	POZNAŃ	Cityzen BE3	M	M45-49	68	00:16:10	00:06:38	01:22:19	00:03:10	00:58:55	02:47:12
317	300	Konieczny Przemysław	Poznań		M	M35-39	59	00:22:34	00:06:35	01:20:43	00:02:58	00:54:31	02:47:21
318	652	Szymańska Agnieszka	Oborniki	SKS Oborniki	K	K40-44	3	00:19:42	00:05:46	01:27:19	00:02:07	00:52:28	02:47:22
319	440	Młynarczyk Joanna	Wrocław		K	K30-34	5	00:20:58	00:05:44	01:26:02	00:02:36	00:52:03	02:47:23
320	485	Owsiński Piotr	Zielona Góra	ZKS Triathlon Drzonków	M	M45-49	69	00:17:12	00:06:04	01:24:38	00:02:20	00:57:09	02:47:23
321	729	Wołoszyn Konrad	Stepnica	KS CKS-ORKA Szczecin	M	M45-49	70	00:21:48	00:07:30	01:25:59	00:02:58	00:49:16	02:47:31
322	484	Oszmiańczuk Marcin	Żary	Żary Triathlon Team	M	M45-49	71	00:16:17	00:06:55	01:21:31	00:02:43	01:00:12	02:47:38
323	327	Król Paweł	Warszawa	DENTALKING.EU	M	M35-39	60	00:25:43	00:05:23	01:22:00	00:02:32	00:52:07	02:47:45
324	598	Stachowski Wojciech	Gilwice	TRI&MORE	M	M45-49	72	00:19:09	00:08:00	01:27:38	00:02:18	00:50:42	02:47:47
325	344	Kuś Adrian	Rzeszów	DHB Tri Team	M	M35-39	61	00:19:24	00:06:17	01:22:55	00:02:36	00:56:37	02:47:49
326	662	Świąderski Paweł	Szczecin	RedFish Paweł Świąderski	M	M50-54	21	00:21:14	00:06:51	01:21:45	00:03:00	00:55:03	02:47:53
327	332	Krzywański Jarosław	Nieporęt		M	M50-54	22	00:20:32	00:06:40	01:22:39	00:02:57	00:55:07	02:47:55
328	55	Bedyk Ireneusz	Cekanowo	PTT DELTA	M	M65-69	1	00:21:21	00:07:15	01:21:50	00:02:48	00:54:43	02:47:57
329	620	Swat Edyta	Przeźmierowo	SWAT Team	K	K55-59	1	00:22:44	00:06:01	01:22:11	00:02:53	00:54:08	02:47:57
330	425	Michałowicz Jakub	Nowy Tomyśl	Bech Packaging Team	M	M35-39	62	00:18:09	00:06:02	01:35:20	00:02:25	00:46:05	02:48:01
331	731	Woźniak Tomasz	Złotniki		M	M50-54	23	00:20:03	00:06:34	01:25:07	00:03:10	00:53:18	02:48:12
332	98	Chęciński Łukasz	Poznań		M	M40-44	81	00:19:58	00:05:51	01:26:45	00:02:21	00:53:21	02:48:16
333	695	Waszak Krzysztof	Stargard	STC Stargard	M	M40-44	82	00:25:07	00:05:58	01:17:31	00:03:06	00:56:45	02:48:27
334	430	Mika-Hoffmann Magdalena	Kraków	BrzyskiTriTeam	K	K40-44	4	00:20:01	00:05:26	01:25:47	00:02:21	00:54:54	02:48:29
335	553	Drop Joanna	Zielona Góra	Litwin Sports	K	K55-59	2	00:17:30	00:06:02	01:24:05	00:03:05	00:57:50	02:48:32
336	493	Panko Patryk	Wrocław		M	M40-44	83	00:20:21	00:06:45	01:23:01	00:02:52	00:55:35	02:48:34
337	774	Dziamski Tomasz	Kobylniki		M	M45-49	73	00:18:01	00:06:51	01:20:50	00:02:41	01:00:12	02:48:35
338	152	Frieske Antonina	Kostrzyn nad Odrą		K	K18-24	2	00:17:20	00:05:12	01:25:44	00:02:50	00:57:33	02:48:39
339	279	Kasprzak Tomasz	Tulce	Teraz Tulce	M	M40-44	84	00:19:20	00:06:49	01:24:33	00:02:41	00:55:50	02:49:13
340	43	Babuchowski Marcin	Poznań		M	M30-34	40	00:20:43	00:05:15	01:26:27	00:02:06	00:54:50	02:49:21
341	100	chmielewski marcin	ZIELONA GÓRA		M	M45-49	74	00:17:22	00:05:33	01:26:16	00:02:55	00:57:20	02:49:26
342	640	Trybuchowski Krzysztof	Resko		M	M40-44	85	00:19:04	00:07:30	01:20:03	00:03:29	00:59:21	02:49:27
343	539	Roszak Bartosz	Wronki	Wroniecki Klub Biegacza	M	M35-39	63	00:20:00	00:06:15	01:26:52	00:02:28	00:54:03	02:49:38
344	87	Bullert Jakub	Poznań	Kuźnia Triathlonu	M	M30-34	41	00:20:27	00:06:20	01:24:01	00:02:23	00:56:28	02:49:39
345	363	Leżała krystian	Środa Wielkopolska, średzki, Wielkopolskie	Polonia Środa Wielkopolska	M	M40-44	86	00:18:48	00:05:49	01:22:22	00:02:49	00:59:58	02:49:46
346	439	Młodecki Dominik	Brzeźno		M	M35-39	64	00:19:18	00:06:34	01:25:59	00:02:47	00:55:11	02:49:49
