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City: Mietków	Distance: 475m+22,5km+5,25km
Date: 09.06.2019	Organizer: Platforma Sportów Wytrzymałościowych, Fundacja Pro Sport Pro Life

1/8 IM

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
1	279	WILKOWIECKI Robert		POL GVT BMC	94M20/1	M / 1	00:06:07 / 2	00:02:09 / 1	00:33:52 / 1	00:00:30 / 1	00:17:56 / 2	01:00:34	00:00:00
2	426	NAWRACAJ Michał		POL GVT	86M30/1	M / 2	00:06:58 / 12	00:02:22 / 10	00:34:40 / 2	00:00:40 / 3	00:17:54 / 1	01:02:33	00:01:59
3	290	CHMURA Maciej		POL GVT BMC	86M30/2	M / 3	00:06:15 / 4	00:02:10 / 2	00:35:23 / 3	00:00:42 / 2	00:18:42 / 4	01:03:11	00:02:37
4	563	KWASNIEWSKI Mateusz		POL WANIEWSKI COACHING / CODEMINE.PL	87M30/3	M / 4	00:06:47 / 8	00:02:16 / 8	00:35:54 / 7	00:00:37 / 4	00:18:40 / 3	01:04:14	00:03:40
5	459	SUFRAHOWICZ Tomasz		POL TRIATHLON DĄBROWA GÓRNICZA	01MJun/1	M / 5	00:06:40 / 7	00:01:55 / 4	00:36:39 / 12	00:00:38 / 5	00:20:06 / 8	01:05:58	00:05:24
6	293	SŁOMIŃSKI Sebastian		POL KS GVT	00MJun/2	M / 6	00:06:08 / 3	00:02:18 / 3	00:38:36 / 22	00:00:45 / 11	00:18:51 / 5	01:06:38	00:06:04
7	280	KOTFICA Paulina		POL GVT BMC	86K30/1	K / 1	00:07:20 / 15	00:02:17 / 12	00:36:06 / 9	00:00:39 / 7	00:20:34 / 13	01:06:56	00:06:22
8	456	ZAWODNIK ANONIMOWY		POL GVT/FTT	79M40/1	M / 7	00:06:54 / 10	00:02:48 / 13	00:35:56 / 8	00:00:50 / 8	00:20:56 / 18	01:07:24	00:06:50
9	306	MIELKE Dawid		POL SPORTWISE KRAKÓW	02MMIlo/1	M / 8	00:06:49 / 9	00:02:07 / 6	00:36:22 / 11	00:00:40 / 6	00:21:33 / 24	01:07:30	00:06:56
10	420	OSTRASZ Bartek		POL VIESSMANN BIKE TEAM	80M30/4	M / 9	00:08:07 / 29	00:02:57 / 30	00:35:42 / 5	00:00:44 / 9	00:20:56 / 19	01:08:26	00:07:52
11	305	KOZACZKIEWICZ Marcel		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	03MMIlo/2	M / 10	00:06:37 / 6	00:02:21 / 7	00:37:58 / 18	00:00:41 / 10	00:21:06 / 20	01:08:43	00:08:09
12	577	SZCZĘŚNIAK Piotr		POL GVT	79M40/2	M / 11	00:09:43 / 57	00:03:14 / 50	00:36:16 / 10	00:00:49 / 18	00:19:47 / 7	01:09:49	00:09:15
13	294	DAŃKOWSKI Dominik		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	00MJun/3	M / 12	00:07:27 / 17	00:02:25 / 15	00:38:46 / 23	00:00:57 / 14	00:20:19 / 11	01:09:53	00:09:19
14	393	ŻUREK Robert		POL TRIATHLON DĄBROWA GÓRNICZA	74M40/3	M / 13	00:07:38 / 20	00:02:36 / 19	00:37:53 / 17	00:00:55 / 12	00:21:34 / 26	01:10:36	00:10:02
15	462	KARWOWSKI Jakub		POL LTT	86M30/5	M / 14	00:07:48 / 25	00:02:51 / 25	00:39:07 / 29	00:00:46 / 21	00:20:34 / 14	01:11:06	00:10:32
16	287	ZIÓLKOWSKI Marek		POL	72M40/4	M / 15	00:07:46 / 23	00:02:49 / 23	00:37:32 / 15	00:01:01 / 13	00:22:15 / 35	01:11:22	00:10:48
17	378	WALEŃSKI Tomasz		POL	74M40/5	M / 16	00:09:19 / 51	00:02:37 / 35	00:38:12 / 20	00:01:11 / 25	00:20:12 / 9	01:11:30	00:10:56
18	444	WIŚNIEWSKI Mateusz		POL @WISNIA_M_AKTYWNI365	91M20/2	M / 17	00:09:54 / 62	00:02:40 / 43	00:37:27 / 14	00:01:18 / 24	00:20:36 / 15	01:11:55	00:11:21
19	566	KRZEMIŃSKA Mariola		POL LITWIN TRIATHLON TEAM	92K20/1	K / 2	00:07:00 / 13	00:02:23 / 11	00:39:45 / 31	00:00:38 / 17	00:22:13 / 33	01:11:58	00:11:24
20	277	BOHATER Paulina		POL SSP ORKA IŁAWA	00KJun/1	K / 3	00:06:56 / 11	00:02:24 / 9	00:41:00 / 49	00:00:40 / 23	00:21:13 / 22	01:12:12	00:11:38
21	474	WILANOWSKI Jakub		POL TRIATHLON DĄBROWA GÓRNICZA	02MMIlo/3	M / 18	00:07:13 / 14	00:02:37 / 14	00:40:42 / 41	00:01:09 / 28	00:20:34 / 12	01:12:15	00:11:40
22	496	DOMINO Krystian		POL DOMINO TRI TEAM	75M40/6	M / 19	00:08:55 / 41	00:03:21 / 37	00:36:57 / 13	00:01:00 / 19	00:22:03 / 32	01:12:16	00:11:42
23	598	WAGEMANN Łukasz		POL GVT BMC	79M40/7	M / 20	00:07:38 / 19	00:02:51 / 21	00:37:43 / 16	00:01:33 / 16	00:22:38 / 47	01:12:23	00:11:49
24	271	PAJOR Bartosz		POL GVT	84M30/6	M / 21	00:10:05 / 68	00:02:46 / 48	00:35:48 / 6	00:01:00 / 15	00:22:45 / 48	01:12:24	00:11:49
25	560	GNIADZIK Dawid		POL ROMET FACTORY TEAM	94M20/3	M / 22	00:10:10 / 74	00:03:16 / 58	00:38:07 / 19	00:00:47 / 31	00:20:18 / 10	01:12:37	00:12:03
26	273	JANUSZ Izabela		POL	94K20/2	K / 4	00:08:21 / 35	00:02:40 / 28	00:38:14 / 21	00:01:01 / 20	00:22:26 / 39	01:12:41	00:12:07
27	275	KOTAS Marek		POL KOTASPORT	97M20/4	M / 23	00:07:48 / 26	00:02:21 / 18	00:40:11 / 37	00:00:34 / 22	00:22:55 / 52	01:13:48	00:13:13

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.	
