

20-ty Herbalife SUSZ-TRIATHLON'2011 Otwarte Mistrzostwa Polski na dystansie długim

WYNIKI ZAWODÓW / RESULTS LIST

printed: 17.06.2011 17:13:12

Miejsce:	Susz	Dystans:	1,9 - 90 - 21,1	Temp. powietrza:	+15 st. C
Data:	11 czerwca 2011 r.	Start:	11:02:18	Temp. wody:	+21,7 st. C
				Głębokość akwenu:	2,5 m - 3,5 m
Delegat Techniczny:	Jan Gulczewski	Jury Zawodów: Piotr Walasiewicz		Pływanie:	1,9 km
Dyrektor Zawodów:	Piotr Walasiewicz	Krzysztof Mądry		Rower:	90 km (3 x 30 km)
Sędzia Główny:	Jerzy Tur	Jan Gulczewski		Bieg:	21,1 km (3 x 7,03 km)
Organizator: Gmina i Miasto Susz, Centrum Sportu i Rekreacji Susz, TRI SPORT, PZT, Agencja					

OPEN

MISTRZOSTWA POLSKI

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik Time	Strata Diff.
1	5	SZYMANOWSKI PRZEMYSŁAW	POL	AKWEDUKT KIELCE	86	M / 2	00:25:10 / 6	00:01:10 / 7	02:21:11 / 6	00:01:17 / 2	01:18:36 / 1	04:07:24	00:01:27
2	1	SIEJAKOWSKI MICHAŁ	POL	KTS IRONMAN	79	M / 4	00:27:38 / 18	00:00:52 / 13	02:18:58 / 2	00:01:25 / 3	01:20:21 / 5	04:09:14	00:03:16
3	4	SZOŁOWSKI FILIP	POL	AKWEDUKT KIELCE	84	M / 5	00:24:19 / 3	00:00:47 / 2	02:22:48 / 9	00:01:12 / 4	01:22:18 / 7	04:11:24	00:05:27
4	6	LUFT MIKOŁAJ	POL	AKWEDUKT KIELCE	85	M / 7	00:25:13 / 7	00:00:57 / 6	02:21:09 / 5	00:01:20 / 1	01:23:48 / 9	04:12:27	00:06:29
5	2	SZYMANOWSKI DOMINIK	POL	AKWEDUKT KIELCE	84	M / 8	00:26:26 / 10	00:01:01 / 9	02:26:28 / 14	00:01:23 / 10	01:19:23 / 3	04:14:41	00:08:44
6	7	STĘPNIAK ROBERT	POL	TRI-SPORT	69M40/1	M / 9	00:27:56 / 19	00:00:53 / 17	02:26:52 / 16	00:01:12 / 12	01:18:39 / 2	04:15:32	00:09:35
7	58	KONIECZNY MARCIN	POL	HOUSE OF SKILLS/IM 2010	72	WM/1M / 10	00:31:10 / 50	00:01:57 / 49	02:25:04 / 11	00:01:25 / 14	01:19:55 / 4	04:19:31	00:13:34
8	123	LISIEŃSKI MICHAŁ	POL	UKS WODNIK SIEMIANOWICE	87	M / 11	00:25:53 / 8	00:00:58 / 8	02:24:45 / 10	00:01:29 / 8	01:27:44 / 12	04:20:49	00:14:52
9	358	GŁUSZKOWSKI BOGUMIŁ	POL		70M40/2	M / 12	00:27:21 / 16	00:01:18 / 16	02:19:12 / 4	00:01:45 / 6	01:34:20 / 33	04:23:56	00:17:59
10	201	SPALENIAK TOMASZ	POL	UKS TRI-SAUCONY RUMIA	90M20/2	M / 13	00:32:22 / 57	00:01:17 / 53	02:27:14 / 17	00:01:38 / 22	01:21:27 / 6	04:23:58	00:18:01
11	296	SZUMIEC ŁUKASZ	POL		77	M / 14	00:33:02 / 80	00:02:14 / 72	02:18:14 / 1	00:02:26 / 11	01:29:27 / 17	04:25:23	00:19:26
12	127	GARDENER JACEK	POL		64M45/1	M / 15	00:32:40 / 66	00:01:16 / 55	02:19:01 / 3	00:01:41 / 9	01:30:48 / 20	04:25:26	00:19:29
13	217	CZYŻOWICZ DARIUSZ	POL		63M45/2	M / 16	00:24:52 / 5	00:01:17 / 5	02:21:26 / 7	00:02:15 / 7	01:40:33 / 54	04:30:23	00:24:26
14	350	BISKUPSKI MARIUSZ	POL		74	WM/2M / 17	00:26:51 / 12	00:01:28 / 12	02:28:55 / 20	00:01:41 / 13	01:31:52 / 24	04:30:47	00:24:50
15	164	STANISZEWSKI KRZYSZTOF	POL	MKS TRIATHLON MALBORK	86	M / 18	00:29:20 / 26	00:00:54 / 22	02:29:43 / 22	00:01:16 / 18	01:31:52 / 25	04:33:05	00:27:08
16	317	GIECEWICZ NORBERT	POL	IRONMAN C/S POLSKA	90M20/3	M / 19	00:24:15 / 2	00:01:06 / 4	02:22:09 / 8	00:01:59 / 5	01:43:43 / 72	04:33:12	00:27:15
17	249	HERMAN RAFAL	POL		76	M / 20	00:32:35 / 60	00:01:22 / 56	02:29:13 / 21	00:01:54 / 24	01:29:29 / 18	04:34:33	00:28:36
18	184	MAZURKIEWICZ MAREK	POL	YMCA KRAKÓW	66M45/3	M / 22	00:30:04 / 38	00:01:20 / 32	02:31:48 / 24	00:01:57 / 25	01:32:28 / 28	04:37:37	00:31:40
19	186	MAZIEWSKI PIOTR	POL	MKS SAMBOR TCZEW	77	M / 23	00:29:47 / 33	00:01:19 / 27	02:32:56 / 28	00:01:36 / 26	01:32:03 / 26	04:37:41	00:31:43
20	77	JEGLIŃSKI ŁUKASZ	POL		88M20/4	M / 24	00:32:41 / 68	00:01:18 / 57	02:26:22 / 13	00:01:44 / 20	01:36:35 / 38	04:38:40	00:32:42
21	50	GRZELEC JAROSŁAW	POL		61M50/1	M / 25	00:31:09 / 49	00:01:25 / 43	02:35:11 / 38	00:02:05 / 37	01:29:00 / 16	04:38:50	00:32:53
22	92	BONDARUK PAWEŁ	POL		89M20/5	M / 27	00:29:22 / 27	00:01:47 / 29	02:28:40 / 19	00:01:24 / 19	01:38:52 / 46	04:40:05	00:34:08