347	504	Piğuła Agnieszka	Poznań		K	K40-44	5	00:19:05	00:06:47	01:28:25	00:03:12	00:52:33	02:50:02
348	394	Kręciuch Paweł	Wadowice		M	M45-49	75	00:20:17	00:08:07	01:20:55	00:02:48	00:57:59	02:50:06
349	670	Tchorowski Jarosław	Zielona Góra	NZG	M	M50-54	24	00:16:03	00:09:24	01:24:57	00:04:08	00:55:38	02:50:10
350	543	Różycki Łukasz	Oława		M	M45-49	76	00:17:05	00:06:34	01:26:52	00:02:42	00:57:11	02:50:24
351	407	Markiewicz Bartosz	Płock	PTT Delta	M	M30-34	42	00:20:41	00:06:30	01:22:19	00:02:55	00:58:03	02:50:28
352	225	Jankowski Maciej	Poznań	Za linią mety	M	M30-34	43	00:23:33	00:07:41	01:27:43	00:03:14	00:48:22	02:50:33
353	476	Nowicki Bartłomiej	Oborniki	Centrum Ogrodnicze Bogdanowo	M	M35-39	65	00:22:35	00:06:56	01:25:37	00:04:06	00:51:27	02:50:41
354	92	Cabaj Michał	Dębno		M	M40-44	87	00:23:54	00:08:46	01:16:27	00:03:44	00:57:55	02:50:46
355	178	Zukiewicz Piotr	Lubin	Biegająca Kasta Miedziowego Miasta	M	M45-49	77	00:21:45	00:06:07	01:25:33	00:03:25	00:54:05	02:50:55
356	48	Banaszak Krzysztof	Poznań		M	M35-39	66	00:22:34	00:07:22	01:23:52	00:02:57	00:54:11	02:50:56
357	69	Borowski Mateusz	Dachowa	Borowski Triathlon Team	M	M35-39	67	00:24:03	00:06:34	01:21:42	00:02:20	00:56:17	02:50:56
358	415	Mazurek Paweł	Bytkowo	Tri PM	M	M50-54	25	00:20:51	00:07:33	01:25:33	00:03:37	00:53:46	02:51:20
359	104	Cholewa Damian	Zebrzydowice	Paczka Przyjaciół	M	M45-49	78	00:19:33	00:07:14	01:21:38	00:03:09	00:59:54	02:51:28
360	383	Łącki Andrzej	Zielona Góra		M	M50-54	26	00:18:03	00:06:32	01:25:43	00:03:53	00:57:17	02:51:28
361	89	Buśko Tomasz	Sieraków	Motive Home	M	M35-39	68	00:20:49	00:07:51	01:19:46	00:03:57	00:59:10	02:51:33
362	696	Waś Marcin	Poznań	:D	M	M35-39	69	00:18:42	00:06:55	01:24:32	00:02:56	00:58:28	02:51:33
363	663	Kukotko Rafał	Tarnowo Podgórne	Janowo Podgórne	M	M45-49	79	00:22:40	00:06:38	01:26:33	00:03:27	00:52:37	02:51:55
364	760	Żelichowski Bartosz	Kęty	Kęckie Harpagany	M	M18-24	6	00:19:28	00:06:58	01:27:39	00:01:52	00:56:02	02:51:59
365	742	Zaleśny Mateusz	Leszno	TAKT	M	M35-39	70	00:21:27	00:07:56	01:28:59	00:02:43	00:51:01	02:52:06
366	108	Cichy Mateusz	Poznań	Wola Poznań	M	M25-29	14	00:21:31	00:05:45	01:31:46	00:01:42	00:51:28	02:52:12
367	528	Raszlińska Mariola	Bydgoszcz		K	K50-54	1	00:18:59	00:05:42	01:32:54	00:03:08	00:51:30	02:52:13
368	311	Kościelniak Robert	Koszalin	TKKF Koszalin	M	M55-59	8	00:22:33	00:07:54	01:30:33	00:02:57	00:48:18	02:52:15
369	38	Augustyniak Michał	Poznań		M	M45-49	80	00:16:51	00:06:08	01:26:29	00:03:17	00:59:36	02:52:21
370	499	Pestka Marcin	Września	Triathlon Team Września	M	M40-44	88	00:18:48	00:05:36	01:28:26	00:02:22	00:57:22	02:52:34
371	76	Brulińska Monika	Płock	PTT Delta	K	K45-49	2	00:23:42	00:06:07	01:28:22	00:02:43	00:51:47	02:52:41
372	59	Woszczek Michał	Łódź	Bednarski Tri Team	M	M45-49	81	00:17:21	00:06:02	01:28:48	00:03:42	00:56:49	02:52:42
373	146	Flak-Wancerz Anna	Katowice		K	K35-39	7	00:18:40	00:05:46	01:30:17	00:02:34	00:55:31	02:52:48
374	264	Kaczmarek Katarzyna	Zielona Góra	NZG	K	K40-44	6	00:22:07	00:08:38	01:24:46	00:03:46	00:53:33	02:52:50
375	80	Brzozowski Szymon	Zalasewo	Cityzen / Fogt Bikes	M	M50-54	27	00:21:27	00:06:49	01:24:05	00:02:44	00:57:45	02:52:50
376	143	Falkowski Przemysław	Toruń	Toruński Klub Triathlonowy	M	M45-49	82	00:18:39	00:07:16	01:27:31	00:04:51	00:54:39	02:52:56
377	117	Czarnecki Michał	Miedzychod		M	M35-39	71	00:21:01	00:06:17	01:22:03	00:03:08	01:00:28	02:52:57
378	728	Wolk Agata	Wrocław	Litwin Sports	K	K25-29	4	00:18:14	00:05:08	01:30:33	00:02:13	00:56:59	02:53:07