28	303	SONDEJ Dawid		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	01M	Jun/4	M / 24	00:09:03 / 44	00:03:20 / 40	00:38:53 / 24	00:00:58 / 30	00:22:18 / 37	01:14:32	00:13:57
29	436	MASIAK Piotr		POL MKS TRIATHLON MALBORK	91M	20/5	M / 25	00:07:47 / 24	00:02:53 / 24	00:42:07 / 60	00:00:40 / 34	00:21:08 / 21	01:14:34	00:14:00
30	300	MILER Adam		POL	02MM	Io/4	M / 26	00:08:15 / 32	00:02:46 / 29	00:40:02 / 35	00:01:00 / 29	00:22:34 / 44	01:14:37	00:14:03
31	406	PASIEWICZ Jakub		POL	93M	20/6	M / 27	00:11:42 / 136	00:03:51 / 115	00:39:05 / 28	00:00:55 / 49	00:19:16 / 6	01:14:49	00:14:15
32	569	KORNES Janusz		POL TRIATHLON DĄBROWA GÓRNICZA	70M	40/8	M / 28	00:07:50 / 27	00:03:05 / 27	00:39:50 / 34	00:00:41 / 27	00:23:24 / 60	01:14:50	00:14:16
33	330	KADEJ Robert		POL TRI GRANDA WOŁÓW	90M	20/7	M / 29	00:09:59 / 64	00:03:14 / 55	00:39:01 / 27	00:00:41 / 33	00:21:57 / 30	01:14:52	00:14:17
34	575	BIERNACKI Krystian		POL GVT	78M	40/9	M / 30	00:08:10 / 30	00:03:15 / 32	00:38:53 / 25	00:01:08 / 26	00:23:39 / 66	01:15:05	00:14:31
35	535	JACEWICZ Kamil		POL FITNESS PIEKARY LEGNICA	83M	30/7	M / 31	00:10:36 / 90	00:03:02 / 65	00:39:48 / 33	00:00:45 / 37	00:21:45 / 29	01:15:55	00:15:21
36	476	KOSSOWSKI Tomasz		POL OLSZYNA BIEGA	78M	40/10	M / 32	00:10:39 / 93	00:03:48 / 84	00:38:58 / 26	00:00:57 / 40	00:22:15 / 36	01:16:37	00:16:03
37	286	GOMONOVYVH Vasyl		POL	88M	30/8	M / 33	00:10:03 / 66	00:02:52 / 49	00:40:05 / 36	00:00:46 / 35	00:22:53 / 50	01:16:39	00:16:04
38	307	WOZIWODZKI Filip		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	01M	Jun/5	M / 34	00:07:50 / 28	00:02:52 / 26	00:42:44 / 74	00:00:59 / 41	00:22:23 / 38	01:16:48	00:16:14
39	508	JASIÓWKA Bartłomiej		POL OSIR KOMPRACHCICE	81M	30/9	M / 35	00:10:27 / 81	00:02:59 / 59	00:40:54 / 47	00:00:48 / 44	00:22:13 / 34	01:17:21	00:16:47
40	304	ŚWISTERSKA Julia		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	03KM	Io/1	K / 5	00:11:02 / 110	00:05:02 / 125	00:35:32 / 4	00:01:11 / 32	00:25:02 / 96	01:17:48	00:17:14
41	331	NAJGEBAUER Łukasz		POL GT KONA	83M	30/10	M / 36	00:09:04 / 45	00:03:17 / 38	00:40:36 / 40	00:01:15 / 38	00:23:56 / 74	01:18:07	00:17:33
42	533	TOKARSKI Tomasz Łukasz		POL TMTEAM	87M	30/11	M / 37	00:10:36 / 89	00:03:37 / 76	00:42:26 / 67	00:01:02 / 71	00:20:54 / 17	01:18:34	00:18:00
43	302	SKRZYŃKOWSKI Piotr		POL SKRZYŃKOWSKI TEAM	02MM	Io/5	M / 38	00:07:40 / 21	00:02:39 / 20	00:45:45 / 114	00:01:04 / 66	00:21:34 / 25	01:18:41	00:18:07
44	282	TARNOWSKI Robert		POL AGRESJA	91M	20/8	M / 39	00:09:07 / 46	00:03:27 / 44	00:43:37 / 82	00:00:46 / 64	00:21:58 / 31	01:18:55	00:18:21
45	536	DYGDŃ Paweł		POL SOFT-PONT	75M	40/11	M / 40	00:07:45 / 22	00:02:49 / 22	00:44:21 / 90	00:00:54 / 52	00:23:21 / 59	01:19:10	00:18:36
46	399	WIELKOPOLSKI Łukasz		POL	85M	30/12	M / 41	00:09:25 / 52	00:03:14 / 46	00:43:06 / 77	00:00:55 / 60	00:22:31 / 41	01:19:11	00:18:36
47	583	MILCZAREK Artur		POL	80M	30/13	M / 42	00:10:08 / 72	00:02:55 / 53	00:42:20 / 64	00:01:00 / 57	00:23:02 / 55	01:19:24	00:18:50
48	313	ŁUKOWSKI Dariusz		POL GMINA STRZELCE OPOLSKIE	64M	50/1	M / 43	00:12:02 / 148	00:02:53 / 99	00:42:10 / 61	00:00:44 / 73	00:21:39 / 27	01:19:28	00:18:54
49	534	HAWRYLEWICZ Paweł		POL TMT	77M	40/12	M / 44	00:10:37 / 91	00:04:06 / 91	00:41:16 / 51	00:00:57 / 63	00:22:32 / 42	01:19:28	00:18:54
50	450	GALAN Łukasz		POL	91M	20/9	M / 45	00:11:38 / 131	00:03:07 / 92	00:40:44 / 43	00:01:25 / 62	00:22:38 / 46	01:19:31	00:18:57
51	597	ZAWODNIK ANONIMOWY		POL ZATRZYMAJSIEWBIEGU.PL	67M	50/2	M / 46	00:10:40 / 94	00:03:23 / 74	00:44:07 / 86	00:00:40 / 75	00:20:42 / 16	01:19:31	00:18:57
52	464	TOMASZEWSKA Joanna		POL JELCZ TRIATHLON PROJECT	83K	30/2	K / 6	00:09:49 / 59	00:03:09 / 51	00:41:58 / 58	00:00:51 / 50	00:23:46 / 70	01:19:32	00:18:58
53	301	BAJ Joanna		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	02KM	Io/2	K / 7	00:07:23 / 16	00:02:36 / 16	00:44:40 / 95	00:00:38 / 46	00:24:33 / 87	01:19:50	00:19:16
54	538	SZAFRAŃSKI Michał		POL DOTFIZJO	78M	40/13	M / 47	00:08:52 / 39	00:03:33 / 41	00:40:48 / 44	00:01:31 / 42	00:25:22 / 106	01:20:05	00:19:31
55	427	PASZEK Sebastian		POL TMTEAM	82M	30/14	M / 48	00:08:16 / 34	00:03:05 / 31	00:41:20 / 52	00:01:05 / 36	00:26:23 / 121	01:20:08	00:19:34
56	377	JESION Ireneusz		POL MSPORT LUBIN	69M	50/3	M / 49	00:09:18 / 50	00:03:31 / 47	00:41:02 / 50	00:01:16 / 43	00:25:07 / 99	01:20:13	00:19:39
57	547	LEGIEC Michał		POL	85M	30/15	M / 50	00:08:16 / 33	00:04:07 / 39	00:42:31 / 70	00:01:42 / 58	00:23:38 / 67	01:20:13	00:19:39
58	428	BIRECKI Wacław		POL GT KONA	60M	50/4	M / 51	00:10:21 / 78	00:03:14 / 61	00:39:45 / 32	00:01:02 / 39	00:25:54 / 116	01:20:16	00:19:42
59	465	PIETRZAK Karol		POL	84M	30/16	M / 52	00:09:59 / 63	00:03:18 / 57	00:41:42 / 54	00:00:51 / 53	00:24:32 / 86	01:20:21	00:19:47
60	441	KOZAK Marcin		POL	81M	30/17	M / 53	00:10:22 / 80	00:03:45 / 75	00:41:44 / 55	00:00:59 / 61	00:23:42 / 68	01:20:31	00:19:57
61	381	WYSOCZAŃSKI Paweł		POL PCC SQUAD / TRI GRANDA WOŁÓW	90M	20/10	M / 54	00:09:00 / 43	00:03:06 / 36	00:42:27 / 69	00:00:54 / 48	00:25:10 / 102	01:20:37	00:20:03

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.	