MISTRZOSTWA POLSKI

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik	Strata
Rank	Bib	Name	Nat.	Team	YoB	in Age						Time	Diff.
23	67	ZIĘBA ADAM	POL	IM2010	73	M / 29	00:35:51 / 111	00:01:46 / 95	02:34:07 / 31	00:01:49 / 49	01:27:49 / 13	04:41:22	00:35:25
24	99	CZAJKOWSKI PAWEŁ	POL		81	M / 30	00:32:52 / 73	00:01:44 / 66	02:26:19 / 12	00:01:29 / 21	01:39:32 / 49	04:41:56	00:35:59
25	11	BUGDOL EWA	POL	WLKS KMICIC CZĘSTOCHOWA	86	K / 1	00:27:13 / 14	00:01:25 / 14	02:39:23 / 65	00:01:53 / 38	01:32:08 / 27	04:42:02	00:36:05
26	180	BRETT TOMASZ	POL		62M45/4	M / 31	00:26:40 / 11	00:01:11 / 11	02:37:31 / 55	00:01:48 / 31	01:35:53 / 36	04:43:03	00:37:05
27	402	KONARSKI MARCIN	POL		71M40/3	M / 32	00:30:04 / 37	00:01:39 / 35	02:26:52 / 15	00:01:53 / 15	01:43:40 / 71	04:44:08	00:38:10
28	14	GAJEWSKI RAFAŁ	POL	UKS TRI-SAUCONY RUMIA	91M20/6	M / 33	00:24:21 / 4	00:01:00 / 3	02:33:45 / 30	00:01:36 / 17	01:44:28 / 74	04:45:10	00:39:13
29	159	KURYJ MAREK	POL		78	M / 34	00:29:51 / 34	00:01:28 / 31	02:40:06 / 71	00:02:38 / 52	01:31:12 / 23	04:45:15	00:39:17
30	420	KULESZA JAKUB	POL	JUWENIA WROCLAW	80	M / 35	00:32:28 / 58	00:03:14 / 79	02:34:49 / 35	00:02:08 / 45	01:33:14 / 30	04:45:53	00:39:56
31	280	GACKOWSKI DAWID	POL		89M20/7	M / 36	00:37:33 / 145	00:02:34 / 132	02:34:20 / 34	00:02:18 / 62	01:30:34 / 19	04:47:19	00:41:22
32	345	KUREK ARTUR	POL	TRAIL TEAM	70M40/4	M / 37	00:36:31 / 127	00:02:45 / 123	02:40:40 / 75	00:02:16 / 81	01:25:13 / 10	04:47:25	00:41:28
33	424	ZAWADZKI MACIEJ	POL	NIE	87	M / 38	00:27:17 / 15	00:02:01 / 19	02:35:39 / 42	00:01:50 / 27	01:40:51 / 55	04:47:38	00:41:41
34	151	NADRATOWSKI TOMASZ	POL	MŁAWA TEAM	83	M / 39	00:32:15 / 55	00:02:45 / 69	02:34:54 / 36	00:02:37 / 43	01:36:07 / 37	04:48:38	00:42:41
35	138	WALASZCZYK WOJCIECH	POL	HABYS - JSC JASŁO	71M40/5	M / 40	00:35:48 / 109	00:02:50 / 111	02:36:25 / 47	00:02:40 / 65	01:31:07 / 22	04:48:50	00:42:53
36	425	BRZESKI TOMASZ	POL		72	M / 41	00:33:05 / 81	00:04:02 / 89	02:35:49 / 43	00:02:34 / 57	01:33:23 / 31	04:48:53	00:42:56
37	66	PORDAB MACIEJ	POL		81	M / 42	00:32:55 / 77	00:01:52 / 67	02:30:56 / 23	00:02:03 / 32	01:41:08 / 57	04:48:54	00:42:57
38	104	KOSTKA ANDRZEJ	POL		66M45/5	M / 43	00:37:31 / 143	00:02:43 / 136	02:31:50 / 25	00:02:16 / 53	01:34:47 / 35	04:49:07	00:43:10
39	330	AWRUK BARTOSZ	POL	NADAKTYWNI BIAŁYSTOK	82	M / 44	00:33:16 / 82	00:02:25 / 78	02:32:11 / 27	00:02:53 / 42	01:39:18 / 47	04:50:03	00:44:06
40	246	MAĆZYŃSKI PATRYK	POL	YMCA KRAKÓW	81	M / 45	00:29:59 / 36	00:01:38 / 34	02:35:23 / 39	00:02:00 / 33	01:41:19 / 59	04:50:19	00:44:22
41	36	HAŃCZYK JACEK	POL		65M45/6	M / 46	00:30:08 / 39	00:02:00 / 39	02:38:20 / 57	00:02:04 / 44	01:38:18 / 43	04:50:50	00:44:53
42	212	ŻYTKIEWICZ SYLWESTER	POL		70M40/6	M / 48	00:34:54 / 99	00:03:11 / 97	02:43:44 / 88	00:02:04 / 86	01:28:10 / 14	04:52:03	00:46:06
43	429	SURWIŁO ARMAND	POL	AZS AWF KATOWICE	61M50/2	M / 49	00:32:31 / 59	00:01:51 / 62	02:34:19 / 33	00:01:50 / 40	01:41:33 / 61	04:52:04	00:46:07
44	306	SMARUJ BARTOSZ	POL	UKS DELFINEK CHODZIEŻ	81	M / 50	00:27:30 / 17	00:01:57 / 20	02:35:30 / 40	00:02:07 / 30	01:45:18 / 78	04:52:22	00:46:25
45	65	BIELECKI JAKUB	POL	ENTRE.PL TEAM/IM2010	83	M / 51	00:33:49 / 89	00:01:25 / 71	02:36:03 / 45	00:02:00 / 48	01:40:29 / 53	04:53:46	00:47:49
46	69	LEWANDOWSKI ANDRZEJ	POL		59M50/3	M / 52	00:36:34 / 128	00:02:00 / 108	02:38:54 / 60	00:01:53 / 72	01:34:33 / 34	04:53:54	00:47:57
47	299	PIOSIK EMIL	POL	OLIMPIA POZNAŃ	90M20/8	M / 53	00:33:36 / 86	00:02:55 / 85	02:34:08 / 32	00:02:26 / 47	01:40:53 / 56	04:53:58	00:48:01
48	124	JAŁOWIECKA DARIA	POL	UKS WODNIK SIEMIANOWICE	86	K / 2	00:28:49 / 22	00:01:24 / 21	02:44:01 / 90	00:02:05 / 58	01:38:10 / 41	04:54:29	00:48:32
49	139	SMOLAK PIOTR	POL	NAFTA - KRAKÓW	61M50/4	M / 54	00:36:24 / 126	00:03:17 / 129	02:42:37 / 80	00:01:59 / 88	01:31:05 / 21	04:55:22	00:49:25
50	109	DOLEGA SZYMON	POL		85	M / 55	00:31:44 / 54	00:01:40 / 51	02:40:03 / 70	00:01:43 / 56	01:41:25 / 60	04:56:35	00:50:38
51	391	SAWICKI PATRYK	POL		89M20/9	WM/3M / 57	00:29:42 / 31	00:01:46 / 33	02:44:37 / 91	00:01:53 / 69	01:39:25 / 48	04:57:23	00:51:26
52	202	POCIEJ BARTOSZ	POL	IRONMAN C/S POLSKA	79	M / 58	00:29:20 / 25	00:02:36 / 36	02:36:31 / 49	00:01:51 / 39	01:47:17 / 86	04:57:35	00:51:38
53	35	KUBICKI LESZEK	POL		53M55/1	M / 59	00:30:19 / 41	00:01:44 / 38	02:35:31 / 41	00:01:56 / 36	01:48:17 / 92	04:57:47	00:51:50
54	182	MISIASZEK JANUSZ	POL	12TRI.PL	58M50/5	M / 60	00:37:16 / 137	00:01:24 / 113	02:38:50 / 59	00:02:10 / 74	01:38:13 / 42	04:57:53	00:51:56
55	365	MAZURKIEWICZ WOJCIECH	POL		87	M / 61	00:29:30 / 29	00:01:42 / 30	02:33:44 / 29	00:01:51 / 29	01:51:21 / 110	04:58:08	00:52:11
56	227	GAŚSIOROWSKI PIOTR	POL	FINANCE PROJECT POLSKA TEAM	73	M / 62	00:35:53 / 113	00:02:38 / 105	02:43:34 / 86	00:02:05 / 87	01:33:59 / 32	04:58:09	00:52:12