379	429	Mielcarek Rafał	Poznań	Citi Zen Poznań	M	M40-44	89	00:19:30	00:05:04	01:28:35	00:03:35	00:56:34	02:53:18
380	113	Cieślak Bartłomiej	Poznań	Cheateu Chalin	M	M40-44	90	00:19:31	00:07:04	01:30:18	00:03:08	00:53:21	02:53:22

# 10. JBL Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/4 IM

Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
381	183	Grefling Bartosz	Poznan		M	M30-34	44	00:20:28	00:05:22	01:25:55	00:02:28	00:59:09	02:53:22
382	298	Komisarczyk Grzegorz	Sułkowo	STC Stargard	M	M50-54	28	00:20:34	00:06:46	01:22:54	00:02:52	01:00:22	02:53:28
383	306	Kornosz Alicja	Poznań		K	K30-34	6	00:21:26	00:06:21	01:27:39	00:02:43	00:55:26	02:53:35
384	589	Zarzczyzny Marcin	Trzebnica	Zarzemar Biega	M	M40-44	91	00:21:59	00:06:12	01:32:26	00:02:44	00:50:14	02:53:35
385	135	Dura Zofia	Kurnatowice		K	K25-29	5	00:18:00	00:05:20	01:29:19	00:02:18	00:58:39	02:53:36
386	341	Kunkel Karolina	Kopczyn		K	K35-39	8	00:18:08	00:07:29	01:23:00	00:03:51	01:01:11	02:53:39
387	586	Sobański Roman	Tarnowo Podgórne	Tarnowo Podgórne Biega	M	M40-44	92	00:20:24	00:06:58	01:25:17	00:02:49	00:58:16	02:53:44
388	574	Skoczyła Kacper	Szczecin	Trigym Szczecin	M	M30-34	45	00:21:39	00:07:43	01:24:24	00:03:23	00:56:38	02:53:47
389	679	Trociński Arkadiusz	Gorzów Wlkp.	Mistrzowski Krowery Lech Piasecki	M	M55-59	9	00:27:03	00:05:36	01:23:37	00:03:04	00:54:42	02:54:02
390	138	Dymek Michał	Komorniki	Rehau Crossactive	M	M45-49	83	00:22:26	00:07:19	01:26:59	00:03:11	00:54:18	02:54:13
391	248	Jedlińska Katarzyna	Świdnica	DSSE	K	K40-44	7	00:21:40	00:06:50	01:25:35	00:03:20	00:56:49	02:54:14
392	79	Brzostowski Marcin	Lusówko	MBM PROJEKT	M	M40-44	93	00:22:12	00:09:07	01:21:36	00:03:40	00:57:41	02:54:16
393	271	Kaniewski Kamil	Dąbrowa		M	M40-44	94	00:21:45	00:07:37	01:29:26	00:03:15	00:52:14	02:54:17
394	678	Tonak Mikołaj	Sieraków		M	M25-29	15	00:22:57	00:05:53	01:27:54	00:02:15	00:55:19	02:54:18
395	597	Grabowski Piotr	Dobrzykowice	FunTri	M	M50-54	29	00:24:29	00:06:24	01:21:14	00:02:56	00:59:18	02:54:21
396	265	Kaletka Jan	Kościan		M	M30-34	46	00:17:58	00:06:46	01:25:48	00:03:21	01:00:32	02:54:25
397	88	Burżacka-Tyc Agnieszka	Plock	PTT DELTA	K	K50-54	2	00:20:14	00:06:29	01:27:49	00:02:52	00:57:12	02:54:36
398	416	Mazurek Robert	Szczecin	mrAkumulator	M	M45-49	84	00:20:41	00:06:36	01:27:23	00:03:59	00:56:00	02:54:39
399	596	Sroka Piotr	Chodzież	Lodożeryc Chodzież/PCH_RUN	M	M30-34	47	00:19:50	00:07:24	01:32:58	00:04:09	00:50:21	02:54:42
400	672	Terlecki Michał	Olbrachtów		M	M40-44	95	00:21:40	00:06:14	01:24:07	00:04:31	00:58:17	02:54:49
401	617	Surma Henos	Kęty	Beskid Tri Team	M	M40-44	96	00:23:52	00:07:20	01:24:27	00:03:02	00:56:26	02:55:07
402	167	Glamowski Karol	Koninko		M	M40-44	97	00:24:18	00:07:39	01:25:56	00:02:36	00:54:45	02:55:14
403	236	Jasielska Adriana	Poznań		K	K40-44	8	00:22:10	00:07:21	01:25:15	00:03:26	00:57:18	02:55:30
404	243	Jaworski Mateusz	Poznań	Rehau Crossactive	M	M35-39	72	00:19:27	00:06:52	01:28:22	00:02:56	00:58:08	02:55:45
405	614	Struzik Grzegorz	Poznań	Jeżyce	M	M45-49	85	00:21:02	00:07:16	01:28:16	00:04:16	00:54:58	02:55:48
406	72	Brasel Marcin	Szczecin	Trigym Szczecin	M	M50-54	30	00:21:38	00:07:35	01:30:10	00:02:57	00:53:33	02:55:53
407	537	Rosiak Tomasz	Warszawa	Exatel Running Team	M	M45-49	86	00:18:42	00:05:58	01:27:56	00:03:42	01:00:03	02:56:21
408	103	Chojan Maciej	Cork		M	M40-44	98	00:21:25	00:08:33	01:30:34	00:04:35	00:51:17	02:56:24
409	211	Ożgo Kaja			K	K30-34	7	00:20:40	00:06:44	01:30:19	00:02:22	00:56:20	02:56:25