62	316	GLOGOWSKA Patrycja		POL		94K20/3	K / 8	00:07:30 / 18	00:02:38 / 17	00:44:51 / 101	00:00:48 / 51	00:24:55 / 94	01:20:42	00:20:08
63	503	GIERAK Łukasz		POL		81M30/18	M / 55	00:09:17 / 49	00:03:49 / 54	00:43:13 / 79	00:01:12 / 69	00:23:25 / 61	01:20:56	00:20:22
64	431	TOMASICZEK Piotr		POL GVT		69M50/5	M / 56	00:10:07 / 71	00:03:09 / 56	00:41:22 / 53	00:01:18 / 54	00:25:10 / 100	01:21:06	00:20:31
65	576	BAJSAROWICZ Paweł		POL TRIATHLON CLUB WROCŁAW		78M40/14	M / 57	00:10:28 / 82	00:03:49 / 78	00:40:59 / 48	00:01:59 / 67	00:23:58 / 75	01:21:13	00:20:38
66	573	ŻYŁKA Piotr		POL BIELAWSKA AKADEMIA BIEGANIA		80M30/19	M / 58	00:09:36 / 55	00:03:59 / 64	00:42:39 / 71	00:01:13 / 68	00:23:59 / 76	01:21:26	00:20:52
67	595	STYLA Kamil alexander		POL LOS PILOTOS		87M30/20	M / 59	00:10:35 / 88	00:04:46 / 108	00:40:16 / 38	00:02:05 / 72	00:23:49 / 71	01:21:31	00:20:56
68	481	NAWROT Piotr		POL ŻELAZNA ŚWIDNICA		74M40/15	M / 60	00:10:09 / 73	00:03:33 / 68	00:40:43 / 42	00:00:55 / 47	00:26:16 / 119	01:21:35	00:21:01
69	310	DUDZIAK Kacper		POL		01MJun/6	M / 61	00:11:32 / 126	00:03:23 / 98	00:39:34 / 30	00:00:44 / 45	00:26:34 / 131	01:21:47	00:21:12
70	542	DANIELCZYK Michał		POL		94M20/11	M / 62	00:10:55 / 103	00:03:29 / 80	00:40:51 / 45	00:00:51 / 55	00:25:55 / 117	01:22:00	00:21:26
71	478	ZIACH Mariusz		POL TKKF TRIATHLON DĄBROWA GÓRNICZA		73M40/16	M / 63	00:13:33 / 185	00:03:18 / 150	00:42:42 / 72	00:01:03 / 92	00:21:30 / 23	01:22:05	00:21:31
72	574	LIGIENZA Andrzej		POL		88M30/21	M / 64	00:10:49 / 98	00:03:36 / 82	00:43:57 / 84	00:01:15 / 80	00:22:34 / 45	01:22:11	00:21:37
73	291	MACHOWSKI Łukasz		POL		94M20/12	M / 65	00:08:42 / 37	00:03:54 / 45	00:46:04 / 119	00:00:56 / 79	00:22:55 / 51	01:22:30	00:21:56
74	368	KRUCZEK Jacek		POL GT KONA		80M30/22	M / 66	00:10:00 / 65	00:03:48 / 70	00:41:50 / 56	00:01:23 / 65	00:25:35 / 109	01:22:36	00:22:02
75	521	LEKS Ireneusz		POL		63M50/6	M / 67	00:10:46 / 97	00:04:05 / 95	00:44:16 / 88	00:01:04 / 87	00:22:33 / 43	01:22:43	00:22:09
76	446	SOLTOWSKI Michał		POL		85M30/23	M / 68	00:11:30 / 125	00:03:08 / 88	00:40:33 / 39	00:01:00 / 56	00:26:44 / 141	01:22:55	00:22:21
77	292	SALMONOWICZ Przemysław		POL LITWIN TRIATHLON TEAM		86M30/24	M / 69	00:08:59 / 42	00:03:29 / 42	00:45:05 / 104	00:01:19 / 76	00:24:05 / 79	01:22:56	00:22:22
78	281	JELONEK Piotr		POL		76M40/17	M / 70	00:11:36 / 129	00:03:54 / 112	00:41:50 / 57	00:00:42 / 74	00:24:58 / 95	01:22:59	00:22:25
79	479	FRAĆKOWIAK Krzysztof		POL		74M40/18	M / 71	00:08:36 / 36	00:04:25 / 52	00:42:27 / 68	00:01:11 / 59	00:26:23 / 123	01:23:02	00:22:27
80	531	KOŃCZAK Tomasz		POL		93M20/13	M / 72	00:10:46 / 96	00:05:12 / 121	00:43:54 / 83	00:00:29 / 89	00:22:46 / 49	01:23:07	00:22:33
81	453	GRZEGORCZYK Mateusz		POL ZAKOCHAJ SIĘ W BIEGANIU		91M20/14	M / 73	00:10:57 / 104	00:03:16 / 77	00:44:22 / 89	00:01:24 / 84	00:23:17 / 58	01:23:15	00:22:41
82	600	GONCZAREK Jakub		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY		03MMIlo/6	M / 74	00:10:35 / 84	00:04:52 / 109	00:42:47 / 75	00:01:33 / 82	00:23:30 / 63	01:23:17	00:22:42
83	309	MATUSEWICZ Mikołaj		POL		02MMIlo/7	M / 75	00:08:13 / 31	00:03:20 / 33	00:47:29 / 144	00:01:08 / 86	00:23:55 / 73	01:24:05	00:23:31
84	480	ZGRZEBNIAK Robert		POL JELCZ TRIATHLON PROJECT		78M40/19	M / 76	00:12:19 / 154	00:05:12 / 162	00:40:52 / 46	00:01:27 / 83	00:24:25 / 84	01:24:15	00:23:41
85	328	ZIMNY Grzegorz		POL		81M30/25	M / 77	00:09:36 / 54	00:05:04 / 90	00:44:48 / 100	00:01:25 / 95	00:23:38 / 65	01:24:30	00:23:56
86	375	GĘDZIUS Adrian		POL KIELMAR		87M30/26	M / 78	00:11:11 / 116	00:03:42 / 96	00:44:27 / 91	00:00:58 / 88	00:24:34 / 88	01:24:52	00:24:18
87	471	DROP Joanna		POL		66K50/1	K / 9	00:09:29 / 53	00:04:21 / 71	00:44:42 / 97	00:00:56 / 78	00:25:39 / 110	01:25:06	00:24:32
88	417	FIEDOT Filip		POL		97M20/15	M / 79	00:10:35 / 87	00:05:02 / 116	00:44:48 / 99	00:00:59 / 98	00:24:09 / 80	01:25:33	00:24:58
89	312	WERBEL Adam		POL SAMO SIĘ NIE ZROBI		78M40/20	M / 80	00:12:32 / 159	00:03:48 / 135	00:42:26 / 66	00:01:38 / 90	00:25:16 / 104	01:25:40	00:25:06
90	364	ZAWODNIK ANONIMOWY		POL		74M40/21	M / 81	00:09:08 / 47	00:04:27 / 62	00:44:28 / 92	00:01:16 / 77	00:26:23 / 122	01:25:41	00:25:07
91	398	SROGA Maciej		POL		87M30/27	M / 82	00:12:43 / 164	00:03:31 / 131	00:45:07 / 105	00:00:51 / 107	00:24:04 / 78	01:26:16	00:25:41
92	561	KOŁARZYK Justyna		POL		83K30/3	K / 10	00:13:11 / 181	00:03:48 / 152	00:45:56 / 117	00:00:54 / 123	00:22:29 / 40	01:26:18	00:25:44
93	507	WIŚNIEWSKI Kacper		POL		00MJun/7	M / 83	00:11:20 / 121	00:04:07 / 110	00:46:07 / 120	00:01:15 / 112	00:23:29 / 62	01:26:18	00:25:44
94	559	RZEŹNIK Przemysław		POL EDI TEAM ZGORZELEC		93M20/16	M / 84	00:13:53 / 194	00:05:18 / 194	00:44:30 / 93	00:00:58 / 133	00:21:43 / 28	01:26:21	00:25:47
95	365	PIĄTEK Anita		POL FRONTREAR		83K30/4	K / 11	00:11:38 / 134	00:03:50 / 111	00:44:42 / 96	00:01:37 / 101	00:24:43 / 91	01:26:30	00:25:56

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