MISTRZOSTWA POLSKI

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik Time	Strata Diff.
57	368	PYSZYNSKI MARIUSZ	POL	ITI ADVENTURE TEAM	75	M / 63	00:30:46 / 46	00:01:57 / 44	02:40:46 / 77	00:01:35 / 54	01:43:31 / 69	04:58:35	00:52:38
58	373	KALINOWSKI PIOTR	POL	LEKARSKA GRUPA KOLARSKA	73	M / 64	00:29:02 / 23	00:01:28 / 24	02:28:18 / 18	00:01:44 / 16	01:58:09 / 153	04:58:41	00:52:44
59	241	TUROWIEC ADAM	POL	UAM TRIATHLON POZNAŃ	75	M / 65	00:30:15 / 40	00:01:55 / 40	02:36:25 / 48	00:02:01 / 41	01:49:08 / 98	04:59:44	00:53:47
60	308	TARTANUS PIOTR	POL		72	M / 66	00:31:12 / 51	00:01:38 / 45	02:35:00 / 37	00:01:31 / 35	01:50:36 / 101	04:59:57	00:54:00
61	336	KUNA BARTŁOMIEJ	POL	NIESTOWARZYSZONY	85	M / 68	00:35:52 / 112	00:02:07 / 96	02:47:48 / 115	00:02:18 / 103	01:32:55 / 29	05:01:00	00:55:03
62	411	POMIERNY TOMASZ	POL		78	M / 69	00:31:15 / 52	00:02:25 / 54	02:36:56 / 52	00:02:11 / 46	01:48:15 / 91	05:01:02	00:55:05
63	93	WESTFAL JACEK	POL		73	M / 70	00:40:09 / 189	00:02:31 / 173	02:39:05 / 63	00:02:57 / 89	01:36:47 / 39	05:01:29	00:55:32
64	96	WRÓBLEWSKI MIECZYŚLAW	POL		56M55/2	M / 71	00:32:40 / 67	00:01:22 / 58	02:39:30 / 67	00:01:33 / 55	01:48:02 / 88	05:03:07	00:57:10
65	208	JANIAK PAWEŁ	POL	YULO RUN TEAM SIEDLCE	80	M / 72	00:35:36 / 105	00:02:56 / 106	02:45:00 / 94	00:01:50 / 91	01:38:18 / 44	05:03:40	00:57:43
66	252	PODWYSOCKI MARCIN	POL	ATP AUGUSTÓW	88M20/11	M / 73	00:29:57 / 35	00:02:02 / 37	02:51:05 / 129	00:02:02 / 90	01:38:51 / 45	05:03:57	00:58:00
67	16	GRASS ŁUKASZ	POL		76	M / 75	00:34:57 / 100	00:02:35 / 93	02:37:09 / 53	00:01:45 / 60	01:48:51 / 97	05:05:17	00:59:19
68	274	ORŁOWSKI RAFAŁ	POL		83	M / 77	00:40:01 / 187	00:02:19 / 165	02:39:07 / 64	00:02:16 / 85	01:41:57 / 62	05:05:40	00:59:43
69	60	GIERES WALDEMAR	POL		68M40/8	M / 78	00:39:23 / 179	00:01:46 / 149	02:43:06 / 82	00:01:37 / 93	01:39:57 / 50	05:05:49	00:59:52
70	206	BOGDAŃSKI ANDRZEJ	POL	TRICITY TRIATHLON TEAM	82	M / 79	00:32:54 / 75	00:01:11 / 59	02:43:22 / 84	00:02:01 / 73	01:46:28 / 83	05:05:56	00:59:59
71	134	DYMEK STANISŁAW	POL		54M55/3	M / 80	00:39:55 / 185	00:02:44 / 172	02:43:29 / 85	00:02:46 / 107	01:37:56 / 40	05:06:50	01:00:53
72	129	TOMCZAK KRZYSZTOF	POL	HURPAGUNS WWW.HURPAGUNS.COM	76	M / 82	00:35:56 / 117	00:02:24 / 101	02:39:39 / 68	00:02:01 / 76	01:47:05 / 85	05:07:05	01:01:07
73	400	ADAMKIEWICZ MARIUSZ	POL	MLUKS TRIATHLON KOŁO	83	M / 83	00:35:00 / 102	00:02:20 / 92	03:02:38 / 203	00:02:04 / 158	01:25:18 / 11	05:07:20	01:01:23
74	253	PAJDA WOJCIECH	POL	RSC	68M40/9	M / 84	00:44:07 / 227					05:07:35	01:01:38
75	90	JESION IRENEUSZ	POL		69M40/10	M / 85	00:35:53 / 114	00:03:19 / 122	02:44:47 / 93	00:02:13 / 94	01:42:45 / 65	05:08:57	01:03:00
76	179	CHMIELIK GRZEGORZ	POL	ML UKS TRIATHLON KOŁO	72	M / 86	00:33:28 / 83	00:02:03 / 76	02:38:37 / 58	00:02:14 / 59	01:52:36 / 122	05:08:58	01:03:01
77	389	DEMBIŃSKI MAREK	POL		74	M / 87	00:31:01 / 48	00:05:33 / 86	02:45:13 / 96	00:03:37 / 92	01:43:36 / 70	05:09:00	01:03:03
78	174	LANGOWSKI PIOTR	POL	IRON MAIDEN TRIATHLON TEAM	74	WM/4M / 89	00:38:38 / 168				01:44:02 / 73	05:10:12	01:04:15
79	231	MICHAŁSKI MACIEJ	POL		79	M / 90	00:35:57 / 119	00:02:49 / 116	02:36:35 / 50	00:02:27 / 66	01:53:03 / 124	05:10:51	01:04:54
80	25	TOMCZYK STEFAN	POL		73	WM/5M / 91	00:33:01 / 79	00:02:42 / 80	02:39:46 / 69	00:02:13 / 64	01:53:12 / 126	05:10:54	01:04:57
81	53	MŁOTKOWSKI MARIUSZ	POL		73	M / 92	00:38:13 / 164	00:03:26 / 155	02:43:50 / 89	00:03:18 / 106	01:42:27 / 64	05:11:14	01:05:17
82	72	RETKA ADAM	POL		68M40/12	M / 93	00:32:50 / 72	00:02:41 / 75	02:42:53 / 81	00:02:50 / 79	01:50:38 / 103	05:11:52	01:05:55
83	21	WÓJCIK ARTUR	POL		73	M / 94	00:37:53 / 155	00:02:42 / 138	02:48:14 / 117	00:02:49 / 116	01:40:17 / 51	05:11:55	01:05:58
84	28	HOLY ZDZISŁAW	POL		53M55/4	M / 95	00:36:51 / 131	00:01:28 / 100	03:03:21 / 206	00:02:15 / 169	01:28:22 / 15	05:12:17	01:06:20
85	377	NAWROCKI SERGIUSZ	POL	ODDECH GONIONEGO PSA	67M40/13	WM/6M / 96	00:32:53 / 74	00:02:07 / 68	02:36:11 / 46	00:02:40 / 51	01:58:28 / 157	05:12:19	01:06:21
86	74	LUBAS LUBOMIR	POL		74	M / 97	00:38:07 / 162	00:02:11 / 137	02:46:42 / 106	00:02:29 / 110	01:43:01 / 67	05:12:30	01:06:33
87	105	ZAJFERT STANISŁAW	POL		48M60+1	M / 99	00:32:38 / 65	00:01:40 / 61	02:40:22 / 74	00:02:38 / 63	01:56:02 / 141	05:13:20	01:07:23
88	177	JĘDRUSIAK JERZY	POL		73	M / 100	00:35:28 / 104	00:03:06 / 109	02:38:56 / 61	00:02:44 / 77	01:53:10 / 125	05:13:24	01:07:27
89	163	KUBIAK MICHAŁ	POL		75	M / 101	00:34:59 / 101	00:01:28 / 84	02:47:50 / 116	00:02:52 / 99	01:46:19 / 81	05:13:28	01:07:31
90	382	SKIBA JAROSŁAW	POL	FTI	80	M / 102	00:32:43 / 70	00:01:47 / 64	02:40:21 / 73	00:01:51 / 61	01:56:48 / 148	05:13:30	01:07:33