410	398	Malamis Karolina	Siechnice	Tri Mission	K	K35-39	9	00:19:57	00:06:34	01:33:25	00:02:45	00:53:47	02:56:28
411	716	Wiśniewski Waldek	Lusówko	Sauerland Team Tarnowo Podgórne	M	M40-44	99	00:21:16	00:07:08	01:23:30	00:03:12	01:01:29	02:56:35
412	145	Fijałkowski Dominik	Poznań	NZG	M	M40-44	100	00:18:56	00:08:20	01:28:58	00:03:36	00:56:48	02:56:38
413	619	Swat Jacek	Przeźmierowo	SWAT Team	M	M55-59	10	00:20:18	00:07:10	01:22:46	00:03:11	01:03:15	02:56:40
414	438	Korona Sylwia	Nowa Iwiczna	PTT DELTA	K	K35-39	10	00:21:34	00:05:38	01:31:42	00:02:46	00:55:11	02:56:51
415	253	Józefowska Agnieszka	Modlniczka	4triTeam	K	K35-39	11	00:20:33	00:06:14	01:24:27	00:02:58	01:03:01	02:57:13
416	356	Lechowicz Tomasz	Stargard	Off Season	M	M40-44	101	00:16:11	00:06:27	01:30:03	00:02:39	01:01:57	02:57:17
417	410	Mastowski Artur	Stargard		M	M45-49	87	00:20:03	00:06:29	01:32:39	00:04:39	00:53:41	02:57:31
418	391	Macioszek Klaudia	Ośno		K	K18-24	3	00:20:08	00:06:15	01:35:34	00:02:09	00:53:29	02:57:35
419	737	Zacharzewski Krystian	Gorzów Wlkp.		M	M40-44	102	00:21:21	00:06:53	01:28:12	00:03:08	00:58:04	02:57:38
420	21	Materna Tomek	Poznan	Smochy team	M	PRO-M	5	00:18:19	00:06:54	01:26:06	00:03:25	01:03:05	02:57:49
421	228	Jarmoszko Marian	Warszawa	TRIWAWA	M	M40-44	103	00:20:32	00:07:19	01:29:23	00:03:27	00:57:15	02:57:56
422	393	Magielnicki Rafał	Czepino		M	M40-44	104	00:25:39	00:06:03	01:26:58	00:02:55	00:56:22	02:57:57
423	129	Dołoszyński Tomasz	Bolków	AlpenProletariat	M	M40-44	105	00:22:41	00:09:37	01:30:17	00:02:59	00:52:25	02:57:59
424	451	Narożniak Piotr	Warszawa	Exatel Running Team	M	M45-49	88	00:23:13	00:07:12	01:28:47	00:03:56	00:55:06	02:58:14
425	584	Rostecki Tomasz	Ząbkowice Śl.	Tri Suchy Las	M	M50-54	31	00:20:22	00:08:05	01:29:20	00:04:43	00:55:45	02:58:15
426	547	Rusinek Mirosław	Tarnowo Podgórne		M	M40-44	106	00:20:35	00:06:18	01:31:02	00:03:36	00:56:47	02:58:18
427	291	Saleta Sebastian	Wrocław	Tieto Evry	M	M30-34	48	00:23:28	00:06:49	01:27:43	00:02:49	00:57:36	02:58:25
428	346	Kutznier Jarosław	Poznań	REHAU Crossactive Team	M	M35-39	73	00:27:27	00:08:27	01:23:12	00:03:11	00:56:14	02:58:31
429	399	Malkamaki Juha	Borowiec	GT RAT	M	M35-39	74	00:23:35	00:05:29	01:25:14	00:02:39	01:01:47	02:58:44
430	404	Marcinkowski Paweł	Świebodzin		M	M40-44	107	00:23:59	00:09:14	01:26:18	00:05:05	00:54:08	02:58:44
431	212	Jabłonowski Andrzej	Warszawa	Trigym Szczecin / Tri Lynx	M	M50-54	32	00:17:30	00:08:53	01:27:40	00:02:51	01:01:53	02:58:47
432	303	Konopa Adam	Wrocław	Tieto Triathlon Team	M	M40-44	108	00:16:30	00:06:32	01:29:03	00:03:02	01:03:45	02:58:52
433	424	Michalski Michał	Skórczewo	int4.com/moves	M	M35-39	75	00:17:58	00:06:25	01:28:51	00:02:52	01:02:54	02:59:00
434	297	Wójtowicz Mateusz	Zielona Góra	Ajronmim	M	M35-39	76	00:18:10	00:07:38	01:33:46	00:02:21	00:57:08	02:59:03
435	721	Wodkowski Bartosz	Poznań		M	M35-39	77	00:22:17	00:08:28	01:26:41	00:03:59	00:57:51	02:59:16
436	406	Marczewski Bartosz	Siechnice	Tri Mission	M	M35-39	78	00:20:27	00:07:03	01:31:59	00:02:44	00:57:17	02:59:30
437	752	Zielinski Marcin	Mierzyn	TRIGYM	M	M40-44	109	00:17:47	00:06:07	01:30:45	00:04:09	01:00:44	02:59:32
438	32	Andrzej Pawłowski	Poznań	Dobrusia Tri Team	M	M60-64	4	00:23:00	00:05:56	01:33:24	00:02:51	00:54:34	02:59:45
439	333	Kubczak Mateusz	Poznań	DHL Team	M	M30-34	49	00:21:08	00:06:06	01:32:28	00:02:40	00:57:24	02:59:46
440	195	Guderski Krzysztof	Poznań	MarchewkowePole.com	M	M35-39	79	00:20:34	00:05:13	01:29:52	00:02:11	01:02:14	03:00:04