96	288	OKUNIEWSKA Julia		POL TAM		04KMlo/3 K / 12	00:09:10 / 48	00:02:42 / 34	00:47:18 / 141	00:00:50 / 85	00:26:40 / 135	01:26:40	00:26:06
97	545	PIETRASZKO Dariusz		POL TRI TEAM BOLESŁAWIEC		64M50/7 M / 85	00:10:05 / 69	00:03:36 / 66	00:44:38 / 94	00:01:19 / 81	00:27:12 / 149	01:26:50	00:26:16
98	502	GOLIK Rafał		POL		84M30/28 M / 86	00:10:07 / 70	00:04:20 / 83	00:46:22 / 125	00:00:49 / 100	00:25:19 / 105	01:26:56	00:26:22
99	567	MARCINKOWSKI Przemysław		POL GVT		73M40/22 M / 87	00:12:22 / 156	00:03:47 / 128	00:43:10 / 78	00:01:21 / 93	00:26:19 / 120	01:26:58	00:26:24
100	285	KARDASZ Sławek		POL LTT		99M20/17 M / 88	00:10:43 / 95	00:04:13 / 100	00:47:03 / 132	00:01:58 / 127	00:23:07 / 56	01:27:03	00:26:29
101	490	RÓJ Radosław		POL		74M40/23 M / 89	00:11:40 / 135	00:02:57 / 86	00:46:24 / 126	00:01:04 / 105	00:25:09 / 101	01:27:14	00:26:40
102	326	WODECKI Bartosz		POL GT KONA		83M30/29 M / 90	00:09:52 / 60	00:03:50 / 67	00:42:48 / 76	00:01:09 / 70	00:29:37 / 189	01:27:15	00:26:41
103	274	HALICKI Igor		POL		03MMlo/8 M / 91	00:13:08 / 179	00:03:56 / 154	00:42:15 / 62	00:01:06 / 91	00:26:53 / 145	01:27:17	00:26:43
104	519	ZAWODNIK ANONIMOWY		POL		92K20/4 K / 13	00:10:52 / 101	00:04:51 / 118	00:46:29 / 127	00:00:55 / 116	00:24:15 / 83	01:27:22	00:26:48
105	546	ŁUCZAK Tomasz		POL FINGO		71M40/24 M / 92	00:10:36 / 86	00:04:03 / 89	00:47:16 / 139	00:00:52 / 111	00:25:01 / 97	01:27:48	00:27:14
106	353	HAJDAMOWICZ Tomasz		POL GATO SPORTSWEAR		83M30/30 M / 93	00:12:45 / 165	00:04:11 / 151	00:42:43 / 73	00:01:39 / 97	00:26:44 / 143	01:28:01	00:27:27
107	500	JURKOWSKI Artur		POL		67M50/8 M / 94	00:12:39 / 161	00:04:49 / 161	00:42:20 / 63	00:02:05 / 102	00:26:11 / 118	01:28:04	00:27:29
108	321	KRAUZE Jacek		POL PRO-RUN WROCLAW		97M20/18 M / 95	00:13:49 / 192	00:03:49 / 164	00:43:58 / 85	00:01:20 / 113	00:25:25 / 107	01:28:21	00:27:46
109	338	BOŚLAK Łukasz		POL		75M40/25 M / 96	00:09:48 / 58	00:04:03 / 72	00:46:34 / 128	00:00:44 / 96	00:27:27 / 158	01:28:35	00:28:01
110	318	BEDNARCZYK Jakub		POL STRONGER RUNNER		88M30/31 M / 97	00:12:53 / 167	00:03:52 / 148	00:48:07 / 159	00:00:44 / 142	00:23:12 / 57	01:28:47	00:28:13
111	437	KOWAL Michał		POL AWL WROCLAW		95M20/19 M / 98	00:12:40 / 162	00:05:01 / 167	00:43:26 / 80	00:01:05 / 106	00:26:40 / 138	01:28:52	00:28:18
112	391	BIENIAS Łukasz		POL		84M30/32 M / 99	00:11:08 / 114	00:04:23 / 114	00:46:15 / 121	00:01:34 / 120	00:25:46 / 113	01:29:06	00:28:32
113	506	FISCHER Paweł		POL LITWIN TRIATHLON TEAM		76M40/26 M / 100	00:11:37 / 132	00:04:05 / 117	00:45:08 / 107	00:01:12 / 104	00:27:15 / 152	01:29:17	00:28:43
114	435	BARTKOWIAK Hubert		POL KB SUKCES ŻMIGRÓD		68M50/9 M / 101	00:10:21 / 79	00:04:04 / 81	00:47:36 / 145	00:01:48 / 124	00:25:32 / 108	01:29:21	00:28:47
115	530	JON Marcin		POL MMK JONKI		76M40/27 M / 102	00:12:04 / 151	00:05:12 / 158	00:44:54 / 102	00:01:46 / 126	00:25:42 / 112	01:29:37	00:29:03
116	442	DARMOŃ Przemysław		POL		90M20/20 M / 103	00:10:56 / 105	00:04:18 / 104	00:45:55 / 116	00:01:16 / 109	00:27:13 / 150	01:29:38	00:29:04
117	400	GANCARZ Radosław		POL		79M40/28 M / 104	00:10:15 / 77	00:04:21 / 85	00:49:56 / 188	00:00:53 / 140	00:24:14 / 81	01:29:38	00:29:04
118	571	POPARDOWSKI Jacek		POL		86M30/33 M / 105	00:15:00 / 224	00:03:38 / 184	00:47:10 / 135	00:00:58 / 152	00:23:01 / 53	01:29:46	00:29:12
119	486	BZDYK Paweł		POL		72M40/29 M / 106	00:09:54 / 61	00:03:50 / 69	00:47:52 / 153	00:01:42 / 119	00:26:43 / 139	01:30:00	00:29:26
120	356	LISOWSKI Kamil		POL		83M30/34 M / 107	00:11:44 / 140	00:04:25 / 129	00:45:28 / 110	00:01:36 / 118	00:27:04 / 148	01:30:17	00:29:43
121	449	MARZAŁEK Filip		POL SIZZURP		95M20/21 M / 108	00:10:59 / 108	00:05:50 / 149	00:48:38 / 166	00:01:20 / 153	00:23:32 / 64	01:30:19	00:29:45
122	580	WAWRO Grzegorz		POL		77M40/30 M / 109	00:11:17 / 120	00:04:42 / 122	00:45:07 / 106	00:01:25 / 110	00:27:55 / 167	01:30:26	00:29:51
123	523	LARA Ania		POL		85K30/5 K / 14	00:08:47 / 38	00:04:48 / 63	00:48:40 / 167	00:00:49 / 115	00:27:27 / 157	01:30:31	00:29:57
124	461	SEIFFERT Paweł		POL		87M30/35 M / 110	00:13:29 / 184	00:04:07 / 163	00:47:14 / 138	00:01:10 / 147	00:24:39 / 89	01:30:39	00:30:05
125	526	NIEWIDZIAŁO Michał		POL		84M30/36 M / 111	00:12:56 / 169	00:05:12 / 177	00:45:42 / 113	00:01:19 / 136	00:25:40 / 111	01:30:48	00:30:14
126	473	HERBEĆ Łukasz		POL ICMT.PL		82M30/37 M / 112	00:10:59 / 106	00:03:50 / 94	00:47:38 / 146	00:01:52 / 130	00:26:40 / 137	01:30:59	00:30:25
127	382	MACELUCH Krzysztof		POL TRI GRANDA WOLÓW		93M20/22 M / 113	00:11:57 / 143	00:04:26 / 138	00:47:57 / 154	00:00:55 / 138	00:25:47 / 114	01:31:02	00:30:28
128	467	ZAWODNIK ANONIMOWY		POL		89M30/38 M / 114	00:11:09 / 115	00:04:06 / 106	00:48:37 / 165	00:00:40 / 131	00:26:31 / 128	01:31:03	00:30:29
129	395	KRAŚNIEWSKI Grzegorz		POL		85M30/39 M / 115	00:14:49 / 217	00:03:32 / 181	00:43:33 / 81	00:01:09 / 114	00:28:06 / 171	01:31:09	00:30:35

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