MISTRZOSTWA POLSKI

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik Time	Strata Diff.	
91	407	JEREZ VICTOR	POL		65	M45/8	WM/7M / 103	00:37:21 / 139	00:04:23 / 156	02:38:16 / 56	00:03:23 / 84	01:51:25 / 113	05:14:48	01:08:51
92	194	WOLSKI DARIUSZ	POL	IM 2010	71	M40/14	M / 104	00:36:01 / 122	00:02:49 / 118	02:40:13 / 72	00:03:04 / 80	01:52:46 / 123	05:14:53	01:08:56
93	165	WIECH ŁUKASZ	POL	MKS TRIATHLON MALBORK	84		M / 106	00:37:51 / 153	00:02:01 / 130	02:45:52 / 101	00:01:51 / 100	01:47:34 / 87	05:15:09	01:09:12
94	396	SYKUT MARIUSZ	POL		88	M20/12	WM/8M / 107	00:33:49 / 88	00:03:18 / 88	02:41:05 / 78	00:02:23 / 78	01:55:11 / 137	05:15:46	01:09:49
95	236	TLAŁKA MARIUSZ	POL		70	M40/15	M / 108	00:38:59 / 171	00:04:41 / 189	02:46:16 / 103	00:03:07 / 124	01:43:09 / 68	05:16:12	01:10:15
96	346	KRUCZYNSKI WOJCIECH	POL		79		M / 109	00:32:54 / 76	00:02:42 / 77	02:50:27 / 128	00:02:02 / 102	01:48:46 / 96	05:16:51	01:10:54
97	200	SUCHENIA PIOTR	POL	UKS TRI-SAUCONY RUMIA	80		M / 111	00:37:58 / 158				01:23:01 / 8	05:17:10	01:11:13
98	142	KLEPACZ JACEK	POL		71	M40/16	M / 112	00:34:03 / 91	00:01:47 / 81	02:47:47 / 114	00:02:40 / 95	01:51:16 / 107	05:17:33	01:11:36
99	322	MILEK MATEUSZ	POL	WSZIB KRAKÓW	87		M / 113	00:25:55 / 9	00:01:39 / 10	02:37:22 / 54	00:01:51 / 28	02:10:51 / 213	05:17:38	01:11:41
100	153	SUCHOCKI MICHAŁ	POL	12TRI.PL	76		M / 114	00:37:55 / 156	00:04:23 / 164	02:45:28 / 99	00:04:40 / 119	01:45:14 / 77	05:17:40	01:11:43
101	213	AUGUSTYNIAK MARIUSZ	POL		74		WM/9M / 115	00:37:44 / 150	00:03:13 / 144	02:43:19 / 83	00:02:23 / 98	01:51:22 / 111	05:18:01	01:12:04
102	117	LESIECKI PIOTR	POL	IRONMAN SZCZECIN / XTRI.PL	89	M20/13	M / 116	00:31:00 / 47	00:02:11 / 50	02:52:22 / 134	00:02:17 / 101	01:51:18 / 108	05:19:08	01:13:11
103	258	KOSIŃSKI MICHAŁ	POL	WOPR SZCZYTNO 4K	90	M20/14	WM/10M / 118	00:28:46 / 21	00:01:32 / 23	02:47:47 / 113	00:01:40 / 75	01:59:34 / 161	05:19:19	01:13:22
104	337	KISŁO ŁUKASZ	POL		83		M / 119	00:29:26 / 28	00:01:41 / 28	02:35:54 / 44	00:02:02 / 34	02:10:29 / 209	05:19:32	01:13:35
105	144	DOBRZYCKI ZIEMOWIT	POL	REAL 64-STO LESZNO	64	M45/9	M / 120	00:39:31 / 181	00:02:26 / 160	02:54:10 / 146	00:02:10 / 143	01:41:15 / 58	05:19:32	01:13:35
106	62	ORŁOWSKI MICHAŁ	POL		87		M / 122	00:29:19 / 24	00:01:15 / 25	02:40:40 / 76	00:02:28 / 50	02:06:44 / 191	05:20:26	01:14:29
107	363	PASTUSZAK KRZYSZTOF	POL	PKP CARGO OSTRÓW	59	M50/6	M / 123	00:37:49 / 152	00:01:46 / 128	02:44:40 / 92	00:02:14 / 96	01:53:57 / 130	05:20:26	01:14:29
108	323	SKOCZYŁAS PIOTR	POL	UKS TRI-SAUCONY RUMIA	69	M40/17	M / 124	00:30:38 / 45	00:02:25 / 48	02:53:00 / 137	00:02:27 / 105	01:52:22 / 119	05:20:52	01:14:55
109	103	LEWIŃSKI MARCIN	POL		73		M / 125	00:37:08 / 135	00:03:55 / 147	02:49:09 / 119	00:03:26 / 130	01:48:09 / 89	05:21:47	01:15:50
110	135	OMSZAŃSKI MAREK	POL		81		M / 126	00:39:44 / 182	00:03:41 / 183	02:53:27 / 142	00:03:13 / 149	01:42:06 / 63	05:22:11	01:16:14
111	362	GORZKOWSKI WITOLD	POL	IM 2010 WIELICZKA	64	M45/10	M / 127	00:40:23 / 195	00:03:31 / 192	02:55:33 / 150	00:02:46 / 161	01:40:23 / 52	05:22:36	01:16:39
112	168	TOMASZEWSKI MARCIN	POL		74		M / 129	00:36:09 / 124	00:02:15 / 102	02:39:05 / 62	00:01:47 / 71	02:03:58 / 176	05:23:14	01:17:17
113	192	GARLEWICZ JOANNA	POL	THULIUM TEAM	72		K / 5	00:32:36 / 62	00:01:35 / 60	02:56:25 / 160	00:01:42 / 118	01:50:59 / 104	05:23:17	01:17:20
114	18	TOPA BARTŁOMIEJ	POL		67	M40/18	WM/12M / 130	00:36:36 / 129	00:02:27 / 120	02:51:46 / 132	00:03:58 / 135	01:49:13 / 99	05:24:00	01:18:03
115	49	CHMIEL PIOTR	POL		89	M20/15	M / 131	00:41:24 / 208	00:02:39 / 196	02:48:50 / 118	00:02:37 / 138	01:48:42 / 95	05:24:12	01:18:15
116	137	TOLWINSKI BOGUSŁAW	POL	"MKS""TROSO"" ELBLĄG"	68	M40/19	WM/13M / 132	00:32:57 / 78	00:01:37 / 65	02:59:28 / 180	00:01:53 / 139	01:48:29 / 94	05:24:24	01:18:27
117	198	GŁĄB ANDRZEJ	POL		70	M40/20	M / 134	00:37:36 / 148	00:01:51 / 126	02:51:26 / 130	00:02:10 / 126	01:52:29 / 120	05:25:32	01:19:35
118	401	TYSZKIEWICZ RAFAŁ	POL	COLUMBIA	70	M40/21	WM/14M / 135	00:36:14 / 125	00:04:28 / 140	02:49:43 / 125	00:04:10 / 133	01:51:46 / 117	05:26:21	01:20:24
119	356	MAZUR MARIUSZ	POL		87		M / 136	00:43:12 / 225	00:04:45 / 228	02:41:15 / 79	00:02:27 / 117	01:55:04 / 136	05:26:43	01:20:46
120	85	FRANKOWSKI ANDRZEJ	POL		63	M45/11	M / 137	00:40:17 / 192	00:03:43 / 195	02:52:38 / 135	00:03:45 / 150	01:46:22 / 82	05:26:45	01:20:48
121	219	HABIEDA LUCJAN	POL	KS WIATERNI	67	M40/22	M / 138	00:40:10 / 190	00:03:08 / 181	02:58:05 / 168	00:02:26 / 168	01:43:00 / 66	05:26:49	01:20:51
122	315	SZUDER PRZEMYSŁAW	POL	XBOX 360 BIKE TEAM	78		M / 139	00:40:32 / 200	00:02:06 / 171	02:46:18 / 105	00:02:23 / 115	01:55:51 / 140	05:27:10	01:21:13
123	284	PANEK WOJCIECH	POL	EPIDEMIA CYKLOZY MTB SUSZ	77		WM/15M / 140	00:35:53 / 115	00:04:03 / 131	02:45:08 / 95	00:03:23 / 104	01:58:46 / 160	05:27:13	01:21:16
124	352	KRZYSTOLIK ADAM	POL		74		M / 141	00:37:35 / 147	00:04:54 / 168	02:46:58 / 110	00:03:20 / 122	01:54:53 / 134	05:27:40	01:21:43