441	743	Zamczyk Piotr	Złotów	Rehmedic Piotr Zamczyk	M	M35-39	80	00:19:30	00:08:04	01:34:27	00:02:09	00:56:00	03:00:10
442	86	Bukowski Arkadiusz	Oborniki	Seniorski Klub Sportowy Oborniki	M	M45-49	89	00:21:50	00:07:04	01:28:19	00:02:37	01:00:22	03:00:12
443	359	Lesiak Bartosz	Poznań		M	M30-34	50	00:20:30	00:06:30	01:29:46	00:02:16	01:01:13	03:00:15
444	365	Lięża Witek	Kraków	Smashing PApkins/Unlimited 2.0	M	M50-54	33	00:22:40	00:07:07	01:26:29	00:04:02	01:00:01	03:00:19
445	636	Szefler Joanna	Szczecin	Swim2Tri	K	K45-49	3	00:20:01	00:07:33	01:24:43	00:03:10	01:04:53	03:00:20
446	260	Kaczmarek Mateusz	Świebodzin		M	M30-34	51	00:17:17	00:06:10	01:35:34	00:02:34	00:59:05	03:00:40
447	73	Tatara Paulina	Warszawa		K	K30-34	8	00:19:52	00:06:17	01:28:24	00:03:12	01:02:57	03:00:42
448	650	Szygenda Maciek	Września		M	M40-44	110	00:23:57	00:11:57	01:25:27	00:03:55	00:55:34	03:00:50
449	112	Cieszynski Wojciech	Pniewo	DELTA Gryfino	M	M40-44	111	00:17:54	00:06:03	01:28:35	00:03:37	01:04:43	03:00:52
450	595	Spychała Jacek	Rostworowo		M	M40-44	112	00:24:30	00:06:48	01:31:01	00:03:00	00:55:36	03:00:55
451	175	Golon Paweł	Wronki	Pablo	M	M40-44	113	00:25:11	00:09:45	01:30:25	00:03:17	00:52:27	03:01:05
452	259	Kaczmarek Krzysztof	Poznań	BEAGLE TRIATHLON TEAM	M	M50-54	34	00:18:54	00:06:59	01:33:21	00:03:30	00:58:40	03:01:24
453	274	Kankowski Piotr	Poznań		M	M30-34	52	00:21:36	00:08:38	01:27:00	00:04:51	00:59:20	03:01:25
454	328	Król Elżbieta	Kraków	4tri team	K	K50-54	3	00:21:33	00:07:33	01:33:32	00:02:52	00:56:24	03:01:54
455	94	Celka Sebastian	Książenice	Sebastian Celka	M	M45-49	90	00:24:59	00:07:02	01:28:10	00:02:49	00:59:01	03:02:01
456	644	Szukala Dariusz	Komorniki	Kibolski KS	M	M40-44	114	00:22:58	00:07:06	01:34:30	00:02:57	00:54:34	03:02:05

# 10. JBL Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/4 IM

Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
457	244	Jaworski Sylwester	Szczecin		M	M40-44	115	00:23:31	00:07:07	01:34:02	00:04:37	00:52:56	03:02:13
458	445	Mysłow Elżbieta	Siechnice	TriMission	K	K45-49	4	00:21:39	00:06:56	01:30:54	00:03:12	00:59:36	03:02:17
459	78	Brzeziński Paweł	Koszalin	IronDad PAB Koszalin	M	M40-44	116	00:24:16	00:07:54	01:36:13	00:02:30	00:51:31	03:02:24
460	578	Skrzypczak Mariusz	Tarnowo Podgórne	WUEF CLUB : MS RUNNERS	M	M45-49	91	00:19:16	00:09:44	01:31:17	00:03:59	00:58:10	03:02:26
461	127	Ćwirko Ryszard	Andrychów	MASPEX TRIATHLON TEAM	M	M45-49	92	00:25:11	00:13:00	01:27:58	00:03:07	00:53:32	03:02:48
462	446	Mysłow Leszek	Siechnice	Tri Mission	M	M45-49	93	00:18:35	00:05:50	01:38:48	00:02:49	00:56:46	03:02:48
463	657	Szymczak Marcin	Zielona Góra	8	M	M40-44	117	00:22:57	00:11:05	01:28:55	00:04:48	00:55:11	03:02:56
464	576	Drzewieniecki Wojciech	Szczecin	Trigym Szczecin	M	M45-49	94	00:26:15	00:08:28	01:26:08	00:03:09	00:59:06	03:03:06
465	269	Kałwiński Ryszard	Luboń	Padre Team	M	M60-64	5	00:25:36	00:06:32	01:29:01	00:03:18	00:58:43	03:03:10
466	272	Kaniewski Michał	Poznań	Orange Polska	M	M45-49	95	00:20:27	00:07:48	01:37:39	00:03:07	00:54:10	03:03:11
467	275	Kapciński Piotr	Poznań	OLB	M	M35-39	81	00:25:22	00:07:50	01:26:46	00:04:24	00:59:21	03:03:43
468	281	Zwierzyński Roman	Lutynia		M	M60-64	6	00:20:08	00:08:35	01:30:49	00:04:03	01:00:08	03:03:43
469	775	Mikołajczyk Bartłomiej	Żelazków		M	M35-39	82	00:20:58	00:07:40	01:31:30	00:02:53	01:00:53	03:03:54
470	772	Banaszewski Aleksander	Poznań		M	M30-34	53	00:20:15	00:07:11	01:36:40	00:03:38	00:56:13	03:03:57