130	548	ŁUCZAK Józef		POL AZS AWF		68M50/10 M / 116	00:08:52 / 40	00:05:56 / 93	00:45:41 / 112	00:00:59 / 99	00:29:44 / 191	01:31:11	00:30:37
131	558	KOLESNYK Anatolii		POL		84M30/40 M / 117	00:10:51 / 100	00:04:07 / 102	00:47:45 / 149	00:00:50 / 121	00:27:45 / 162	01:31:18	00:30:44
132	518	ŚWIATŁOŃ-SZYDEŁKO Małgorzata		POL CZARNI ROKITKI		89K30/6 K / 15	00:10:53 / 102	00:03:45 / 87	00:46:16 / 123	00:01:02 / 103	00:29:27 / 185	01:31:23	00:30:49
133	475	ZAGÓRSKI Radosław		POL		00MJun/8 M / 118	00:12:21 / 155	00:05:35 / 172	00:48:44 / 171	00:01:05 / 158	00:23:45 / 69	01:31:29	00:30:55
134	411	KRÓL Paweł		POL		84M30/41 M / 119	00:11:34 / 128	00:04:13 / 119	00:47:28 / 143	00:01:36 / 135	00:26:44 / 142	01:31:34	00:31:00
135	379	SZYDŁO Izabela		POL GT RAT		98K20/5 K / 16	00:09:42 / 56	00:03:47 / 60	00:49:17 / 181	00:01:05 / 125	00:27:49 / 164	01:31:39	00:31:05
136	311	TARATUTA Patrycja		POL GLKS ŚWIDNICA		01KJun/2 K / 17	00:13:05 / 178	00:03:24 / 142	00:50:37 / 197	00:00:43 / 159	00:24:15 / 82	01:32:03	00:31:29
137	513	BOGUCKI Sławomir		POL		61M50/11 M / 120	00:14:00 / 196	00:04:42 / 188	00:48:42 / 169	00:00:39 / 165	00:24:01 / 77	01:32:04	00:31:30
138	483	ZAKRZEWSKI Mariusz		POL GLKS ŻELAZNA ŚWIDNICA		75M40/31 M / 121	00:11:02 / 109	00:04:29 / 113	00:46:46 / 130	00:01:57 / 129	00:28:09 / 173	01:32:23	00:31:48
139	511	BACHÓR Michał		POL		81M30/42 M / 122	00:13:01 / 175	00:05:04 / 176	00:46:41 / 129	00:00:52 / 144	00:26:46 / 144	01:32:23	00:31:49
140	582	MIKOŁAJCZAK Ola		POL HALFWORN TEAM		81K30/7 K / 18	00:12:02 / 149	00:04:01 / 124	00:47:25 / 142	00:01:10 / 132	00:27:47 / 163	01:32:25	00:31:51
141	565	ZAWODNIK ANONIMOWY		POL		86M30/43 M / 123	00:10:03 / 67	00:04:19 / 79	00:47:49 / 152	00:01:50 / 128	00:28:28 / 177	01:32:28	00:31:54
142	568	ŚWIERZEWSKI Damian		POL LITWIN TRIATHLON TEAM		92M20/23 M / 124	00:10:39 / 92	00:03:22 / 73	00:45:54 / 115	00:00:52 / 94	00:31:53 / 218	01:32:39	00:32:05
143	432	PSUTY Michał		POL		98M20/24 M / 125	00:17:07 / 246	00:03:59 / 232	00:45:34 / 111	00:01:23 / 164	00:24:40 / 90	01:32:43	00:32:09
144	499	FRYDRYCH Michał		POL		84M30/44 M / 126	00:14:17 / 204	00:04:25 / 187	00:42:22 / 65	00:01:11 / 108	00:30:46 / 204	01:33:01	00:32:27
145	458	MAJEWSKI Łukasz		POL		83M30/45 M / 127	00:11:38 / 133	00:04:38 / 133	00:45:09 / 108	00:01:48 / 117	00:29:49 / 194	01:33:02	00:32:28
146	504	ZAWITOWSKA Izabela		POL		89K30/8 K / 19	00:11:58 / 145	00:04:23 / 136	00:50:24 / 191	00:01:15 / 163	00:25:14 / 103	01:33:14	00:32:40
147	525	RAKOWSKI Łukasz		POL PCC ULTRARUNNERS		81M30/46 M / 128	00:14:54 / 218	00:06:43 / 237	00:45:03 / 103	00:02:47 / 179	00:23:54 / 72	01:33:20	00:32:46
148	440	MARCINIAK Agata		POL -		80K30/9 K / 20	00:13:40 / 187	00:04:01 / 166	00:47:43 / 147	00:01:28 / 156	00:26:29 / 126	01:33:20	00:32:46
149	468	ZAWODNIK ANONIMOWY		POL		83M30/47 M / 129	00:12:31 / 158	00:06:11 / 189	00:48:58 / 175	00:00:41 / 166	00:25:05 / 98	01:33:26	00:32:51
150	396	MARCINEK Andrzej		POL 50UPAT		58M60/1 M / 130	00:12:02 / 150	00:04:40 / 145	00:48:31 / 164	00:01:37 / 154	00:26:36 / 134	01:33:26	00:32:52
151	484	BAJSAROWICZ Tomasz		POL JELCZ TRIATHLON PROJECT		77M40/32 M / 131	00:16:15 / 237	00:03:46 / 210	00:42:00 / 59	00:01:39 / 122	00:29:49 / 195	01:33:29	00:32:55
152	485	KUBISZYN-BZDYK Agata		POL		73K40/1 K / 21	00:11:58 / 144	00:04:21 / 134	00:47:44 / 148	00:01:35 / 143	00:27:59 / 169	01:33:37	00:33:03
153	358	LĘGA Wiesław		POL BRAK TEAM / KS TĘCZA		72M40/33 M / 132	00:14:37 / 212	00:05:41 / 218	00:47:09 / 134	00:02:15 / 184	00:24:54 / 93	01:34:36	00:34:02
154	284	KARDASZ Sławomir		POL LTT		71M40/34 M / 133	00:14:56 / 219	00:04:25 / 197	00:47:14 / 137	00:02:18 / 168	00:25:50 / 115	01:34:43	00:34:08
155	360	PFEIFFER Mateusz		POL		91M20/25 M / 134	00:11:59 / 147	00:04:09 / 127	00:55:07 / 233	00:00:59 / 204	00:23:01 / 54	01:35:15	00:34:41
156	369	MARUSZAK Henryk		POL		55M60/2 M / 135	00:18:13 / 252	00:05:51 / 250	00:44:12 / 87	00:02:53 / 194	00:24:25 / 85	01:35:33	00:34:59
157	372	JAKIEŁA Marek		POL		63M50/12 M / 136	00:10:15 / 76	00:04:59 / 105	00:48:28 / 162	00:01:04 / 134	00:31:12 / 212	01:35:58	00:35:24
158	596	ONISZKO-KIELAR Marta		POL BIEGAJ-ZAPOBIEGAJ		81K30/10 K / 22	00:16:03 / 234	00:04:38 / 226	00:45:14 / 109	00:01:57 / 161	00:28:08 / 172	01:36:00	00:35:25
159	552	SUŚCICKA Natalia		POL DRUŻYNA DECATHLON LEGNICA		97K20/6 K / 23	00:13:05 / 177	00:04:57 / 174	00:46:16 / 122	00:01:03 / 139	00:30:50 / 206	01:36:11	00:35:37
160	522	GORAJEK Zuza		POL -		92K20/7 K / 24	00:11:06 / 112	00:04:11 / 107	00:49:02 / 177	00:01:16 / 141	00:30:41 / 203	01:36:16	00:35:41
161	392	MADEJ Bartosz		POL		74M40/35 M / 137	00:11:28 / 124	00:04:42 / 130	00:48:55 / 173	00:01:23 / 151	00:29:56 / 196	01:36:24	00:35:50
162	447	ŻEREBECKA Ewa		POL		80K30/11 K / 25	00:14:00 / 197	00:05:21 / 198	00:47:12 / 136	00:02:30 / 173	00:27:27 / 156	01:36:30	00:35:56
163	384	SITKOWSKI Krzysztof		POL GT KONA		79M40/36 M / 138	00:11:17 / 119	00:04:43 / 123	00:48:28 / 163	00:01:31 / 146	00:30:36 / 201	01:36:34	00:36:00

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