MISTRZOSTWA POLSKI

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik	Strata
Rank	Bib	Name	Nat.	Team	YoB	in Age						Time	Diff.
125	229	GARSZYŃSKI JAKUB	POL	AKADEMIA TRIATHLONU	81	M / 144	00:35:42 / 107	00:02:47 / 104	02:54:23 / 148	00:02:33 / 137	01:53:26 / 127	05:28:51	01:22:54
126	199	MARZEC PAWEŁ	POL		77	M / 145	00:34:25 / 92	00:02:50 / 91	02:53:27 / 143	00:02:46 / 129	01:55:24 / 138	05:28:52	01:22:55
127	84	KASPRZAK JACEK	POL		66	M45/12	00:34:29 / 93	00:03:36 / 98	02:49:42 / 123	00:02:36 / 112	01:58:36 / 159	05:28:59	01:23:02
128	257	CZYŻKOWSKI RAFAŁ	POL		81	M / 147	00:34:33 / 94	00:05:01 / 127	02:49:20 / 122	00:03:57 / 123	01:56:19 / 143	05:29:10	01:23:13
129	392	WACHOWIAK JĘDRZEJ	POL	FTI	83	M / 149	00:32:37 / 63	00:01:48 / 63	02:46:48 / 108	00:01:54 / 83	02:06:08 / 189	05:29:15	01:23:18
130	100	KONICZ SEBASTIAN	POL	12TRI.PL	87	M / 150	00:39:03 / 172	00:03:28 / 170	02:53:53 / 145	00:01:59 / 144	01:51:01 / 105	05:29:24	01:23:27
131	114	CIESEWSKI MARCIN	POL	KTS IRONMAN	76	M / 151	00:35:44 / 108	00:03:03 / 117	02:56:46 / 161	00:02:55 / 145	01:51:10 / 106	05:29:38	01:23:41
132	75	OPORSKI PAWEŁ	POL		80	M / 152	00:37:31 / 144	00:03:22 / 142	02:49:43 / 124	00:04:11 / 134	01:55:02 / 135	05:29:49	01:23:52
133	154	KOSAKOWSKI KRZYSZTOF	POL	TKKF KOLEJARZ BYDGOSZCZ	60	M50/7	00:37:40 / 149	00:04:29 / 162	02:57:32 / 167	00:04:24 / 170	01:46:10 / 80	05:30:15	01:24:18
134	44	TOKARZ KRYSZTIAN	POL		76	WM/16M / 155	00:41:36 / 212	00:02:43 / 199	02:58:45 / 174	00:02:24 / 173	01:44:47 / 76	05:30:15	01:24:18
135	273	PROKOPOWICZ ZBIGNIEW	POL	ITI ADVENTURE TEAM	67	M40/24	00:40:53 / 203	00:03:47 / 203	02:45:28 / 98	00:03:41 / 132	01:56:49 / 149	05:30:38	01:24:41
136	416	BONIECKI DANIEL	POL		80	WM/17M / 157	00:43:17 / 226	00:05:28 / 232	02:49:18 / 121	00:02:31 / 152	01:50:37 / 102	05:31:11	01:25:14
137	48	JURGA BARTOSZ	POL		76	M / 158	00:39:49 / 184	00:03:19 / 179	02:52:56 / 136	00:04:23 / 151	01:51:22 / 112	05:31:49	01:25:52
138	39	KĘPIŃSKI HENRYK	POL		53	M55/5	00:46:47 / 249	00:02:26 / 236	02:55:49 / 152	00:02:39 / 184	01:44:32 / 75	05:32:13	01:26:16
139	321	WIĘCKOWSKI GRZEGORZ	POL	KB START PUŁASKI WARKA	71	M40/25	00:38:16 / 166	00:03:35 / 157	03:00:39 / 189	00:02:36 / 172	01:48:18 / 93	05:33:24	01:27:27
140	110	ZIĘTEK KRZYSZTOF	POL		79	M / 162	00:34:46 / 96	00:04:21 / 121	02:56:49 / 162	00:03:32 / 148	01:54:00 / 131	05:33:28	01:27:30
141	242	BEBELSKI RAFAŁ	POL		77	M / 163	00:35:56 / 118	00:04:58 / 143	02:58:58 / 177	00:02:19 / 159	01:51:40 / 116	05:33:51	01:27:54
142	276	SZCZYPCZYK ZBIGNIEW	POL	AKADEMIA TRIATHLONU GR.WARSZAWA	67	M40/26	00:38:14 / 165	00:03:45 / 161	02:58:55 / 175	00:01:39 / 165	01:51:37 / 115	05:34:10	01:28:13
143	130	SOWIŃSKI MARIUSZ	POL	HURPAGUNS WWW.HURPAGUNS.COM	76	M / 165	00:41:26 / 210	00:01:54 / 182	02:46:55 / 109	00:02:26 / 121	02:01:46 / 170	05:34:27	01:28:30
144	166	BIREK MATEUSZ	POL		82	M / 166	00:39:21 / 178	00:03:37 / 177	02:56:21 / 159	00:02:55 / 162	01:52:30 / 121	05:34:44	01:28:47
145	339	KOCHANOWSKI ROBERT	POL		73	M / 167	00:32:42 / 69	00:02:46 / 74	02:53:19 / 141	00:02:19 / 113	02:03:59 / 177	05:35:05	01:29:08
146	347	MIELOCH ARTUR	POL	TAZAR CHODZIEŻ	83	M / 168	00:30:22 / 42	00:02:37 / 47	02:51:32 / 131	00:02:05 / 97	02:08:45 / 201	05:35:21	01:29:24
147	244	MAĆKOWSKI MACIEJ	POL		81	M / 169	00:38:18 / 167	00:02:52 / 150	02:53:07 / 138	00:02:48 / 141	01:59:51 / 164	05:36:56	01:30:59
148	218	MUSIAŁ MAREK	POL		48	M60+3	00:46:36 / 247	00:04:01 / 241	02:46:16 / 102	00:04:44 / 155	01:55:45 / 139	05:37:22	01:31:24
149	56	WYDARTY EMIL	POL	TRICITY TRIATHLON TEAM	83	M / 172	00:38:10 / 163	00:02:47 / 145	02:46:18 / 104	00:02:14 / 111	02:08:02 / 196	05:37:31	01:31:34
150	277	BĄCZKOWSKI KAROL	POL		79	WM/19M / 173	00:37:58 / 159	00:02:12 / 134	03:06:31 / 216	00:02:45 / 197	01:48:08 / 90	05:37:34	01:31:37
151	216	MICHAŁSKI BARTOSZ	POL		82	M / 174	00:34:52 / 97	00:03:50 / 114	02:36:40 / 51	00:02:34 / 67	02:20:19 / 236	05:38:15	01:32:18
152	271	GLĄSEK ŁUKASZ	POL	NIEZRZESZONY	83	M / 175	00:30:32 / 44	00:02:24 / 46	02:57:06 / 164	00:03:01 / 125	02:05:33 / 185	05:38:36	01:32:39
153	298	LUBERADZKI PAWEŁ	POL	12TRI.PL	82	M / 176	00:32:19 / 56	00:04:52 / 90	02:51:59 / 133	00:04:10 / 128	02:05:28 / 183	05:38:48	01:32:51
154	47	SIARKIEWICZ PRZEMYSŁAW	POL		88	M20/16	00:45:17 / 239	00:02:16 / 222	02:59:14 / 178	00:01:56 / 190	01:50:15 / 100	05:38:58	01:33:01
155	26	ŁAGANOWSKI ADAM	POL		78	M / 180	00:39:46 / 183	00:03:22 / 180	03:01:37 / 194	00:03:01 / 185	01:51:20 / 109	05:39:06	01:33:09
156	87	WIELOGÓRKA PIOTR	POL	BYLEDOBIEC ANIN	76	M / 181	00:36:52 / 132	00:03:19 / 135	02:58:41 / 172	00:03:19 / 160	01:57:01 / 150	05:39:12	01:33:15
157	185	WOJTASIK PRZEMYSŁAW	POL	IM 2010	72	M / 183	00:40:14 / 191	00:04:42 / 204	02:57:20 / 166	00:03:36 / 176	01:53:49 / 129	05:39:41	01:33:44
158	55	DARUK PIOTR	POL		79	M / 184	00:32:37 / 64	00:03:21 / 82	02:56:17 / 158	00:03:00 / 136	02:04:32 / 178	05:39:47	01:33:50