471	177	Gonera Krzysztof	Kamieniec Wrocławski		M	M45-49	96	00:24:40	00:08:40	01:35:24	00:02:13	00:53:46	03:04:43
472	544	Rudkowski Dariusz	Zielona Góra		M	M55-59	11	00:25:23	00:06:38	01:41:59	00:02:57	00:48:07	03:05:04
473	623	Szałata Jacek	Rokietnica		M	M50-54	35	00:23:50	00:08:34	01:33:03	00:02:46	00:56:58	03:05:11
474	342	Kupczak Mariusz	Poznań	JRG 4 Poznań	M	M30-34	54	00:26:37	00:08:59	01:35:02	00:03:24	00:51:15	03:05:17
475	305	Kordel Tomasz	Zielona Góra		M	M40-44	118	00:20:42	00:06:41	01:36:26	00:02:44	00:58:45	03:05:18
476	157	Galkiewicz Irena	Wrocław	Litwin Triathlon Team	K	K45-49	5	00:22:08	00:06:33	01:34:29	00:03:16	00:59:16	03:05:42
477	266	Gutowski Maciej	Poznań		M	M50-54	36	00:19:45	00:07:52	01:33:29	00:03:12	01:01:35	03:05:53
478	488	Ożga Katarzyna	Wrocław	Litwin Triathlon Team	K	K18-24	4	00:20:12	00:06:06	01:33:17	00:02:34	01:03:44	03:05:53
479	56	Berhel Agata	Głogów	Sauerland Team	K	K40-44	9	00:20:53	00:07:11	01:33:24	00:03:25	01:01:03	03:05:56
480	511	Jagła Ewelina	Dębno		K	K35-39	12	00:19:10	00:05:58	01:38:43	00:03:17	00:58:55	03:06:03
481	308	Korzeniowski Cezary	Poznań	IN-Software	M	M30-34	55	00:19:29	00:08:50	01:29:05	00:02:27	01:06:21	03:06:12
482	198	Hajduk Arek	Gortatowo	Ironymen	M	M45-49	97	00:21:16	00:07:22	01:23:15	00:03:46	01:10:36	03:06:15
483	93	Cattell Gary	Dabrowka	WITC	M	M65-69	2	00:21:35	00:07:37	01:26:07	00:04:41	01:06:26	03:06:26
484	765	Żukowski Roman	Grodzisk Mazowiecki		M	M40-44	119	00:23:15	00:07:34	01:29:23	00:03:25	01:02:49	03:06:26
485	542	Różycka Joanna	Oława	Niezrzeszona	K	K45-49	6	00:20:46	00:06:48	01:33:33	00:03:48	01:01:36	03:06:31
486	557	Lewandowski Bartosz	Poznań		M	M45-49	98	00:23:57	00:07:48	01:35:15	00:03:51	00:56:27	03:07:18
487	277	Karczmitowicz Jacek	Frankfurt (Oder)	MSV TRIPOINT Frankfurt Oder	M	M50-54	37	00:24:30	00:09:48	01:23:43	00:04:58	01:04:23	03:07:22
488	581	Śluzalek Małgorzata	Gliwice	TRI&MORE	K	K40-44	10	00:23:34	00:06:38	01:27:51	00:03:02	01:06:20	03:07:25
489	437	Misztela Dariusz	Płock	PTT DELTA	M	M60-64	7	00:24:19	00:06:54	01:33:17	00:03:25	01:00:53	03:08:48
490	702	Weber Bartosz	Sieraków		M	M35-39	83	00:23:17	00:09:26	01:32:44	00:03:44	00:59:38	03:08:49
491	262	Kaczmarek Mariusz	Poznań	CTS	M	M55-59	12	00:26:57	00:07:28	01:30:38	00:03:47	01:00:02	03:08:52
492	176	Gomoła Mateusz	Wrocław	Daft Tri	M	M40-44	120	00:26:21	00:06:42	01:33:47	00:02:52	00:59:25	03:09:07
493	231	Jankowski Dariusz	Szczecin	Iron Gym	M	M55-59	13	00:20:44	00:07:03	01:28:07	00:04:20	01:09:02	03:09:16
494	166	Ginter Łukasz	Poznań	Zgrupka Team	M	M25-29	16	00:19:59	00:05:57	01:27:31	00:02:48	01:13:07	03:09:22
495	703	Wieczerycki Leszek	POZNAN	DELIGHTING	M	M55-59	14	00:20:50	00:08:13	01:29:19	00:04:32	01:06:33	03:09:27
496	472	Nowak Tomasz	Lubin		M	M25-29	17	00:25:24	00:10:30	01:35:16	00:03:05	00:55:12	03:09:27
497	575	Skopek Paweł	Kórnik		M	M30-34	56	00:26:58	00:08:20	01:32:48	00:03:05	00:58:23	03:09:34
498	773	Śledź Waldemar	Międzychód	Klub Sportowy "MTB Międzychód Tdam Bike"	M			00:23:25	00:09:16	01:32:17	00:05:02	00:59:41	03:09:41
499	463	Nowak Piotr	Poznań	Sauerland Team Tarnowo Podgórne	M	M55-59	15	00:25:03	00:09:28	01:24:53	00:04:11	01:06:25	03:10:00
500	288	Kloc Tomasz	Bieniów		M	M40-44	121	00:20:49	00:08:05	01:35:42	00:03:33	01:02:14	03:10:23
501	622	Szałankiewicz Rafał	Oława	Tri Mission	M	M30-34	57	00:19:09	00:08:52	01:32:51	00:03:21	01:06:22	03:10:35
502	689	Vasin Yevhen	Wrocław	Aquateam	M	M35-39	84	00:21:09	00:09:17	01:41:16	00:02:15	00:56:50	03:10:47