164	419	MYDŁOWSKI Ryszard		POL KS ŻELAZNA ŚWIDNICA	59M60/3	M / 139	00:15:35 / 230	00:04:16 / 207	00:47:17 / 140	00:01:36 / 167	00:27:51 / 166	01:36:35	00:36:01
165	555	KOVACS Robert		POL IGNAŚ I GU TEAM	88M30/48	M / 140	00:11:55 / 141	00:04:29 / 139	00:49:16 / 180	00:01:11 / 155	00:29:47 / 193	01:36:38	00:36:04
166	407	BRODA Paweł		POL	83M30/49	M / 141	00:11:13 / 117	00:05:30 / 144	00:48:41 / 168	00:01:01 / 149	00:30:14 / 199	01:36:38	00:36:04
167	451	SOWA Robert		POL	83M30/50	M / 142	00:14:18 / 205	00:06:15 / 221	00:46:21 / 124	00:02:01 / 170	00:27:49 / 165	01:36:43	00:36:09
168	541	DRYGALA Anna		POL GT RAT	85K30/12	K / 26	00:11:34 / 127	00:04:31 / 126	00:48:06 / 157	00:01:35 / 145	00:31:11 / 211	01:36:57	00:36:23
169	373	ZAWODNIK ANONIMOWY		POL	85M30/51	M / 143	00:14:12 / 202	00:05:02 / 196	00:48:06 / 156	00:02:11 / 181	00:27:41 / 161	01:37:12	00:36:38
170	445	KRAWETKOWSKI Michał		POL	84M30/52	M / 144	00:11:37 / 130	00:07:01 / 186	00:49:23 / 183	00:01:27 / 180	00:28:03 / 170	01:37:30	00:36:56
171	528	SALINAS Pablo		ESP	88M30/53	M / 145	00:11:17 / 118	00:06:28 / 168	00:48:44 / 170	00:02:37 / 174	00:28:27 / 178	01:37:33	00:36:59
172	509	ARCISZEWSKI Arkadiusz		POL	77M40/37	M / 146	00:11:42 / 137	00:05:29 / 156	00:47:47 / 150	00:01:26 / 148	00:31:13 / 213	01:37:37	00:37:03
173	385	RADOŃ Marcin		POL	77M40/38	M / 147	00:13:14 / 182	00:05:33 / 191	00:50:27 / 192	00:02:01 / 195	00:26:28 / 125	01:37:42	00:37:08
174	466	TALKOWSKI Lukasz		POL BLACK ADDER	80M30/54	M / 148	00:12:11 / 153	00:05:35 / 169	00:47:07 / 133	00:01:34 / 150	00:31:29 / 216	01:37:56	00:37:22
175	272	PRZYBYLSKI Cezary		POL	84M30/55	M / 149	00:15:01 / 226	00:03:23 / 182	00:51:43 / 206	00:01:24 / 198	00:26:31 / 127	01:38:02	00:37:28
176	352	FARION Marzena		POL THE FARIONS	81K30/13	K / 27	00:15:41 / 231	00:04:28 / 213	00:50:26 / 193	00:00:53 / 197	00:26:35 / 133	01:38:03	00:37:29
177	550	BOWLUN Daniel		POL DECATHLON TEAM	96M20/26	M / 150	00:16:28 / 240	00:03:54 / 220	00:47:47 / 151	00:01:34 / 186	00:28:24 / 176	01:38:07	00:37:33
178	517	JANICKI Daniel		POL	97M20/27	M / 151	00:12:36 / 160	00:04:31 / 155	00:51:42 / 205	00:02:15 / 193	00:27:14 / 151	01:38:18	00:37:43
179	562	GREHL Paweł		POL GVT	79M40/39	M / 152	00:10:32 / 83	00:04:39 / 103	00:48:24 / 161	00:01:36 / 137	00:33:13 / 229	01:38:23	00:37:49
180	335	GONERA Krzysztof		POL	73M40/40	M / 153	00:14:19 / 207	00:05:23 / 204	00:48:54 / 172	00:00:56 / 182	00:29:05 / 181	01:38:37	00:38:03
181	388	KUBERA Lukasz		POL	81M30/56	M / 154	00:14:48 / 216	00:06:03 / 229	00:49:10 / 178	00:02:05 / 203	00:26:32 / 129	01:38:38	00:38:04
182	579	FRAŃCZEK Iwona		POL TMTEAM	82K30/14	K / 28	00:11:25 / 123	00:04:50 / 132	00:52:07 / 207	00:01:20 / 185	00:28:58 / 179	01:38:40	00:38:06
183	387	SOLARZ Paweł		POL	81M30/57	M / 155	00:12:43 / 163	00:08:09 / 230	00:48:12 / 160	00:02:59 / 202	00:26:40 / 136	01:38:43	00:38:09
184	543	KOLANKO Remigiusz		POL	84M30/58	M / 156	00:14:03 / 198	00:04:00 / 175	00:53:55 / 224	00:00:29 / 205	00:26:53 / 146	01:39:19	00:38:45
185	544	KOCZY-ŁUSIAK Sylwia		POL	84K30/15	K / 29	00:13:10 / 180	00:04:17 / 159	00:50:32 / 195	00:01:15 / 178	00:30:10 / 197	01:39:23	00:38:49
186	412	CHOŁUJ Małgorzata		POL TMTEAM	64K50/2	K / 30	00:13:44 / 190	00:05:23 / 193	00:51:11 / 202	00:01:35 / 200	00:27:36 / 160	01:39:29	00:38:55
187	397	PERKOWSKI Tomasz		POL	83M30/59	M / 157	00:11:02 / 111	00:03:51 / 97	00:55:55 / 238	00:00:51 / 199	00:28:10 / 174	01:39:49	00:39:14
188	537	OPALIŃSKA Dorota		POL BIELAWSKA AKADEMIA BIEGANIA	85K30/16	K / 31	00:14:35 / 211	00:04:49 / 200	00:52:20 / 208	00:01:34 / 208	00:26:33 / 130	01:39:50	00:39:16
189	529	MAZUR Kinga		POL TMTEAM	74K40/2	K / 32	00:16:32 / 242	00:05:07 / 238	00:48:04 / 155	00:02:19 / 201	00:27:56 / 168	01:39:57	00:39:23
190	539	GRABEUS Patryk		POL	91M20/28	M / 158	00:11:00 / 107	00:03:57 / 101	00:51:07 / 201	00:01:56 / 162	00:32:20 / 222	01:40:19	00:39:45
191	278	TRYKOWSKA Blanka		POL GT RAT	82K30/17	K / 33	00:12:58 / 171	00:04:42 / 165	00:49:45 / 185	00:01:28 / 169	00:31:54 / 220	01:40:47	00:40:13
192	409	WODNIAK Mariusz		POL KLASZTORNA TEAM	83M30/60	M / 159	00:11:23 / 122	00:05:02 / 140	00:50:58 / 198	00:01:33 / 171	00:31:54 / 219	01:40:49	00:40:15
193	370	ZAWODNIK ANONIMOWY		POL	81M30/61	M / 160	00:11:56 / 142	00:06:04 / 173	00:54:56 / 232	00:01:19 / 212	00:26:35 / 132	01:40:49	00:40:15
194	425	BUKIEL Klaudia		POL	95K20/8	K / 34	00:16:17 / 238	00:04:02 / 219	00:52:43 / 210	00:01:41 / 217	00:26:26 / 124	01:41:09	00:40:35
195	549	BORECKI Michał		POL DRUŻYNA DECATHLON LEGNICA	86M30/62	M / 161	00:17:17 / 247	00:06:13 / 247	00:48:07 / 158	00:02:48 / 213	00:27:26 / 155	01:41:51	00:41:17
196	354	ŁESEJKO Edyta		POL	79K40/3	K / 35	00:13:52 / 193	00:04:35 / 183	00:50:33 / 196	00:01:24 / 188	00:31:38 / 217	01:42:02	00:41:28
197	599	SERWICKI Michał		POL STRZELINSKI KLUB BIEGACZA	92M20/29	M / 162	00:12:12 / 152	00:04:11 / 137	00:53:08 / 216	00:01:30 / 192	00:31:05 / 210	01:42:06	00:41:31

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