MISTRZOSTWA POLSKI

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik	Strata
Rank	Bib	Name	Nat.	Team	YoB	in Age						Time	Diff.
159	52	STEFANIAK PAWEŁ	POL		80	M / 185	00:37:03 / 133	00:04:23 / 153	03:08:54 / 227	00:04:04 / 214	01:45:56 / 79	05:40:20	01:34:23
160	232	ŚLIMAKOWSKI DANIEL	POL		75	M / 188	00:33:29 / 84	00:02:45 / 83	02:49:12 / 120	00:03:52 / 109	02:11:47 / 217	05:41:05	01:35:08
161	394	KUBIAK MAŁGORZATA	POL		62K40+3	K / 7	00:35:50 / 110	00:02:47 / 110	03:00:00 / 184	00:02:21 / 154	02:00:32 / 167	05:41:30	01:35:33
162	310	MACHATA JACEK	POL		78	M / 189	00:37:24 / 141	00:03:44 / 148	02:55:14 / 149	00:02:59 / 147	02:02:14 / 172	05:41:35	01:35:38
163	68	BEDYK IRENEUSZ	POL		57M50/8	M / 191	00:44:24 / 234	00:02:27 / 215	02:58:54 / 176	00:02:21 / 187	01:54:18 / 132	05:42:24	01:36:27
164	371	ZACHWIEJA PRZEMYSŁAW	POL		78	M / 192	00:40:08 / 188	00:03:40 / 191	02:46:46 / 107	00:02:32 / 127	02:09:33 / 204	05:42:39	01:36:42
165	283	LIPOWSKI PAWEŁ	POL		86	M / 194	00:46:23 / 246	00:05:20 / 246	03:00:07 / 186	00:04:52 / 219	01:46:48 / 84	05:43:30	01:37:33
166	372	OPOZDA MIREK	POL	STID KALMAR STARACHOWICE	66M45/15	M / 195	00:40:26 / 198	00:02:02 / 167	03:02:14 / 199	00:02:31 / 182	01:56:26 / 144	05:43:39	01:37:42
167	264	WAĆLAWSKI KRZYSZTOF	POL		65M45/17	WM/20M / 199	00:37:13 / 136	00:02:07 / 125	03:01:19 / 192	00:02:21 / 166	02:01:56 / 171	05:44:56	01:38:59
168	404	CHMIELEWICZ PAWEŁ	POL		83	M / 202	00:36:41 / 130	00:03:57 / 139	02:50:00 / 126	00:03:05 / 131	02:11:51 / 218	05:45:34	01:39:37
169	115	SITEK WITOLD	POL		56M55/6	M / 203	00:45:35 / 241	00:03:35 / 235	02:55:42 / 151	00:04:04 / 192	01:56:41 / 147	05:45:37	01:39:40
170	132	LESZCZYŃSKI CEZARY	POL	TRICITY TRIATHLON TEAM	70M40/32	M / 204	00:40:26 / 197	00:05:55 / 212	03:05:22 / 211	00:02:25 / 211	01:51:35 / 114	05:45:43	01:39:46
171	325	ORLIK JERZY	POL		59M50/9	M / 205	00:44:17 / 231	00:03:37 / 227	02:58:18 / 171	00:02:29 / 189	01:57:06 / 151	05:45:47	01:39:50
172	125	LEGIĘDŹ HUBERT	POL	LZS KOŁBASKOWO	70M40/33	M / 206	00:40:48 / 201	00:02:43 / 186	03:03:48 / 208	00:02:54 / 199	01:56:36 / 146	05:46:49	01:40:52
173	91	NOWAKOWSKI RAFAŁ	POL		72	M / 207	00:41:39 / 213	00:04:07 / 209	02:58:16 / 170	00:03:08 / 181	01:59:44 / 162	05:46:54	01:40:57
174	157	PRZEWŁOKA MARIUSZ	POL	12TRI.PL	89M20/17	M / 208	00:34:38 / 95	00:03:30 / 99	03:01:58 / 196	00:02:08 / 163	02:04:50 / 180	05:47:04	01:41:07
175	203	CZERWIAK ROBERT	POL		73	M / 209	00:35:20 / 103	00:03:19 / 112	02:56:54 / 163	00:03:45 / 146	02:07:53 / 195	05:47:11	01:41:14
176	313	HECZKO ADAM	POL	TRIATHLON DĄBROWA GÓRNICZA	84	M / 210	00:30:26 / 43	00:01:48 / 41	02:43:33 / 87	00:02:21 / 70	02:29:04 / 251	05:47:12	01:41:15
177	172	LITWIN JAN	POL		61M50/10	M / 211	00:38:48 / 170	00:03:59 / 175	03:05:25 / 212	00:03:03 / 202	01:56:18 / 142	05:47:33	01:41:36
178	403	MALARECKI PAWEŁ	POL		74	M / 212	00:37:05 / 134	00:05:50 / 176	03:07:16 / 221	00:02:59 / 209	01:54:47 / 133	05:47:57	01:42:00
179	427	ROŻEK ROBERT	POL		77	M / 213	00:39:10 / 175	00:04:19 / 185	03:01:07 / 191	00:03:11 / 186	02:00:23 / 166	05:48:10	01:42:13
180	136	RACHWAŁ MICHAŁ	POL	12TRI.PL	81	M / 214	00:44:19 / 232	00:02:23 / 214	03:00:44 / 190	00:02:52 / 200	01:58:02 / 152	05:48:20	01:42:22
181	214	ZDROJEWSKI KRZYSZTOF	POL	EPIDEMIA CYKLOZY MTB SUSZ	73	WM/21M / 215	00:33:29 / 85	00:03:20 / 87	02:56:01 / 156	00:03:25 / 140	02:12:14 / 221	05:48:29	01:42:32
182	20	ADAMCZYK PIOTR	POL		72	M / 216	00:41:01 / 205	00:02:46 / 190	03:05:54 / 215	00:02:29 / 206	01:56:29 / 145	05:48:39	01:42:42
183	312	CABAJ GRZEGORZ	POL		78	M / 217	00:42:58 / 222	00:06:12 / 234	02:53:16 / 140	00:03:59 / 178	02:02:17 / 173	05:48:42	01:42:45
184	89	DACEWICZ LESZEK	POL		41M60+4	M / 219	00:41:24 / 209	00:02:11 / 187	03:02:31 / 202	00:03:53 / 198	01:59:46 / 163	05:49:45	01:43:48
185	97	NIEDZIÓŁKA TOMASZ	POL		75	M / 220	00:51:55 / 266	00:03:09 / 258	02:54:18 / 147	00:02:23 / 205	01:58:16 / 154	05:50:01	01:44:04
186	57	KOWALSKI ŁUKASZ ROBERT	POL		70M40/35	M / 221	00:40:51 / 202	00:02:17 / 178	03:00:08 / 188	00:02:30 / 175	02:04:44 / 179	05:50:30	01:44:33
187	326	KUCZERA PRZEMYSŁAW	POL	HURPAGUNS TRIATHLON TEAM	79	M / 222	00:39:11 / 176	00:02:42 / 158	02:47:03 / 111	00:02:10 / 114	02:20:09 / 235	05:51:15	01:45:18
188	133	SOBCZYK KRZYSZTOF	POL	KTS IRONMAN KWIDZYN	59M50/11	M / 224	00:38:05 / 160	00:04:17 / 166	02:55:51 / 155	00:03:33 / 157	02:09:59 / 205	05:51:45	01:45:47
189	398	KROUPA LUIZA	POL	IM 2010 WARSZAWA / PKN ORLEN SA	67K40+5	K / 9	00:41:32 / 211	00:02:26 / 194	02:59:32 / 181	00:03:02 / 179	02:05:30 / 184	05:52:02	01:46:05
190	169	FRANKIEWICZ PRZEMYSŁAW	POL		78	M / 225	00:37:33 / 146	00:03:25 / 146	02:53:15 / 139	00:03:16 / 142	02:14:47 / 225	05:52:16	01:46:18
191	63	MARKOWSKI ROBERT	POL		77	WM/22M / 226	00:32:35 / 61	00:02:42 / 73	03:05:41 / 214	00:02:35 / 167	02:08:57 / 202	05:52:30	01:46:33
192	210	CHORAŹIAK WITOLD	POL	IM 2010	67M40/36	M / 227	00:35:54 / 116	00:02:32 / 103	02:59:24 / 179	00:02:52 / 153	02:12:10 / 220	05:52:52	01:46:55

MISTRZOSTWA POLSKI

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik Time	Strata Diff.
193	190	CYCHYLIK TOMASZ	POL	TRI CITY TRIATHLON TEAM	75	M / 228	00:35:41 / 106	00:02:52 / 107	03:06:48 / 217	00:03:43 / 193	02:05:19 / 182	05:54:23	01:48:26
194	116	CZERWIŃSKI DARIUSZ	POL	NIEZRZESZONY	73	M / 230	00:50:22 / 263	00:04:06 / 256	02:55:50 / 154	00:02:59 / 210	02:01:37 / 169	05:54:54	01:48:57
195	189	MASIAK PIOTR	POL	MKS TRIATHLON MALBORK	91	M20/18	00:29:46 / 32	00:01:04 / 26	02:45:17 / 97	00:01:50 / 68	02:37:24 / 257	05:55:21	01:49:24
196	419	MICHALSKA ANNA	POL	IM 2010	64	K40+/6	00:37:31 / 142	00:02:37 / 133	03:01:21 / 193	00:04:01 / 174	02:10:40 / 211	05:56:10	01:50:13
197	98	OLĘDZKI JANUSZ	POL	OLĘDZCY	56	M55/7	00:39:19 / 177	00:04:37 / 193	03:02:14 / 200	00:04:14 / 201	02:06:03 / 188	05:56:27	01:50:30
198	294	PRUCHNIEWSKI SŁAWOMIR	POL		79	M / 235	00:45:15 / 238	00:02:27 / 224	03:07:57 / 224	00:02:47 / 222	01:58:17 / 155	05:56:43	01:50:46
199	86	SIKORSKI LUDWIK	POL		79	M / 236	00:32:46 / 71				02:10:57 / 214	05:57:21	01:51:24
200	303	LEWANDOWSKI JACEK	POL		84	M / 237	00:41:44 / 215	00:05:21 / 218	02:50:18 / 127	00:04:16 / 156	02:15:44 / 229	05:57:23	01:51:26
201	259	MIEDZIEJEWSKI ANDRZEJ	POL		86	M / 238	00:47:35 / 253	00:08:50 / 262	02:58:42 / 173	00:04:20 / 224	01:58:26 / 156	05:57:53	01:51:56
202	111	CUSZLAG JAKUB	POL		66	M45/19	00:47:37 / 254	00:03:46 / 245	02:57:17 / 165	00:02:45 / 204	02:06:48 / 192	05:58:13	01:52:16
203	160	CHRZANOWSKI JAKUB	POL	INGO	81	M / 240	00:48:06 / 255	00:05:17 / 251	02:56:11 / 157	00:03:35 / 208	02:05:35 / 186	05:58:44	01:52:47
204	161	SZUMIELEWICZ WOJCIECH	POL		76	M / 243	00:46:21 / 245	00:04:30 / 243	02:53:33 / 144	00:03:52 / 188	02:12:32 / 222	06:00:48	01:54:51
205	27	POLCYN JAN	POL		64	M45/22	00:49:13 / 258	00:02:34 / 247	03:00:07 / 187	00:03:13 / 218	02:05:56 / 187	06:01:03	01:55:06
206	354	WROTEK MIROSŁAW	POL	ENTRE.PL TEAM	66	M45/23	00:44:47 / 236	00:05:07 / 239	03:14:10 / 238	00:03:24 / 241	01:53:44 / 128	06:01:12	01:55:15
207	251	SZUKALSKI ALEKSANDER	POL		82	M / 247	00:42:06 / 217	00:03:03 / 206	03:02:01 / 197	00:02:15 / 196	02:12:04 / 219	06:01:29	01:55:32
208	228	JÓZEFOWICZ KRZYSZTOF	POL	JUSTYNOW-JANOWKA	66	M45/24	00:44:10 / 228	00:02:51 / 217	03:03:30 / 207	00:02:37 / 207	02:08:37 / 200	06:01:45	01:55:48
209	24	SZYLLER JERZY	POL		49	M60+/5	00:48:06 / 256	00:02:51 / 244	03:09:46 / 228	00:03:45 / 235	02:00:00 / 165	06:04:28	01:58:31
210	128	STĘPIEŃ KRZYSZTOF	POL	HURPAGUNS TRIATHLON TEAM	71	M40/38	00:41:17 / 207	00:03:19 / 201	03:07:11 / 219	00:02:41 / 216	02:11:18 / 216	06:05:46	01:59:49
211	33	FIJAŁKOWSKI GRZEGORZ	POL		55	M55/8	00:53:32 / 268	00:04:29 / 263	03:02:20 / 201	00:03:35 / 234	02:02:48 / 174	06:06:44	02:00:47
212	152	BOROWICZ DAWID	POL	TRICITY TRIATHLON TEAM	76	M / 256	00:40:17 / 193	00:03:52 / 197	03:11:53 / 231	00:03:26 / 225	02:08:10 / 197	06:07:38	02:01:41
213	156	SŁUPIK ANNA	POL	12TRI.PL	84	K / 11	00:36:05 / 123	00:03:15 / 124	03:02:14 / 198	00:04:49 / 177	02:21:22 / 238	06:07:45	02:01:48
214	289	BOLIŃSKI PIOTR	POL		79	M / 257	00:37:46 / 151	00:03:52 / 154	03:02:40 / 204	00:03:23 / 183	02:20:50 / 237	06:08:31	02:02:34
215	302	SZOTA WOJCIECH	POL	MARATOŃCZYK.PL	74	M / 259	01:05:13 / 276	00:05:17 / 271	03:02:53 / 205	00:03:51 / 252	01:51:49 / 118	06:09:03	02:03:06
216	118	ŚWIERCZ IWONA	POL		69	K40+/7	00:51:19 / 264					06:09:27	02:03:30
217	269	MAJ MAREK	POL		79	M / 261	00:45:58 / 244	00:03:44 / 238	03:10:29 / 229	00:03:00 / 232	02:06:22 / 190	06:09:33	02:03:36
218	428	BUJAK MACIEJ	POL	NIEZRZESZONY	73	M / 262	00:39:10 / 174	00:03:35 / 174	03:14:38 / 240	00:04:00 / 228	02:08:13 / 198	06:09:36	02:03:39
219	409	RESZKE SŁAWOMIR	POL		63	M45/25	00:44:16 / 230	00:05:09 / 237	03:00:01 / 185	00:04:51 / 213	02:15:31 / 226	06:09:48	02:03:51
220	275	PIETRUSZKA RAFAŁ	POL		77	M / 264	00:45:40 / 242	00:02:26 / 230	03:08:48 / 226	00:02:23 / 223	02:10:50 / 212	06:10:07	02:04:10
221	43	SONDEJ WIESŁAW	POL		62	M45/26	00:40:29 / 199	00:03:45 / 198	03:07:34 / 222	00:02:38 / 215	02:15:43 / 228	06:10:09	02:04:12
222	375	PEDRYCZ MIKOŁAJ	POL		84	M / 266	00:42:44 / 220	00:04:36 / 220	03:14:36 / 239	00:05:27 / 240	02:02:57 / 175	06:10:20	02:04:23
223	196	GRZEŚKOWIAK GRZEGORZ	POL		81	M / 267	00:37:19 / 138	00:04:56 / 163	02:59:40 / 182	00:05:09 / 180	02:24:07 / 242	06:11:11	02:05:14
224	297	CHOJNACKA MAŁGORZATA	POL	AKADEMIA TRIATHLONU	68	K40+/8	00:40:25 / 196	00:04:12 / 202	03:13:33 / 235	00:02:55 / 227	02:10:30 / 210	06:11:35	02:05:38
225	106	JASTRZĘBSKI RAFAŁ	POL		81	WM/26M / 268	00:44:48 / 237	00:02:53 / 223	03:12:37 / 234	00:02:51 / 231	02:08:34 / 199	06:11:43	02:05:46
226	61	JUCHNIEWICZ LIDIA	POL	12TRI.PL	81	WM/27K / 14	00:42:51 / 221	00:03:18 / 211	03:16:06 / 245	00:02:21 / 236	02:07:25 / 194	06:12:01	02:06:04