503	763	Żuchowska Magdalena	SMOLEC	LitWIN Sports	K	K40-44	11	00:22:00	00:07:24	01:34:49	00:03:56	01:03:01	03:11:10
504	700	Wawrzyniak Krzysztof	Poznań		M	M55-59	16	00:20:16	00:09:17	01:39:06	00:03:13	01:00:08	03:12:00
505	746	Zawardzin Robert	Warszawa	PKO BANK POLSKI	M	M45-49	99	00:24:36	00:07:56	01:28:51	00:04:16	01:06:25	03:12:04
506	224	Jankowska Zuzanna	Poznań	#chartyJarka	K	K25-29	6	00:20:39	00:06:14	01:36:16	00:02:41	01:07:12	03:13:02
507	522	przewoźny jakub	Poznań		M	M35-39	85	00:21:33	00:07:48	01:35:59	00:04:53	01:03:17	03:13:30
508	647	Szwedowicz Łukasz	Koszalin		M	M35-39	86	00:24:50	00:07:32	01:47:00	00:02:13	00:52:06	03:13:41
509	628	Szczepek Arkadiusz	Tarnów Grodkowski	Tieto TriathlonTeam	M	M45-49	100	00:21:57	00:09:21	01:38:40	00:02:55	01:00:59	03:13:52
510	232	Deckert Jan	Poznań	Samy sobie	M	M65-69	3	00:22:04	00:09:32	01:34:54	00:05:22	01:02:12	03:14:04
511	134	DURA JAROSŁAW	SZAMOTUŁY	Drużyna Szpiku	M	M50-54	38	00:23:08	00:07:26	01:26:25	00:03:58	01:13:16	03:14:13
512	42	Babis Izabela	KLUCZBORK		K	K35-39	13	00:23:10	00:09:16	01:43:14	00:02:19	00:56:22	03:14:21
513	534	Rogowski Dominik	Środa Wielkopolska		M	M30-34	58	00:27:49	00:09:28	01:36:15	00:03:13	00:59:55	03:14:40
514	625	Szarecki Jakub	Zielona Góra		M	M35-39	87	00:27:02	00:07:05	01:37:23	00:03:31	00:59:39	03:14:40
515	36	Antczak Rafał	Szczecin	Fizjo Pomoc Medical Center	M	M35-39	88	00:24:15	00:07:49	01:43:20	00:03:05	00:56:55	03:15:24
516	732	Woźniak Piotr Karol	Sieraków		M	M25-29	18	00:26:36	00:07:46	01:43:18	00:03:51	00:53:53	03:15:24
517	261	Kaczmarek Andrzej	Wrocław		M	M50-54	39	00:23:37	00:07:51	01:30:58	00:03:16	01:09:58	03:15:40
518	192	Grzelak Tomek	Zielona Gora	KP PSP KROSNO ODRZANSKIE	M	M25-29	19	00:28:16	00:08:00	01:35:28	00:02:32	01:01:43	03:15:59
519	667	Tatała Maciej	Kostrzyn nad Odrą		M	M50-54	40	00:24:15	00:08:37	01:26:35	00:03:28	01:13:17	03:16:12
520	45	Bagiński Andrzej	Siechnice	TRIMISSIION	M	M40-44	122	00:23:17	00:09:55	01:34:36	00:04:05	01:05:27	03:17:20
521	132	Dubiński Bogdan.dubinski	Warszawa		M	M65-69	4	00:18:00	00:08:04	01:27:17	00:04:12	01:20:07	03:17:40
522	191	Gryciuk Michał	Swarzędz	Triathlon Team Września	M	M40-44	123	00:19:51	00:07:33	01:37:56	00:03:03	01:10:13	03:18:36
523	449	Namysł Iwona	Siechnice	Tri Mission	K	K45-49	7	00:21:52	00:07:36	01:41:41	00:02:41	01:06:01	03:19:51
524	220	Kunc Kamilia	Wrocław		K	K35-39	14	00:32:41	00:08:44	01:33:22	00:04:00	01:01:04	03:19:51
525	568	Sitek Artur	Żory		M	M25-29	20	00:24:54	00:08:38	01:34:37	00:02:59	01:08:50	03:19:58
526	590	Sobociński Grzegorz	Poznań	Zgrupka Team	M	M40-44	124	00:32:06	00:08:14	01:37:20	00:03:54	00:58:29	03:20:03
527	204	Holweg Bartek	Kraków	4tri Team	M	M40-44	125	00:20:31	00:07:38	01:34:47	00:03:28	01:13:39	03:20:03
528	498	Perkowski Piotr	Tarnowo Podgórne		M	M35-39	89	00:18:00	00:08:37	01:43:17	00:03:48	01:06:25	03:20:07
529	47	Banach Karol	Bolewice	Elektro-Flesz	M	M40-44	126	00:20:03	00:09:24	01:35:32	00:03:52	01:11:20	03:20:11
530	409	Masłowska Barbara	Stargard		K	K45-49	8	00:23:05	00:07:43	01:39:53	00:04:13	01:05:47	03:20:41
531	465	Nowak Miriam	Ruda Śląska 7	last but not least	K	K30-34	9	00:18:51	00:07:17	01:42:28	00:04:13	01:07:55	03:20:44
532	435	Milczarkiewicz Michał	Warszawa		M	M45-49	101	00:21:33	00:10:27	01:39:11	00:04:41	01:05:15	03:21:07

# 10. JBL Triathlon Sieraków

Organizator: KS TRI TOUR; Miasto i Gmina Sieraków; Polski Związek Triathlonu

Data: 28.05.2022r.