198	488	TULINSKI Marcin		POL		76M40/41 M / 163	00:14:15 / 203	00:05:59 / 216	00:50:30 / 194	00:03:08 / 211	00:28:17 / 175	01:42:09	00:41:35
199	477	JĄŁOSZYŃSKA Anna		POL PULSBIKE TEAM		80K30/18 K / 36	00:16:34 / 243	00:04:28 / 231	00:44:47 / 98	00:01:42 / 157	00:34:40 / 240	01:42:10	00:41:36
200	350	DOWNAR-ZAPOLSKA Laura		POL @MD_RUN		93K20/9 K / 37	00:13:42 / 188	00:04:05 / 170	00:50:07 / 190	00:01:19 / 177	00:33:04 / 228	01:42:17	00:41:42
201	553	SZKUDLARZ Hanna		POL DRUŻYNA DECATHLON LEGNICA		89K30/19 K / 38	00:12:58 / 170	00:05:13 / 180	00:54:47 / 230	00:01:53 / 218	00:27:30 / 159	01:42:20	00:41:46
202	524	LASKOWSKA Ewelina		POL		90K20/10 K / 39	00:10:15 / 75	00:05:33 / 120	00:53:28 / 218	00:02:07 / 196	00:31:03 / 209	01:42:25	00:41:51
203	439	SYGNOWSKI Konrad		POL		88M30/63 M / 164	00:11:06 / 113	00:05:24 / 143	00:51:04 / 200	00:02:01 / 183	00:32:55 / 226	01:42:30	00:41:56
204	383	SITKOWSKA Joanna		POL GT KONA		82K30/20 K / 40	00:12:23 / 157	00:04:20 / 147	00:51:04 / 199	00:01:11 / 172	00:33:50 / 235	01:42:48	00:42:14
205	581	MINKINA Karolina		POL		87K30/21 K / 41	00:11:44 / 139	00:04:44 / 141	00:51:41 / 204	00:01:53 / 187	00:32:51 / 224	01:42:53	00:42:19
206	498	ZAWODNIK ANONIMOWY		POL		92K20/11 K / 42	00:24:19 / 264	00:04:05 / 260	00:46:00 / 118	00:01:34 / 226	00:27:00 / 147	01:42:58	00:42:24
207	572	SMOLEŃ Dagmara		POL TMTEAM		76K40/4 K / 43	00:12:59 / 172	00:04:29 / 160	00:49:14 / 179	00:01:09 / 160	00:35:32 / 247	01:43:22	00:42:48
208	366	TARNOWSKI Michał		POL		85M30/64 M / 165	00:14:27 / 210	00:05:38 / 211	00:52:55 / 213	00:00:51 / 210	00:29:46 / 192	01:43:37	00:43:03
209	337	ZYMLIŃSKI Robert		POL HEART ATTACK		70M40/42 M / 166	00:14:38 / 213	00:05:18 / 208	00:53:38 / 222	00:01:20 / 219	00:29:03 / 180	01:43:57	00:43:22
210	320	PAWLAK Katarzyna		POL ŻELAZNA ŚWIDNICA		76K40/5 K / 44	00:13:57 / 195	00:05:27 / 199	00:53:51 / 223	00:01:20 / 216	00:29:25 / 183	01:44:00	00:43:26
211	389	MASŁOWIEC Bartosz		POL GT RAT		80M30/65 M / 167	00:13:00 / 174	00:05:10 / 178	00:48:59 / 176	00:02:00 / 175	00:34:56 / 245	01:44:05	00:43:31
212	390	MASŁOWIEC Dorota		POL GT RAT		81K30/22 K / 45	00:12:59 / 173	00:05:12 / 179	00:48:57 / 174	00:02:02 / 176	00:34:56 / 244	01:44:06	00:43:32
213	512	JĄSKIEWICZ Mateusz		POL STANMA.PL		78M40/43 M / 168	00:12:54 / 168	00:05:50 / 190	00:49:47 / 186	00:01:57 / 189	00:33:59 / 237	01:44:26	00:43:52
214	325	ŚWIDERSKA Izabela		POL		76K40/6 K / 46	00:15:18 / 228	00:04:54 / 214	00:55:38 / 236	00:01:16 / 236	00:27:23 / 153	01:44:29	00:43:54
215	413	SARNA Beata		POL TMTEAM		70K40/7 K / 47	00:16:02 / 233	00:04:16 / 217	00:54:29 / 228	00:01:01 / 224	00:29:27 / 184	01:45:14	00:44:40
216	497	KADYSZEWSKA Paula		POL		91K20/12 K / 48	00:16:07 / 235	00:05:52 / 239	00:52:54 / 212	00:01:54 / 232	00:29:22 / 182	01:46:09	00:45:35
217	367	ZAKLIŃSKA Katarzyna		POL		76K40/8 K / 49	00:14:58 / 222	00:05:00 / 209	00:49:19 / 182	00:01:37 / 191	00:35:30 / 246	01:46:24	00:45:49
218	493	SZCZĘŚNIAK Justyna		POL		83K30/23 K / 50	00:14:11 / 201	00:05:00 / 195	00:56:32 / 241	00:01:16 / 233	00:29:35 / 188	01:46:34	00:46:00
219	482	ŚWIATOWSKA Anna		POL		89K30/24 K / 51	00:12:51 / 166	00:04:20 / 157	00:54:21 / 227	00:01:19 / 207	00:34:07 / 238	01:46:58	00:46:24
220	415	ZDZIECHOWICZ Natalia		POL		98K20/13 K / 52	00:14:41 / 214	00:04:56 / 202	00:56:38 / 242	00:00:48 / 234	00:30:12 / 198	01:47:15	00:46:40
221	495	ZAWODNIK ANONIMOWY		POL		93M20/30 M / 169	00:15:02 / 227	00:05:07 / 212	00:53:34 / 219	00:01:25 / 221	00:32:07 / 221	01:47:15	00:46:41
222	557	LIMANOWKA Paweł		POL		75M40/44 M / 170	00:18:34 / 253	00:05:21 / 249	00:49:34 / 184	00:03:08 / 231	00:30:39 / 202	01:47:16	00:46:42
223	361	GROMEK Kacper		POL		96M20/31 M / 171	00:15:48 / 232	00:04:56 / 228	00:53:03 / 214	00:00:39 / 214	00:32:52 / 225	01:47:17	00:46:43
224	494	SZCZĘŚNIAK Józef		POL		43M60/4 M / 172	00:19:34 / 256	00:06:38 / 255	00:49:52 / 187	00:01:42 / 238	00:29:40 / 190	01:47:26	00:46:51
225	540	ŻUREK Wiktor		POL		81M30/66 M / 173	00:13:02 / 176	00:06:45 / 206	00:54:47 / 229	00:01:43 / 228	00:31:26 / 215	01:47:43	00:47:09
226	430	KAMIŃSKI Paweł		POL		81M30/67 M / 174	00:15:00 / 223	00:05:41 / 224	00:56:22 / 240	00:01:16 / 241	00:29:32 / 187	01:47:51	00:47:16
227	329	BODZIANA Jędrzej		POL		82M30/68 M / 175	00:17:33 / 249	00:04:35 / 240	00:54:07 / 226	00:00:48 / 235	00:30:49 / 205	01:47:52	00:47:18
228	564	FYDA Dobromir		POL		77M40/45 M / 176	00:10:50 / 99	00:07:00 / 171	00:52:52 / 211	00:02:41 / 209	00:34:31 / 239	01:47:54	00:47:20
229	357	MARUSZAK Rafał		POL		80M30/69 M / 177	00:17:53 / 251	00:06:02 / 248	00:57:37 / 246	00:01:43 / 246	00:24:44 / 92	01:47:59	00:47:25
230	554	KRULAK Maciej		POL COLLINS AEROSPACE		90M20/32 M / 178	00:14:19 / 206	00:05:55 / 215	00:59:26 / 250	00:01:03 / 243	00:27:26 / 154	01:48:08	00:47:34
231	463	DEREJ Maria		POL		78K40/9 K / 53	00:11:44 / 138	00:05:16 / 153	00:57:36 / 245	00:01:15 / 225	00:32:43 / 223	01:48:34	00:47:59

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.	
232	532	TUROWSKI Marek		POL		74M40/46	M / 179	00:13:43 / 189	00:06:58 / 225	00:52:40 / 209	00:01:43 / 220	00:33:35 / 233	01:48:38	00:48:04
233	551	ŁUĆ Katarzyna		POL		81K30/25	K / 54	00:14:56 / 220	00:05:48 / 227	00:54:04 / 225	00:01:32 / 229	00:33:03 / 227	01:49:23	00:48:49
234	416	PIECZONKA Maciej		POL		61M50/13	M / 180	00:14:19 / 209	00:05:28 / 205	00:55:20 / 234	00:01:02 / 227	00:33:23 / 231	01:49:32	00:48:58
235	578	KREMENS Karolina		POL #GLEBOCKITEAM		80K30/26	K / 55	00:15:33 / 229	00:05:44 / 233	00:53:06 / 215	00:01:13 / 223	00:33:58 / 236	01:49:34	00:49:00
236	448	ZAWODNIK ANONIMOWY		POL		80M30/70	M / 181	00:14:57 / 221	00:05:37 / 222	00:56:06 / 239	00:01:39 / 240	00:31:20 / 214	01:49:38	00:49:04
237	344	WODECKA Marta		POL GT KONA		86K30/27	K / 56	00:14:10 / 200	00:05:17 / 201	00:53:16 / 217	00:01:44 / 215	00:35:45 / 250	01:50:12	00:49:38
238	594	HERBEC Wojtek		POL		01MJun/9	M / 182	00:10:35 / 85	00:06:08 / 146	01:00:19 / 253	00:02:18 / 242	00:31:01 / 208	01:50:21	00:49:47
239	289	MAJEWSKA Monika		POL		77K40/10	K / 57	00:11:58 / 146	00:08:37 / 223	00:53:36 / 221	00:02:23 / 230	00:33:48 / 234	01:50:22	00:49:47
240	410	CIEPŁA Monika		POL		92K20/14	K / 58	00:14:43 / 215	00:06:36 / 234	00:58:02 / 247	00:02:02 / 244	00:29:29 / 186	01:50:52	00:50:18
241	402	BIALY Aleksander		POL TRIATHLON CLUB WROCLAW		58M60/5	M / 183	00:15:01 / 225	00:07:24 / 241	00:46:55 / 131	00:03:17 / 206	00:38:18 / 253	01:50:54	00:50:20
242	505	ŁUBOCKI Maciej		POL		65M50/14	M / 184	00:17:50 / 250	00:06:23 / 251	00:51:19 / 203	00:02:10 / 237	00:33:13 / 230	01:50:55	00:50:21
243	341	MIGUT Jerzy		POL OLSZYNA BIEGA		66M50/15	M / 185	00:22:27 / 262	00:05:29 / 257	00:57:20 / 243	00:01:09 / 251	00:26:43 / 140	01:53:08	00:52:33
244	515	TARAKANOW Barbara		POL STANMA.PL		72K40/11	K / 59	00:13:40 / 186	00:04:58 / 185	00:54:56 / 231	00:01:43 / 222	00:38:20 / 254	01:53:36	00:53:02
245	283	JANCZAK Angelika		POL		73K40/12	K / 60	00:20:15 / 257	00:05:43 / 254	00:55:50 / 237	00:02:15 / 247	00:30:18 / 200	01:54:21	00:53:47
246	319	MADEJOWSKA Joanna		POL		78K40/13	K / 61	00:16:22 / 239	00:05:00 / 235	00:55:35 / 235	00:00:49 / 239	00:37:24 / 252	01:55:09	00:54:35
247	340	ZAKRZEWSKA Edyta		POL GLKS ŻELAZNA ŚWIDNICA		77K40/14	K / 62	00:16:40 / 244	00:05:46 / 242	01:02:11 / 257	00:01:37 / 250	00:31:00 / 207	01:57:13	00:56:39
248	376	MATYSZCZUK Mateusz		POL		87M30/71	M / 186	00:18:36 / 254	00:05:57 / 252	00:58:49 / 249	00:01:24 / 248	00:34:40 / 241	01:59:26	00:58:51
249	472	HAMKAŁO Tomasz		POL		81M30/72	M / 187	00:16:28 / 241	00:06:08 / 243	01:01:22 / 255	00:01:05 / 249	00:35:33 / 248	02:00:36	01:00:01
250	342	GWIAZDA Katarzyna		POL CYKLOPOLE		89K30/28	K / 63	00:22:02 / 260	00:06:06 / 258	00:53:35 / 220	00:01:30 / 245	00:39:02 / 255	02:02:14	01:01:40
251	501	KEMPINSKI Jerzy		POL		61M50/16	M / 188	00:23:43 / 263	00:05:38 / 261	00:58:07 / 248	00:01:48 / 256	00:33:34 / 232	02:02:50	01:02:15
252	527	RAKOWSKA Magdalena		POL		84K30/29	K / 64	00:20:41 / 258	00:06:06 / 256	00:59:58 / 252	00:01:55 / 254	00:35:35 / 249	02:04:15	01:03:41
253	469	HEJNOSZ Natalia		POL		83K30/30	K / 65	00:14:11 / 199	00:08:44 / 245	01:04:11 / 258	00:02:02 / 255	00:36:00 / 251	02:05:07	01:04:32
254	454	POLOCZEK Marek		POL WKB PIAST WROCLAW		55M60/6	M / 189	00:13:16 / 183	00:08:07 / 236	01:01:00 / 254	00:04:23 / 253	00:41:16 / 256	02:08:01	01:07:27
255	339	SPIKOWSKA Monika		POL		81K30/31	K / 66	00:17:32 / 248	00:05:21 / 244	01:10:38 / 260	00:00:53 / 259	00:34:49 / 242	02:09:12	01:08:38
256	422	WANAT Waclaw		POL PRO-RUN WROCLAW		46M60/7	M / 190	00:29:24 / 265	00:08:22 / 264	00:57:35 / 244	00:01:16 / 260	00:34:54 / 243	02:11:31	01:10:57
257	333	CZARNECKI Maciej		POL		80M30/73	M / 191	00:20:48 / 259	00:05:04 / 253	00:59:35 / 251	00:01:01 / 252	00:46:44 / 258	02:13:12	01:12:37
258	404	TRZEŚNIEWSKI Tomek		POL DSSE		85M30/74	M / 192	00:22:18 / 261	00:05:59 / 259	01:02:05 / 256	00:01:18 / 257	00:43:21 / 257	02:15:01	01:14:27
259	452	PARYSEK Tomek		POL		79M40/47	M / 193	00:16:09 / 236	00:07:03 / 246	01:07:23 / 259	00:03:31 / 258	00:49:58 / 259	02:24:03	01:23:28
	308	MATUSEWICZ Michał		POL KS GVT		02		00:06:19 / 5	00:02:19 / 5				DNF	
	343	KONARSKA Edyta		POL		74		00:14:20 / 208	00:05:22 / 203	02:12:08 / 261			DNF	
	380	WYSOCZAŃSKI Adam		POL TRI GRANDA WOŁÓW		93		00:13:44 / 191	00:05:22 / 192	00:49:59 / 189	00:01:30 / 190		DNF	
	401	MARCINIAK Barbara		POL TRIATHLON CLUB WROCLAW		61							DNF	
	418	MIKOŁAJEWICZ Aleksandra		POL		96							DNF	
	423	OLACZEK Łukasz		POL WIECZORNI BIEGACZE		79							DNF	

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
433		SKRZYNKOWSKA Joanna		POL SKRZYNKOWSKI TEAM		78						DNF	
434		NOWAKOWSKI Marcin		POL		72	00:16:57 / 245					DNF	
443		KALUŻNY Krzysztof		POL		59	00:18:56 / 255	00:16:23 / 263				DNF	
457		TUKAJ Grzegorz		POL GTEAM		88						DNF	
489		KUPŚĆ Daniel		POL		89	00:05:43 / 1	00:27:34 / 262				DNF	
510		PRZYBYLSKI Andrzej		POL		74						DNF	
520		ORŁOWSKI Łukasz		POL		86						DNF	
570		ZAWODNIK ANONIMOWY		POL		74						DNF	
322		BOGACKI Jędrrek		POL		93						DNS	
327		BOGACKA Gosia		POL		72						DNS	
351		ŚWIĄTEK Krzysztof		POL		73						DNS	
429		KĘDZIA Julita		POL IRON MAJKEL		79						DNS	
487		PIĘKNY Joanna		POL FITWHEELS BIKESTACJA		90						DNS	
492		BEMBENEK Michał		POL DECATHLON TEAM		99						DNS	
516		GABRUK Andrzej		POL		61						DNS	

Zgłoszonych:	320	Odebrało nr.:	268	Wystartowało:	273	Ukończyło:	259
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