MISTRZOSTWA POLSKI

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik	Strata
Rank	Bib	Name	Nat.	Team	YoB	in Age						Time	Diff.
227	254	WARACZEWSKI NIKOLAOS	POL			70M40/39	M / 269 00:38:07 / 161	00:06:28 / 200	03:19:36 / 252	00:03:03 / 238	02:05:14 / 181	06:12:28	02:06:31
228	126	ROSIAK MARCIN	POL	IRONMAN C/S POLSKA		87	M / 270 00:31:31 / 53	00:01:55 / 52	03:06:52 / 218	00:01:57 / 164	02:30:27 / 253	06:12:42	02:06:45
229	343	KWIECIEŃ ARKADIUSZ	POL	TERENOWO.PL		76	M / 273 00:49:14 / 260	00:04:21 / 252	03:05:31 / 213	00:04:19 / 233	02:10:07 / 206	06:13:32	02:07:35
230	319	RUTKOWSKI ROBERT	POL			71M40/40	M / 274 00:44:33 / 235	00:07:52 / 249	02:58:08 / 169	00:04:15 / 217	02:19:00 / 232	06:13:48	02:07:51
231	286	PAWUSKA JACEK	POL			78	WM/28M / 275 00:34:53 / 98	00:04:02 / 119	03:07:41 / 223	00:02:10 / 191	02:26:20 / 247	06:15:06	02:09:09
232	80	SOWINSKI MARCIN	POL			69M40/41	WM/29M / 277 00:33:44 / 87	00:03:51 / 94	03:13:40 / 236	00:02:59 / 212	02:22:13 / 240	06:16:27	02:10:30
233	380	KOZŁOWSKI JACEK	POL			63M45/27	M / 278 00:39:07 / 173	00:05:53 / 205	03:01:58 / 195	00:04:22 / 203	02:25:27 / 245	06:16:47	02:10:50
234	327	GAJAK TOBIASZ	POL			86	M / 279 00:45:24 / 240	00:02:28 / 226	03:07:12 / 220	00:03:02 / 221	02:19:34 / 233	06:17:40	02:11:43
235	225	DZIEDZIC WOJTEK	POL			74	M / 280 00:46:46 / 248	00:05:50 / 250	03:19:46 / 253	00:04:46 / 251	02:00:41 / 168	06:17:49	02:11:52
236	38	KRUK JUSTYNA	POL	12TRI.PL		87	K / 16 00:55:45 / 274	00:03:12 / 265	03:11:22 / 230	00:02:29 / 246	02:07:19 / 193	06:20:07	02:14:10
237	45	KUREK ANDRZEJ	POL			55M55/9	M / 284 00:54:24 / 269	00:08:38 / 270	03:14:57 / 241	00:04:18 / 257	01:58:34 / 158	06:20:51	02:14:54
238	291	ZIELIŃSKI PRZEMYSŁAW	POL			81	M / 286 00:37:22 / 140	00:06:16 / 188	03:12:02 / 232	00:05:04 / 226	02:23:03 / 241	06:23:47	02:17:50
239	364	JÓZKOWICZ ŁUKASZ	POL	YMCA KRAKÓW		77	M / 287 00:37:51 / 154	00:03:28 / 151	03:08:02 / 225	00:07:43 / 220	02:26:44 / 248	06:23:48	02:17:51
240	282	ZIEMKOWSKI PAWEŁ	POL	XTRI.PL MULTISPORT TEAM		55M55/10	M / 288 00:40:57 / 204	00:04:26 / 208	03:24:33 / 258	00:05:01 / 248	02:10:19 / 207	06:25:16	02:19:19
241	268	SZCZYGIELSKI KRZYSZTOF	POL			60M50/12	M / 289 00:42:38 / 219	00:05:48 / 231	03:18:40 / 250	00:04:02 / 245	02:14:10 / 224	06:25:18	02:19:21
242	120	SOBIESZCZYK TOMASZ	POL	TRICITY TRIATHLON TEAM		65M45/29	M / 290 00:47:24 / 252	00:04:27 / 248	03:20:38 / 254	00:03:43 / 249	02:09:09 / 203	06:25:21	02:19:24
243	41	SCHMIDT RYSZARD	POL			55M55/11	M / 293 00:41:43 / 214	00:04:50 / 213	03:16:39 / 248	00:04:08 / 239	02:20:02 / 234	06:27:22	02:21:25
244	221	SZALAŃSKI PIOTR	POL			85	M / 295 00:37:56 / 157	00:03:23 / 152	03:04:58 / 210	00:03:05 / 195	02:38:18 / 258	06:27:40	02:21:43
245	197	KOZANECKA JOANNA	POL	12TRI.PL		77	K / 18 00:55:38 / 272	00:02:45 / 264	03:15:50 / 243	00:02:53 / 250	02:11:02 / 215	06:28:08	02:22:11
246	191	SASIM JORDAN	POL	INGO		81	M / 296 00:49:14 / 259	00:05:12 / 255	03:22:12 / 255	00:03:30 / 256	02:10:21 / 208	06:30:29	02:24:32
247	46	ZALĘSKI ANDRZEJ	POL			65M45/30	M / 297 00:41:53 / 216	00:03:58 / 210	03:12:36 / 233	00:03:11 / 229	02:28:52 / 250	06:30:30	02:24:33
248	397	KUBSZ ARKADIUSZ	POL			74	M / 299 00:41:06 / 206	00:04:09 / 207	03:31:11 / 263	00:03:38 / 255	02:13:38 / 223	06:33:42	02:27:45
249	181	GAWLIK JANUSZ	POL	BRAK		61M50/13	M / 300 00:43:00 / 223	00:03:53 / 216	03:17:38 / 249	00:03:14 / 243	02:26:05 / 246	06:33:50	02:27:53
250	318	GENDEK JERZY	POL	KŻ KOTWICA ROGOŻNO		47M60+/6	M / 302 00:44:14 / 229	00:03:48 / 229	03:13:42 / 237	00:04:23 / 237	02:28:32 / 249	06:34:39	02:28:42
251	145	DROZDOWSKI ADAM	POL			77	M / 303 00:39:57 / 186	00:03:30 / 184	03:15:14 / 242	00:03:30 / 230	02:32:51 / 254	06:35:02	02:29:05
252	370	MAZUREK MICHAŁ	POL	RUNEUROSOFT		77	M / 308 00:40:19 / 194	00:07:04 / 221	03:16:24 / 247	00:04:30 / 244	02:33:35 / 255	06:41:52	02:35:55
253	388	RAGIEL TOMASZ	POL	TAD TEAM		73	M / 309 00:55:37 / 271	00:07:05 / 269	03:18:50 / 251	00:03:06 / 260	02:17:20 / 230	06:41:58	02:36:01
254	414	KONIECZKOWSKA DOMINIKA	POL	AKADEMIA TRIATHLONU KRAKÓW		82	K / 19 00:51:38 / 265	00:03:48 / 259	03:24:02 / 256	00:04:50 / 259	02:18:59 / 231	06:43:17	02:37:20
255	293	SOBUCKI JACEK	POL			74	WM/30M / 311 00:39:25 / 180	00:03:04 / 169	02:59:50 / 183	00:02:22 / 171	02:59:43 / 266	06:44:24	02:38:27
256	338	PERKOWSKI JAROSŁAW	POL			71M40/46	M / 312 00:45:53 / 243	00:04:21 / 240	03:30:34 / 262	00:02:21 / 258	02:21:40 / 239	06:44:49	02:38:52
257	95	GRYKO RAFAŁ	POL			83	M / 315 00:52:03 / 267	00:03:40 / 261	03:35:50 / 267	00:05:32 / 266	02:15:34 / 227	06:52:39	02:46:42
258	405	CISKOWSKI WALDEMAR	POL			55M55/13	M / 319 00:43:07 / 224	00:04:39 / 225	03:16:10 / 246	00:03:47 / 242	02:45:58 / 260	06:53:41	02:47:43
259	328	KAZIMIERSKI ARTUR	POL	KM AKTYWNI SOCHACZEW		68M40/47	M / 320 00:47:09 / 251	00:06:43 / 253	03:16:02 / 244	00:05:01 / 247	02:38:54 / 259	06:53:49	02:47:51
260	335	JAROSZEWSKI ŁUKASZ	POL	BAK		85	M / 322 00:48:25 / 257	00:06:14 / 257	03:31:27 / 264	00:06:13 / 262	02:25:26 / 244	06:57:45	02:51:48