Dystans: 1/4 IM

Miejscowość: Sieraków



Msc.	Nr start.	Nazwisko Imię	Miasto	Team	Płeć	Kat	Msc Kat	plywanie	t1	rower	t2	bieg	Wynik
533	322	Kozłowski Tadeusz	Kargowa	www.e-line.pl	M	M45-49	102	00:20:48	00:08:47	01:36:28	00:03:29	01:11:42	03:21:14
534	651	Szyl Piotr	Złotoryja	Negotti	M	M45-49	103	00:23:48	00:10:27	01:40:25	00:04:14	01:02:50	03:21:44
535	505	Piguła Mariusz	Koninko		M	M45-49	104	00:25:59	00:09:08	01:38:41	00:03:19	01:05:45	03:22:52
536	52	Bartoszewska Katarzyna	Długofęka	Team Różowej Pelerynki	K	K40-44	12	00:22:55	00:08:35	01:39:12	00:03:46	01:09:07	03:23:35
537	719	Włoskiewicz Hubert	Kłodawa		M	M18-24	7	00:17:41	00:09:11	01:42:48	00:02:40	01:11:36	03:23:56
538	422	Michalak Izabela	Komorniki	Komorniki MTB TEAM	K	K40-44	13	00:27:20	00:08:50	01:39:38	00:03:49	01:05:00	03:24:37
539	697	Waś Dominika	Elbląg	HTT Open Balance	K	K35-39	15	00:24:51	00:07:18	01:40:54	00:03:51	01:07:53	03:24:47
540	12	Mróz Paweł	Wróblowice		M	PRO-M	6	00:22:39	00:07:48	01:41:26	00:04:14	01:08:42	03:24:49
541	711	Wilkin Mirek	Żary	TMTEAM	M	M50-54	41	00:26:55	00:08:26	01:33:24	00:05:57	01:11:05	03:25:47
542	541	Roszcza Joanna	Poznan	Budchem	K	K45-49	9	00:22:29	00:08:33	01:36:55	00:04:30	01:13:22	03:25:49
543	147	fogiel piotr	Warszawa	kw warszawa	M	M45-49	105	00:24:12	00:11:34	01:34:14	00:05:22	01:10:30	03:25:52
544	724	Wojciechowski Aleksander	Września	Rowery Małgośka	M	M30-34	59	00:24:06	00:08:48	01:42:08	00:05:15	01:06:00	03:26:17
545	654	Szymański Rafał Mariusz	Radom		M	M50-54	42	00:21:44	00:11:40	01:43:52	00:04:29	01:04:39	03:26:24
546	453	Noga Bartłomiej	zgiez	doskonały poranek	M	M40-44	127	00:21:53	00:11:26	01:43:33	00:04:53	01:04:40	03:26:25
547	530	Raunke Patryk	Zielona Góra		M	M40-44	128	00:20:22	00:07:44	01:41:16	00:03:09	01:14:05	03:26:36
548	168	Głowińska-Wisniewska Anna	Lusówko	Sauerland Team Tarnowo Podgórne	K	K40-44	14	00:23:36	00:08:36	01:41:02	00:04:00	01:09:38	03:26:52
549	353	LASKOWSKA ANETA	GŁOGÓW	Sauerland Team Tarnowo Podgórne	K	K50-54	4	00:28:17	00:08:12	01:41:22	00:04:04	01:05:52	03:27:47
550	101	Chmielewski Michał	Poznań	8	M	M40-44	129	00:22:43	00:07:56	01:39:06	00:04:01	01:14:30	03:28:16
551	14	Budych Michał	Poznań		M	PRO-M	7	00:30:54	00:07:36	01:37:39	00:03:44	01:08:57	03:28:50
552	690	Walczak Alicja	Oława	Trimission	K	K45-49	10	00:23:05	00:07:34	01:49:13	00:03:33	01:09:36	03:33:01
553	709	Ogoński Maciej	Wismar	Monothlon Tri	M	M45-49	106	00:24:27	00:09:21	01:38:23	00:04:08	01:16:56	03:33:15
554	527	Rajzer Damian	Otwock		M	M45-49	107	00:17:00	00:14:03	01:53:11	00:05:47	01:04:48	03:34:49
555	149	Franaszczyk Marcin	Sieraków	Bucharzewo Team	M	M45-49	108	00:22:53	00:09:58	01:44:31	00:04:08	01:13:33	03:35:03
556	13	Mróz Piotr	Smolec		M	PRO-M	8	00:29:36	00:07:22	01:46:25	00:04:42	01:08:55	03:37:00
557	684	Tyra Andrzej	Promnice		M	M50-54	43	00:22:29	00:08:47	01:53:38	00:04:47	01:08:28	03:38:09
558	471	Nowak Piotr	Swadzim		M	M35-39	90	00:30:00	00:08:04	01:55:45	00:02:52	01:01:48	03:38:29
559	67	BOGUŚ JACEK	ZIELONA GÓRA		M	M40-44	130	00:29:38	00:10:16	01:44:05	00:04:13	01:12:11	03:40:23
560	369	Lipiński Marek	Kozy	niezrzeszony	M	M70-74	1	00:27:02	00:10:06	01:39:23	00:07:26	01:20:24	03:44:21
561	785	Brochocki Grzegorz	Poznań		M	M50-54	44	00:33:47	00:09:34	01:43:08	00:03:46	01:14:14	03:44:29
562	233	Jasek Dominika	Groblice	Tri Mission	K	K45-49	11	00:20:26	00:08:36	01:53:03	00:04:23	01:19:25	03:45:53
563	600	Stanek Jakub	Poznań		M	M18-24	8	00:29:39	00:09:53	01:56:11	00:02:22	01:09:20	03:47:25
564	186	Grela Mateusz	Katowice		M	M18-24	9	00:28:26	00:08:19	01:51:23	00:02:54	01:16:38	03:47:40
565	683	Turkowiak Aleksandra	Suchy Las	Jasna Aura	K	K35-39	16	00:30:46	00:08:18	01:51:50	00:03:48	01:13:53	03:48:35
566	348	Kwiatkowski Leszek	Gryfino		M	M60-64	8	00:37:47	00:13:33	01:43:41	00:05:10	01:08:31	03:48:42
567	492	Pałka Aleksandra	Siechnice	Tri Mission	K	K40-44	15	00:23:37	00:08:18	01:46:40	00:02:47	01:29:08	03:50:30
568	583	Słowik-Kloc Beata	Bieniów		K	K40-44	16	00:24:18	00:09:25	02:02:43	00:04:40	01:11:41	03:52:47
569	15	Wojtaszek Marcin	Września	Studio Treningu 36 MINUT Konin	M	PRO-M	9	00:29:10	00:08:21	01:52:27	00:03:53	01:22:51	03:56:42
570	464	Nowak Stanisław	Ruda Śląska	last but not least	M	M65-69	5	00:24:52	00:09:38	01:54:12	00:03:47	01:31:00	04:03:29
571	273	Kanikowski Filip	Koninko		M	M35-39	91	00:22:47	00:10:51	02:12:21	00:04:02	01:21:08	04:11:09
572	611	Straburzyński Grzegorz	Poznań		M	M45-49	109	00:24:03	00:12:52	02:05:57	00:06:29	01:31:46	04:21:07
573	525	Rabenda-Łącka Karolina	Zielona Góra		K	K50-54	5	00:23:32	00:13:38	02:27:31	00:04:47	01:22:32	04:32:00