MISTRZOSTWA POLSKI

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	Pływanie	T1/Pozycja	Rower	T2/Pozycja	Bieg	Wynik	Strata
Rank	Bib	Name	Nat.	Team	YoB	in Age						Time	Diff.
261	311	MAKOWSKI GRZEGORZ	POL		66	M / 323	00:35:57 / 120	00:04:53 / 141	03:38:29 / 268	00:05:23 / 261	02:35:26 / 256	07:00:08	02:54:11
262	278	JĘDRUSZKO ADRIANA	POL	AKADEMIA TRIATHLONU	84	K / 22	00:54:43 / 270	00:04:32 / 266	03:33:50 / 266	00:03:39 / 265	02:29:22 / 252	07:06:06	03:00:09
263	141	KRAWCZYK RADOSŁAW	POL		71	M / 329	00:47:06 / 250	00:03:37 / 242	03:24:15 / 257	00:03:29 / 253	02:52:41 / 263	07:11:08	03:05:11
264	147	SIENNICKI JANUSZ	POL		61	M / 331	01:06:01 / 277	00:11:52 / 272	03:28:20 / 260	00:11:12 / 269	02:24:46 / 243	07:22:11	03:16:14
265	399	PUZIO BOGDAN	POL		53	M / 332	00:49:25 / 261	00:06:04 / 260	03:32:53 / 265	00:04:57 / 263	02:51:11 / 261	07:24:30	03:18:33
266	17	KAROLAK TOMASZ	POL		71	M / 333	00:57:37 / 275	00:03:12 / 267	03:29:15 / 261	00:05:06 / 264	02:54:09 / 264	07:29:19	03:23:22
267	146	CYDEJKO LUKRECJA	POL		70	K / 23	00:55:39 / 273	00:05:23 / 268	03:39:47 / 269	00:07:11 / 267	02:51:42 / 262	07:39:42	03:33:45
268	340	PLATO RYSZARD	POL		51	M / 334	00:50:09 / 262	00:04:01 / 254	03:55:45 / 270	00:02:42 / 268	02:59:41 / 265	07:52:18	03:46:21
	3	GRZEGÓRZEK PIOTR	POL		87		00:23:48 / 1	00:00:45 / 1				DNF	
	12	SMARUJ MONIKA	POL	TAZAR CHODZIEŻ	82							DNS	
	34	LENZ MAREK	POL		72							DNS	
	37	WYSOCKI RADOSŁAW	POL		72		00:29:40 / 30	00:02:50 / 42	02:47:43 / 112	00:02:25 / 82		DNF	
	54	WANIEWSKI MARCIN	POL		76		00:27:59 / 20	00:01:06 / 18	02:32:10 / 26	00:01:31 / 23		DNF	
	64	STAŚKIEWICZ TOMASZ	POL		75							DNS	
	76	JASTRZĘBSKI TOMASZ	POL		81							DNS	
	79	CHMIEL WALDEMAR	POL		61							DNS	
	88	RUMIŃSKI ALEKSANDER	POL	SKS KATOLIK.EDU.PL	90		00:33:57 / 90	00:01:03 / 70	02:55:50 / 153	00:01:45 / 120		DNF	
	119	STRASZEWSKA KATARZYNA	POL	TS OLIMPIA	85							DNS	
	122	BAŁDYGA DARIUSZ	POL		72							DNS	
	148	LEWKOWICZ MACIEJ	POL		83							DNS	
	162	GLÓD TOMASZ	POL	IM 2010 BOCHNIA	78		00:35:59 / 121	00:02:45 / 115	02:45:44 / 100			DNF	
	170	SOKOŁOWSKI KRZYSZTOF	POL	TRUSO ELBLĄG	78							DNS	
	193	TALAGA BARTOSZ	POL	12TRI.PL	70							DNS	
	195	PIETRZAK SZYMON	POL		86							DNS	
	222	SZYBISZ PAWEŁ	POL		63							DNS	
	248	KURASZKIEWICZ MACIEJ	POL		71							DNF	
	266	KRZESAK ADAM	POL	IM 2010	74		00:38:45 / 169	00:03:11 / 159	03:04:13 / 209	00:02:59 / 194		DNF	
	281	BURZA RADOSŁAW	POL	"SSP ""ORKA"" IŁAWA"	75							DNS	
	331	KOŚC TOMASZ	POL		74							DNS	
	332	KULIK PAWEŁ	POL	LENIWCE.PL	73							DNS	
	342	CIEŚLAK TADEUSZ	POL	TAD TEAM	61							DNS	
	355	BŁAŻIŃSKI WITOLD	POL	MŁAWA	85							DNS	
	367	ZGOŁA GRZEGORZ	POL	TOPPASTELCANPOL2010	73							DNS	
	384	TARCZYK BARTŁOMIEJ	POL		93							DNF	

MISTRZOSTWA POLSKI

<i>Msc</i>	<i>Nr</i>	<i>Nazwisko i imię</i>	<i>Kraj</i>	<i>Drużyna</i>	<i>R-k</i>	<i>W kategorii</i>					<i>Wynik</i>	<i>Strata</i>	
<i>Rank</i>	<i>Bib</i>	<i>Name</i>	<i>Nat.</i>	<i>Team</i>	<i>YoB</i>	<i>in Age</i>	<i>Pływanie</i>	<i>T1/Pozycja</i>	<i>Rower</i>	<i>T2/Pozycja</i>	<i>Bieg</i>	<i>Time</i>	<i>Diff.</i>
387	MACZYNSKI	CZESLAW	POL	MCBIKE	52		00:44:19 / 233	00:02:52 / 219	02:39:25 / 66	00:02:32 / 108		DNF	
413	JERZY	RAFAL	POL	KS IRONMAN C/S POLSKA	66							DNS	
422	BOBROWNICKI-LIBCHEN	GRZEGORZ	POL	LLB	62		00:42:23 / 218	00:06:34 / 233	03:26:42 / 259	00:03:55 / 254		DSQ	
426	KOWALSKI	TOMEK	POL		86		00:27:12 / 13	00:01:27 / 15				DNF	

DYSKWALIFIKACJE: