

## Wyniki



| Miejsce | Nr  | Imię       | Nazwisko     | Klub / Miejscowość   | Kraj | Rok  | Kat. | Miejsce |    |   | Pływanie       | T1       | Rower         | T2       | Bieg          | Wynik    |
|---------|-----|------------|--------------|--|------|------|------|---------|----|---|----------------|----------|---------------|----------|---------------|----------|
|         |     |            |              |  |      |      |      | kat.    | M  | K |                |          |               |          |               |          |
| 1       | 141 | Sylwester  | Swat         | SWAT Team / Przeźmierowo                                       | POL  | 1993 | M18  | 1       | 1  |   | 00:09:57 (1)   | 00:01:46 | 00:50:06 (1)  | 00:00:49 | 00:46:35 (1)  | 01:49:13 |
| 2       | 98  | Krzysztof  | Kokot        | zmierz-nie-szacuj.pl Badania wydolnościowe / Poznań            | POL  | 1992 | M24  | 1       | 2  |   | 00:11:01 (3)   | 00:01:29 | 00:52:12 (2)  | 00:00:38 | 00:49:43 (5)  | 01:55:03 |
| 3       | 53  | Maciej     | Adamczyk     | FTI TRI RACING TEAM OBORNIKI / Oborniki                        | POL  | 1981 | M30  | 1       | 3  |   | 00:11:40 (5)   | 00:01:50 | 00:54:53 (3)  | 00:00:49 | 00:48:40 (3)  | 01:57:52 |
| 4       | 101 | Przemysław | Topolewski   | BE3 CITYZEN_ POZNAŃ / Poznań                                   | POL  | 1982 | M30  | 2       | 4  |   | 00:10:26 (2)   | 00:01:46 | 00:56:20 (7)  | 00:00:53 | 00:50:51 (7)  | 02:00:16 |
| 5       | 139 | Radek      | Ostrowski    | Duda-Cars TP-Link Rybczyński Team / Puszczykowo                | POL  | 1980 | M30  | 3       | 5  |   | 00:13:35 (24)  | 00:02:50 | 00:55:30 (4)  | 00:01:23 | 00:49:40 (4)  | 02:02:58 |
| 6       | 14  | Łukasz     | Grycman      | Cart-Pack TEAM / Trzcinica                                     | POL  | 1978 | M30  | 4       | 6  |   | 00:12:37 (12)  | 00:01:59 | 00:56:48 (8)  | 00:00:58 | 00:54:10 (11) | 02:06:32 |
| 7       | 138 | Marcin     | Wieczorek    | BE3_CityZen/Mosina Biega / Mosina                              | POL  | 1982 | M30  | 5       | 7  |   | 00:12:25 (10)  | 00:02:26 | 01:01:34 (20) | 00:01:16 | 00:49:58 (6)  | 02:07:39 |
| 8       | 131 | Mateusz    | Niedbała     | Volkswagen MTB Team / Murowana Goślina                         | POL  | 1977 | M30  | 6       | 8  |   | 00:13:06 (18)  | 00:02:28 | 00:56:11 (6)  | 00:00:45 | 00:55:15 (13) | 02:07:45 |
| 9       | 102 | Przemysław | Wawrzynek    | Koziegłowy   | POL  | 1989 | M24  | 2       | 9  |   | 00:11:09 (4)   | 00:01:29 | 01:01:42 (21) | 00:00:31 | 00:55:44 (17) | 02:10:35 |
| 10      | 132 | Piotr      | Kotkowski    | Drużyna Szpiku / MaratonyPolskie TEAM / Poznań                 | POL  | 1975 | M40  | 1       | 10 |   | 00:15:26 (67)  | 00:02:32 | 01:03:35 (34) | 00:00:37 | 00:48:32 (2)  | 02:10:42 |
| 11      | 109 | Dariusz    | Gorgoliński  | KB Katorżnik Murowana Goślina / Murowana Goślina               | POL  | 1979 | M30  | 7       | 11 |   | 00:15:20 (63)  | 00:02:19 | 00:57:28 (10) | 00:01:57 | 00:54:00 (10) | 02:11:04 |
| 12      | 129 | Edward     | Królikowski  | KB MANIAC / PLEWISKA   | POL  | 1970 | M40  | 2       | 12 |   | 00:13:09 (19)  | 00:01:57 | 01:01:51 (23) | 00:01:00 | 00:54:35 (12) | 02:12:32 |
| 13      | 38  | Arkadiusz  | Święcicki    | WKPZ Minus / Kiekrz  | POL  | 1978 | M30  | 8       | 13 |   | 00:14:40 (46)  | 00:01:47 | 00:59:45 (15) | 00:00:54 | 00:55:32 (16) | 02:12:38 |
| 14      | 120 | Filip      | Mańczak      | Great Poland Bike Team / Kicin                                 | POL  | 1979 | M30  | 9       | 14 |   | 00:14:20 (37)  | 00:02:06 | 00:57:17 (9)  | 00:00:52 | 00:58:31 (32) | 02:13:06 |
| 15      | 15  | Marcin     | Sroczyński   | tiramisu.net.pl / Poznań                                       | POL  | 1971 | M40  | 3       | 15 |   | 00:13:21 (23)  | 00:01:57 | 01:00:27 (16) | 00:01:19 | 00:57:50 (27) | 02:14:54 |
| 16      | 142 | Stanisław  | Polkowski    | zmierz-nie-szacuj.pl Badania wydolnościowe. / Murowana Goślina | POL  | 1963 | M50+ | 1       | 16 |   | 00:13:35 (25)  | 00:01:45 | 01:03:31 (33) | 00:00:40 | 00:55:24 (15) | 02:14:55 |
| 17      | 19  | Jakub      | Krych        | POLART NUTRAXX TEAM / Poznań                                   | POL  | 1982 | M30  | 10      | 17 |   | 00:14:07 (34)  | 00:02:20 | 00:58:58 (11) | 00:01:26 | 00:58:09 (31) | 02:15:00 |
| 18      | 32  | Marcin     | Paszkiewicz  | FTI / Poyna}   | POL  | 1976 | M40  | 4       | 18 |   | 00:14:09 (35)  | 00:01:43 | 01:01:24 (18) | 00:01:18 | 00:57:06 (24) | 02:15:40 |
| 19      | 57  | Filip      | Gruszczyński | Poznań   | POL  | 1987 | M24  | 3       | 19 |   | 00:15:37 (70)  | 00:01:46 | 01:04:14 (36) | 00:01:05 | 00:53:00 (9)  | 02:15:42 |
| 20      | 157 | Szymon     | Kwiatkowski  | FOGT BIKES / Poznań  | POL  | 1993 | M18  | 2       | 20 |   | 00:15:08 (58)  | 00:02:41 | 00:56:05 (5)  | 00:00:49 | 01:01:38 (47) | 02:16:21 |
| 21      | 104 | Tomasz     | Sibiński     | STARZYNSKI.COACH / Dąbrówka                                    | POL  | 1982 | M30  | 11      | 21 |   | 00:15:04 (55)  | 00:02:33 | 00:59:36 (12) | 00:01:18 | 00:57:54 (29) | 02:16:25 |
| 22      | 128 | Marcin     | Fołyński     | trenertriathlonu.pl / Gruszczyn                                | POL  | 1977 | M30  | 12      | 22 |   | 00:14:38 (42)  | 00:01:32 | 01:02:35 (28) | 00:01:13 | 00:56:34 (20) | 02:16:32 |
| 23      | 31  | Piotr      | Stańczak     | Czerwonak Biega / Koziegłowy                                   | POL  | 1982 | M30  | 13      | 23 |   | 00:19:40 (121) | 00:03:48 | 00:59:41 (14) | 00:01:45 | 00:52:05 (8)  | 02:16:59 |
| 24      | 68  | Grzegorz   | Członkowski  | Dziki z Moraska / Poznań                                       | POL  | 1976 | M40  | 5       | 24 |   | 00:12:11 (7)   | 00:01:59 | 00:59:40 (13) | 00:00:55 | 01:02:28 (51) | 02:17:13 |
| 25      | 76  | Grzegorz   | Wolnik       | TGV CLUB/NODON / Kościan                                       | POL  | 1981 | M30  | 14      | 25 |   | 00:13:54 (30)  | 00:02:16 | 01:04:34 (39) | 00:00:57 | 00:56:59 (22) | 02:18:40 |
| 26      | 70  | Paweł      | Muchowicz    | Dziki z Moraska / Poznan                                       | POL  | 1974 | M40  | 6       | 26 |   | 00:14:48 (49)  | 00:02:04 | 01:01:15 (17) | 00:01:01 | 00:59:38 (38) | 02:18:46 |
| 27      | 156 | Łukasz     | Karmelita    | LUG TEAM / Zielona Góra  | POL  | 1979 | M30  | 15      | 27 |   | 00:15:46 (72)  | 00:02:35 | 01:02:53 (31) | 00:01:22 | 00:57:08 (25) | 02:19:44 |
| 28      | 17  | Barbara    | Nadolska     | FTI TRI RACING TEAM OBORNIKI / Murowana Goślina                | POL  | 1985 | K30  | 1       |    | 1 | 00:14:31 (40)  | 00:01:59 | 01:05:53 (47) | 00:00:55 | 00:56:45 (21) | 02:20:03 |
| 29      | 52  | Robert     | Gadziński    | . / Krosno   | POL  | 1975 | M40  | 7       | 28 |   | 00:14:34 (41)  | 00:02:59 | 01:01:43 (22) | 00:01:10 | 00:59:55 (40) | 02:20:21 |
| 30      | 62  | Agnieszka  | Żałuska-Lipa | Mosina Biega / Mosina  | POL  | 1979 | K30  | 2       |    | 2 | 00:16:22 (83)  | 00:02:49 | 01:04:04 (35) | 00:00:44 | 00:56:33 (19) | 02:20:32 |
| 31      | 46  | Bogdan     | Kaczmarczyk  | KLUB PŁYWACKI KOZIEGŁOWY / Murowana Goślina                    | POL  | 1980 | M30  | 16      | 29 |   | 00:14:03 (32)  | 00:02:07 | 01:02:20 (25) | 00:01:24 | 01:00:51 (43) | 02:20:45 |
| 32      | 124 | Marcin     | Kociemba     | Naramowice Biegają / Poznań                                    | POL  | 1981 | M30  | 17      | 30 |   | 00:17:25 (99)  | 00:02:33 | 01:02:05 (24) | 00:01:37 | 00:57:25 (26) | 02:21:05 |

## Wyniki



| Miejsce | Nr  | Imię       | Nazwisko      | Klub / Miejscowość                                   | Kraj | Rok  | Kat. | Miejsce |    |   | Pływanie       | T1       | Rower          | T2       | Bieg          | Wynik    |
|---------|-----|------------|---------------|--|------|------|------|---------|----|---|----------------|----------|----------------|----------|---------------|----------|
|         |     |            |               |  |      |      |      | kat.    | M  | K |                |          |                |          |               |          |
| 33      | 67  | Piotr      | Rostek        | zmierz-nie-szacuj.pl Badania wydolnościowe / Jelonek | POL  | 1961 | M50+ | 2       | 31 |   | 00:14:04 (33)  | 00:01:59 | 01:06:19 (51)  | 00:00:55 | 00:57:53 (28) | 02:21:10 |
| 34      | 153 | Maciej     | Petza         |  | POL  | 1966 | M50+ | 3       | 32 |   | 00:13:11 (20)  | 00:02:38 | 01:05:49 (46)  | 00:00:49 | 00:59:28 (36) | 02:21:55 |
| 35      | 79  | Darek      | Skotnicki     | Goleńczewo   | POL  | 1970 | M40  | 8       | 33 |   | 00:12:50 (14)  | 00:02:11 | 01:02:29 (27)  | 00:01:19 | 01:03:10 (55) | 02:21:59 |
| 36      | 35  | Michał     | Marciniak     | Janikowo   | POL  | 1980 | M30  | 18      | 34 |   | 00:16:01 (78)  | 00:02:13 | 01:02:22 (26)  | 00:01:12 | 01:00:52 (44) | 02:22:40 |
| 37      | 65  | Miłosz     | Świć          | Dziki Klub Academia / Łódź                           | POL  | 1988 | M24  | 4       | 35 |   | 00:15:16 (61)  | 00:03:57 | 01:06:21 (52)  | 00:01:55 | 00:55:48 (18) | 02:23:17 |
| 38      | 86  | Michał     | Binkowski     | Poznań   | POL  | 1989 | M24  | 5       | 36 |   | 00:12:52 (15)  | 00:02:10 | 01:01:30 (19)  | 00:00:53 | 01:05:56 (68) | 02:23:21 |
| 39      | 88  | Krzysztof  | Wojciechowski | CZERWONAK / Czerwonak                                | POL  | 1971 | M40  | 9       | 37 |   | 00:15:49 (75)  | 00:03:13 | 01:04:26 (37)  | 00:01:59 | 00:57:58 (30) | 02:23:25 |
| 40      | 152 | Jacek      | Kaszkowiak    | Pobiedziska  | POL  | 1988 | M24  | 6       | 38 |   | 00:14:23 (39)  | 00:01:31 | 01:02:37 (29)  | 00:01:13 | 01:04:02 (60) | 02:23:46 |
| 41      | 89  | Dariusz    | Janas         | Biegacze Juniora - Runners Team / Czerwonak          | POL  | 1975 | M40  | 10      | 39 |   | 00:14:20 (38)  | 00:03:23 | 01:07:04 (54)  | 00:02:30 | 00:57:01 (23) | 02:24:18 |
| 42      | 151 | Marcin     | Basiński      | okbas / Paczkowo                                     | POL  | 1974 | M40  | 11      | 40 |   | 00:12:53 (16)  | 00:02:43 | 01:08:14 (64)  | 00:01:21 | 00:59:22 (35) | 02:24:33 |
| 43      | 25  | Michał     | Czajka        | Poznań   | POL  | 1981 | M30  | 19      | 41 |   | 00:12:21 (9)   | 00:04:08 | 01:07:47 (61)  | 00:00:51 | 00:59:34 (37) | 02:24:41 |
| 44      | 90  | Adam       | Maliszewski   | Czerwonak Biega / Poznań                             | POL  | 1992 | M24  | 7       | 42 |   | 00:14:39 (44)  | 00:02:38 | 01:11:57 (86)  | 00:00:47 | 00:55:23 (14) | 02:25:24 |
| 45      | 80  | Piotr      | Ostrowicki    | Poznań   | POL  | 1971 | M40  | 12      | 43 |   | 00:15:12 (59)  | 00:03:25 | 01:05:37 (45)  | 00:01:32 | 01:00:10 (42) | 02:25:56 |
| 46      | 126 | Mateusz    | Siebert       | Poznań   | POL  | 1995 | M18  | 3       | 44 |   | 00:15:00 (54)  | 00:02:44 | 01:02:47 (30)  | 00:01:04 | 01:05:01 (62) | 02:26:36 |
| 47      | 143 | Waldemar   | Olkiewicz     | salwadore / Potasze                                  | POL  | 1963 | M50+ | 4       | 45 |   | 00:15:12 (60)  | 00:02:08 | 01:06:35 (53)  | 00:01:11 | 01:03:33 (57) | 02:28:39 |
| 48      | 12  | Paweł      | Jazikowski    | Strzeszyn / Poznań                                   | POL  | 1972 | M40  | 13      | 46 |   | 00:13:48 (27)  | 00:02:56 | 01:10:11 (76)  | 00:00:47 | 01:01:04 (45) | 02:28:46 |
| 49      | 50  | Gizela     | Rakowska      | NorhtecBikeTeam/RowerTramp / Poznań                  | POL  | 1984 | K30  | 3       |    | 3 | 00:14:43 (47)  | 00:02:35 | 01:04:26 (38)  | 00:00:53 | 01:06:13 (69) | 02:28:50 |
| 50      | 148 | Piotr      | Jarczyński    | Mosina   | POL  | 1983 | M30  | 20      | 47 |   | 00:19:34 (120) | 00:03:21 | 01:05:34 (44)  | 00:01:49 | 00:58:40 (33) | 02:28:58 |
| 51      | 159 | Leszek     | Leszczyński   | Poznań   | POL  | 1972 | M40  | 14      | 48 |   | 00:15:47 (73)  | 00:02:29 | 01:07:19 (57)  | 00:01:43 | 01:02:23 (49) | 02:29:41 |
| 52      | 92  | Jerzy      | Wysocki       | Czarne Stopy / Bydgoszcz                             | POL  | 1963 | M50+ | 5       | 49 |   | 00:16:26 (84)  | 00:03:05 | 01:06:03 (49)  | 00:01:03 | 01:03:30 (56) | 02:30:07 |
| 53      | 49  | Bartosz    | Stępa         | Husaria Szczepankowo / Poznań                        | POL  | 1989 | M24  | 8       | 50 |   | 00:17:25 (100) | 00:02:45 | 01:09:47 (73)  | 00:00:38 | 00:59:51 (39) | 02:30:26 |
| 54      | 30  | Marcin     | Najewski      | Fundacja Rakoff / Poznań                             | POL  | 1982 | M30  | 21      | 51 |   | 00:15:41 (71)  | 00:04:04 | 01:09:24 (71)  | 00:01:36 | 01:00:04 (41) | 02:30:49 |
| 55      | 133 | Piotr      | Kapciński     | OLB / Poznań   | POL  | 1984 | M30  | 22      | 52 |   | 00:16:51 (90)  | 00:04:04 | 01:08:35 (67)  | 00:00:56 | 01:01:39 (48) | 02:32:05 |
| 56      | 137 | Monika     | Murawska      | Poznań   | POL  | 1980 | K30  | 4       |    | 4 | 00:14:38 (43)  | 00:02:46 | 01:08:59 (69)  | 00:01:29 | 01:04:53 (61) | 02:32:45 |
| 57      | 40  | Aleksandra | Dzierzkowska  | Malta Poznań / Kozięgłowy                            | POL  | 1962 | K50+ | 1       |    | 5 | 00:16:07 (81)  | 00:02:10 | 01:15:23 (105) | 00:00:51 | 00:58:56 (34) | 02:33:27 |
| 58      | 27  | Maciej     | Rydjan        | Kozięgłowy   | POL  | 1986 | M30  | 23      | 53 |   | 00:13:58 (31)  | 00:03:20 | 01:10:09 (75)  | 00:00:45 | 01:05:22 (66) | 02:33:34 |
| 59      | 117 | Marcin     | Waś           | :D / Poznań  | POL  | 1983 | M30  | 24      | 54 |   | 00:14:55 (52)  | 00:02:21 | 01:02:55 (32)  | 00:01:17 | 01:12:13 (90) | 02:33:41 |
| 60      | 113 | Jakub      | Majchrzycki   | Lulinek / Lulinek                                    | POL  | 1986 | M30  | 25      | 55 |   | 00:15:04 (56)  | 00:02:10 | 01:07:18 (56)  | 00:01:06 | 01:08:14 (77) | 02:33:52 |
| 61      | 84  | Stawomir   | Rosiak        | POLONIA ŚRODA / Środa wkp                            | POL  | 1970 | M40  | 15      | 56 |   | 00:13:18 (21)  | 00:03:10 | 01:08:33 (66)  | 00:01:36 | 01:08:03 (76) | 02:34:40 |
| 62      | 74  | Jacek      | Sudoł         | Bydgoszcz  | POL  | 1978 | M30  | 26      | 57 |   | 00:17:44 (104) | 00:02:43 | 01:10:16 (78)  | 00:01:07 | 01:02:52 (53) | 02:34:42 |
| 63      | 118 | Robert     | Koszela       | Kozięgłowy   | POL  | 1984 | M30  | 27      | 58 |   | 00:17:52 (106) | 00:03:36 | 01:06:01 (48)  | 00:01:10 | 01:06:13 (70) | 02:34:52 |
| 64      | 45  | Marcin     | Majchrzak     | KLUB PŁYWACKI KOZIEGŁOWY / Grzybowo / Skoki          | POL  | 1979 | M30  | 28      | 59 |   | 00:12:15 (8)   | 00:02:14 | 01:06:12 (50)  | 00:01:23 | 01:12:57 (94) | 02:35:01 |
| 65      | 83  | Zenon      | Filipowski    | SCIM / Wschowa                                       | POL  | 1973 | M40  | 16      | 60 |   | 00:14:49 (50)  | 00:03:37 | 01:08:38 (68)  | 00:02:01 | 01:06:49 (72) | 02:35:54 |
| 66      | 8   | Remik      | Świątek       | MB MOTORS TEAM / Owińska                             | POL  | 1976 | M40  | 17      | 61 |   | 00:13:19 (22)  | 00:02:45 | 01:08:01 (63)  | 00:00:54 | 01:10:58 (86) | 02:35:57 |
| 67      | 81  | Wiola      | Harkiewicz    | Naramowice Biegają / Poznań                          | POL  | 1987 | K24  | 1       |    | 6 | 00:19:19 (119) | 00:02:16 | 01:09:24 (72)  | 00:01:31 | 01:03:39 (59) | 02:36:09 |

## Wyniki



| Miejsce | Nr  | Imię       | Nazwisko            | Klub / Miejscowość                 | Kraj | Rok  | Kat. | Miejsce |    |    | Pływanie       | T1       | Rower          | T2       | Bieg           | Wynik    |
|---------|-----|------------|---------------------|------------------------------------|------|------|------|---------|----|----|----------------|----------|----------------|----------|----------------|----------|
|         |     |            |                     |                                    |      |      |      | kat.    | M  | K  |                |          |                |          |                |          |
| 68      | 121 | Wojciech   | Borkowski           | WiL Poznań / Poznań                | POL  | 1993 | M18  | 4       | 62 |    | 00:14:10 (36)  | 00:02:47 | 01:05:09 (43)  | 00:01:53 | 01:12:16 (91)  | 02:36:15 |
| 69      | 60  | Anna       | Mamełka             | Dziki Klub Academia / Łódź         | POL  | 1989 | K24  | 2       |    | 7  | 00:12:01 (6)   | 00:02:54 | 01:17:36 (119) | 00:00:47 | 01:03:02 (54)  | 02:36:20 |
| 70      | 155 | Patrycja   | Grzeszczyk          | FEHLAU RUN TEAM / Dąbrówka         | POL  | 1988 | K24  | 3       |    | 8  | 00:16:42 (88)  | 00:02:32 | 01:13:49 (99)  | 00:01:19 | 01:02:35 (52)  | 02:36:57 |
| 71      | 105 | Przemysław | Biruk               | tiramisu.net.pl / Zalasewo         | POL  | 1974 | M40  | 18      | 63 |    | 00:12:42 (13)  | 00:03:03 | 01:12:19 (89)  | 00:01:31 | 01:08:27 (79)  | 02:38:02 |
| 72      | 145 | Robert     | Thompson            | Sevilla                            | GBR  | 1970 | M40  | 19      | 64 |    | 00:15:04 (57)  | 00:03:41 | 01:16:35 (116) | 00:01:30 | 01:01:18 (46)  | 02:38:08 |
| 73      | 135 | Tomasz     | Krupa               | KLUB BŁYSKAWICZNEGO KALOSZA / WIRY | POL  | 1981 | M30  | 29      | 65 |    | 00:15:29 (68)  | 00:03:38 | 01:12:25 (92)  | 00:01:34 | 01:05:11 (64)  | 02:38:17 |
| 74      | 13  | Marek      | Janowski            | ZUZY MIŚ / KOZIEGLÓWY              | POL  | 1974 | M40  | 20      | 66 |    | 00:17:33 (102) | 00:02:28 | 01:10:55 (79)  | 00:01:56 | 01:05:49 (67)  | 02:38:41 |
| 75      | 33  | Piotr      | Krugiółka           | Poznań                             | POL  | 1982 | M30  | 30      | 67 |    | 00:17:05 (94)  | 00:03:43 | 01:04:53 (41)  | 00:01:47 | 01:11:53 (89)  | 02:39:21 |
| 76      | 41  | Michał     | Frąckowiak          | Czerwonak Biega / Poznań           | POL  | 1978 | M30  | 31      | 68 |    | 00:18:55 (115) | 00:03:08 | 01:07:35 (59)  | 00:02:20 | 01:07:42 (74)  | 02:39:40 |
| 77      | 93  | Krzysztof  | Błasik              | camouflage_shop / poznań           | POL  | 1973 | M40  | 21      | 69 |    | 00:15:24 (64)  | 00:04:19 | 01:11:34 (82)  | 00:02:25 | 01:06:47 (71)  | 02:40:29 |
| 78      | 111 | Michał     | Górzny              | -- / Czerwonak                     | POL  | 1991 | M24  | 9       | 70 |    | 00:13:50 (28)  | 00:01:57 | 01:10:04 (74)  | 00:01:25 | 01:13:20 (96)  | 02:40:36 |
| 79      | 51  | Justyna    | Balczewska          | Dziki Klub Academia / Łódź         | POL  | 1985 | K30  | 5       |    | 9  | 00:16:36 (86)  | 00:03:05 | 01:16:19 (112) | 00:01:06 | 01:03:35 (58)  | 02:40:41 |
| 80      | 4   | Marcin     | Rogaliński          | FC Owińska / Owińska               | POL  | 1978 | M30  | 32      | 71 |    | 00:21:03 (131) | 00:04:02 | 01:07:30 (58)  | 00:02:14 | 01:06:51 (73)  | 02:41:40 |
| 81      | 91  | Szymon     | Wydymus             | Swarzędz                           | POL  | 1986 | M30  | 33      | 72 |    | 00:16:59 (92)  | 00:06:03 | 01:12:22 (90)  | 00:01:10 | 01:05:19 (65)  | 02:41:53 |
| 82      | 150 | Dawid      | Nowak               | Poznań                             | POL  | 1981 | M30  | 34      | 73 |    | 00:13:50 (29)  | 00:02:41 | 01:14:02 (100) | 00:01:28 | 01:09:59 (85)  | 02:42:00 |
| 83      | 125 | Bartosz    | Burmistrz           | Sierosław                          | POL  | 1987 | M24  | 10      | 74 |    | 00:20:30 (127) | 00:02:23 | 01:15:58 (110) | 00:00:58 | 01:02:24 (50)  | 02:42:13 |
| 84      | 36  | Dariusz    | Wichtowski          | Poznań                             | POL  | 1978 | M30  | 35      | 75 |    |                |          |                |          | 01:16:14 (108) | 02:42:16 |
| 85      | 106 | Tomasz     | Nowak               | REHAU RELAZZO TEAM / Śrem          | POL  | 1978 | M30  | 36      | 76 |    | 00:16:50 (89)  | 00:02:49 | 01:04:45 (40)  | 00:01:44 | 01:17:06 (113) | 02:43:14 |
| 86      | 5   | Mariusz    | Staszak             | CISOWIANKA TEAM / Wierzyce         | POL  | 1973 | M40  | 22      | 77 |    | 00:18:59 (116) | 00:03:26 | 01:11:39 (83)  | 00:01:01 | 01:08:27 (80)  | 02:43:32 |
| 87      | 3   | Arkadiusz  | Błaszyk             | Leszno                             | POL  | 1995 | M18  | 5       | 78 |    | 00:20:52 (130) | 00:04:34 | 01:12:04 (87)  | 00:01:21 | 01:05:08 (63)  | 02:43:59 |
| 88      | 77  | Katarzyna  | Niedzielska         | Litwin Triathlon Team / Wrocław    | POL  | 1990 | K24  | 4       |    | 10 | 00:14:49 (51)  | 00:01:46 | 01:13:44 (98)  | 00:00:50 | 01:13:34 (97)  | 02:44:43 |
| 89      | 122 | Łukasz     | Grygier             | WiL Poznań / Poznań                | POL  | 1993 | M18  | 6       | 79 |    | 00:14:55 (53)  | 00:02:41 | 01:07:15 (55)  | 00:01:37 | 01:18:18 (116) | 02:44:46 |
| 90      | 16  | Piotr      | Bromka              | Jurand Runners Team / Poznań       | POL  | 1982 | M30  | 37      | 80 |    | 00:17:38 (103) | 00:02:23 | 01:07:44 (60)  | 00:00:41 | 01:16:49 (112) | 02:45:15 |
| 91      | 59  | Anna       | Sterna              | Gorzów Wlkp.                       | POL  | 1991 | K24  | 5       |    | 11 | 00:14:43 (48)  | 00:01:52 | 01:16:31 (115) | 00:01:01 | 01:12:22 (92)  | 02:46:29 |
| 92      | 114 | Rafał      | Siciński            | Maloka Team / Poznań               | POL  | 1983 | M30  | 38      | 81 |    | 00:13:38 (26)  | 00:02:05 | 01:12:30 (94)  | 00:00:44 | 01:17:36 (115) | 02:46:33 |
| 93      | 42  | Waldemar   | Foltynowicz         | Kostrzyn                           | POL  | 1983 | M30  | 39      | 82 |    | 00:18:22 (110) | 00:03:43 | 01:11:28 (81)  | 00:00:53 | 01:12:48 (93)  | 02:47:14 |
| 94      | 78  | Monika     | Paczyńska           | zalasewo                           | POL  | 1979 | K30  | 6       |    | 12 | 00:14:39 (45)  | 00:02:48 | 01:12:04 (88)  | 00:01:41 | 01:16:32 (110) | 02:47:44 |
| 95      | 48  | Marcin     | Leśniczak           | Koziegłowy                         | POL  | 1991 | M24  | 11      | 83 |    | 00:15:48 (74)  | 00:03:45 | 01:11:50 (84)  | 00:01:39 | 01:14:44 (102) | 02:47:46 |
| 96      | 71  | Sebastian  | Kołach              | Poznań                             | POL  | 1985 | M30  | 40      | 84 |    | 00:23:50 (138) | 00:05:12 | 01:07:47 (62)  | 00:02:16 | 01:08:43 (81)  | 02:47:48 |
| 97      | 160 | Marek      | Flejszman           | Poznań                             | POL  | 1973 | M40  | 23      | 85 |    | 00:18:42 (114) | 00:03:05 | 01:15:05 (103) | 00:01:27 | 01:09:44 (84)  | 02:48:03 |
| 98      | 11  | Michał     | Łakomy              | MB MOTORS TEAM / Czerwonak         | POL  | 1997 | M18  | 7       | 86 |    | 00:15:50 (77)  | 00:03:01 | 01:21:02 (128) | 00:00:36 | 01:07:44 (75)  | 02:48:13 |
| 99      | 95  | Janusz     | Okoń                | 1979 / Przeźmierowo                | POL  | 1979 | M30  | 41      | 87 |    | 00:17:12 (96)  | 00:02:43 | 01:08:16 (65)  | 00:01:04 | 01:19:18 (117) | 02:48:33 |
| 100     | 112 | Karolina   | Talarczyk-Wieczorek | Mosina                             | POL  | 1979 | K30  | 7       |    | 13 | 00:18:09 (107) | 00:03:25 | 01:14:19 (101) | 00:01:01 | 01:11:42 (87)  | 02:48:36 |
| 101     | 110 | Olga       | Komorowska          | Warszawa                           | POL  | 1992 | K24  | 6       |    | 14 | 00:12:30 (11)  | 00:02:38 | 01:20:15 (123) | 00:01:17 | 01:13:35 (98)  | 02:50:15 |
| 102     | 47  | Maciej     | Siodła              | Czerwonak                          | POL  | 1975 | M40  | 24      | 88 |    | 00:15:24 (65)  | 00:03:01 | 01:10:59 (80)  | 00:01:49 | 01:19:24 (119) | 02:50:37 |
| 103     | 58  | Krzysztof  | Gorynia             | Poznań                             | POL  | 1974 | M40  | 25      | 89 |    | 00:17:30 (101) | 00:02:56 | 01:12:29 (93)  | 00:01:39 | 01:16:13 (107) | 02:50:47 |
| 104     | 56  | Ewelina    | Burzyńska           | Natura Biedrusko / Poznań          | POL  | 1978 | K30  | 8       |    | 15 | 00:19:59 (123) | 00:04:07 | 01:15:32 (107) | 00:02:16 | 01:09:05 (82)  | 02:50:59 |

## Wyniki



| Miejsce | Nr  | Imię       | Nazwisko             | Klub / Miejscowość                        | Kraj | Rok  | Kat. | Miejsce |     |    | Pływanie       | T1       | Rower          | T2       | Bieg           | Wynik    |
|---------|-----|------------|----------------------|---|------|------|------|---------|-----|----|----------------|----------|----------------|----------|----------------|----------|
|         |     |            |                      |   |      |      |      | kat.    | M   | K  |                |          |                |          |                |          |
| 105     | 18  | Maciej     | Tyran                | MSICS Poznań / Bolechówko                 | POL  | 1970 | M40  | 26      | 90  |    | 00:20:08 (125) | 00:04:18 | 01:15:54 (109) | 00:02:30 | 01:08:24 (78)  | 02:51:14 |
| 106     | 107 | Bartłomiej | Ziatyk               | Poznań                                    | POL  | 1985 | M30  | 42      | 91  |    | 00:16:02 (79)  | 00:04:17 | 01:14:22 (102) | 00:01:36 | 01:16:06 (106) | 02:52:23 |
| 107     | 39  | Michał     | Wronecki             | KC Aguś / Poznań                          | POL  | 1982 | M30  | 43      | 92  |    | 00:15:19 (62)  | 00:03:05 | 01:16:26 (113) | 00:01:11 | 01:17:18 (114) | 02:53:19 |
| 108     | 149 | Mateusz    | Cichy                | Wola Poznań / Poznań                      | POL  | 1996 | M18  | 8       | 93  |    | 00:17:14 (97)  | 00:02:02 | 01:20:16 (124) | 00:00:53 | 01:13:12 (95)  | 02:53:37 |
| 109     | 87  | Krzysztof  | Mrugala              | Fresh Pizza Team / Poznań                 | POL  | 1989 | M24  | 12      | 94  |    | 00:15:49 (76)  | 00:02:29 | 01:10:14 (77)  | 00:00:40 | 01:24:26 (124) | 02:53:38 |
| 110     | 43  | Artur      | Kasperska            | Goggle PAE Team/ Polonia Środa / Poznań   | POL  | 1979 | M30  | 44      | 95  |    |                |          |                |          |                | 02:53:46 |
| 111     | 119 | Maciej     | Pechacz              | Poznań                                    | POL  | 1983 | M30  | 45      | 96  |    | 00:17:14 (98)  | 00:03:32 | 01:08:59 (70)  | 00:02:07 | 01:22:08 (122) | 02:54:00 |
| 112     | 20  | Izabela    | Wójcik               | :D / Lubicz Dolny                         | POL  | 1988 | K24  | 7       |     | 16 | 00:21:45 (133) | 00:03:15 | 01:12:24 (91)  | 00:00:48 | 01:16:00 (105) | 02:54:12 |
| 113     | 64  | Adam       | Dziomdziora          | Dziki Klub Academia / Łódź                | POL  | 1994 | M18  | 9       | 97  |    | 00:16:38 (87)  | 00:04:36 | 01:19:08 (120) | 00:01:08 | 01:13:56 (101) | 02:55:26 |
| 114     | 154 | Waldemar   | Kopczyński           | Puszczycowo                               | POL  | 1958 | M50+ | 6       | 98  |    | 00:17:02 (93)  | 00:03:17 | 01:15:26 (106) | 00:01:35 | 01:19:23 (118) | 02:56:43 |
| 115     | 26  | Renata     | Liberek              | KB Katorżnik Murowana Goślina / Łopuchowo | POL  | 1974 | K40  | 1       |     | 17 | 00:20:46 (129) | 00:04:32 | 01:12:41 (95)  | 00:04:43 | 01:14:53 (103) | 02:57:35 |
| 116     | 44  | Dariusz    | Foltynowicz          | Tulce                                     | POL  | 1980 | M30  | 46      | 99  |    | 00:19:49 (122) | 00:04:43 | 01:19:31 (122) | 00:00:43 | 01:13:40 (99)  | 02:58:26 |
| 117     | 147 | Tomasz     | Dera                 | Czerwonak Biega / Koziegłowy              | POL  | 1981 | M30  | 47      | 100 |    | 00:20:19 (126) | 00:04:16 | 01:15:51 (108) | 00:01:23 | 01:16:47 (111) | 02:58:36 |
| 118     | 146 | Julia      | Silbernagel - Urban  | Drużyna Szpiku / Owińska                  | POL  | 1978 | K30  | 9       |     | 18 | 00:17:05 (95)  | 00:02:52 | 01:28:46 (134) | 00:01:02 | 01:09:22 (83)  | 02:59:07 |
| 119     | 72  | Mateusz    | Koreciński           | Run & Fun / Bydgoszcz                     | POL  | 1987 | M24  | 13      | 101 |    | 00:17:44 (105) | 00:03:26 | 01:17:31 (118) | 00:00:58 | 01:19:44 (120) | 02:59:23 |
| 120     | 9   | Maurycy    | Dera                 | MB MOTORS TEAM / Mosina                   | POL  | 1991 | M24  | 14      | 102 |    | 00:19:08 (118) | 00:05:12 | 01:13:21 (97)  | 00:01:13 | 01:20:52 (121) | 02:59:46 |
| 121     | 61  | Maciej     | Matyjasik            | Poznań                                    | POL  | 1974 | M40  | 27      | 103 |    | 00:16:32 (85)  | 00:04:04 | 01:27:12 (132) | 00:01:07 | 01:11:46 (88)  | 03:00:41 |
| 122     | 24  | Tomasz     | Gulczyński           | Poznań                                    | POL  | 1987 | M24  | 15      | 104 |    | 00:12:54 (17)  | 00:03:14 | 01:16:13 (111) | 00:00:48 | 01:29:37 (132) | 03:02:46 |
| 123     | 1   | Bartosz    | Eleganczyk           | Ryanair Flying Team / Koziegłowy          | POL  | 1982 | M30  | 48      | 105 |    | 00:16:56 (91)  | 00:02:37 | 01:16:27 (114) | 00:01:38 | 01:25:32 (126) | 03:03:10 |
| 124     | 34  | Wojciech   | Błaszyk              | Maraton Leszno / Leszno                   | POL  | 1991 | M24  | 16      | 106 |    | 00:20:07 (124) | 00:02:48 | 01:13:03 (96)  | 00:01:04 | 01:27:26 (127) | 03:04:28 |
| 125     | 75  | Wiesław    | Lehnhardt            | Poznań                                    | POL  | 1970 | M40  | 28      | 107 |    | 00:23:42 (137) | 00:03:45 | 01:20:27 (125) | 00:00:48 | 01:16:19 (109) | 03:05:01 |
| 126     | 29  | Michał     | Chmielewski          | .....: TWISM ..... / Poznań               | POL  | 1982 | M30  | 49      | 108 |    | 00:15:25 (66)  | 00:02:44 | 01:22:33 (129) | 00:01:14 | 01:23:42 (123) | 03:05:38 |
| 127     | 158 | Krzysztof  | Kunowski             | Naramowice Biegają / Poznań               | POL  | 1972 | M40  | 29      | 109 |    | 00:30:35 (141) | 00:03:44 | 01:17:10 (117) | 00:02:05 | 01:15:24 (104) | 03:08:58 |
| 128     | 73  | Wanda      | Ziółkowska           | Szreniawa                                 | POL  | 1990 | K24  | 8       |     | 19 | 00:15:32 (69)  | 00:03:30 | 01:19:24 (121) | 00:01:27 | 01:29:15 (131) | 03:09:08 |
| 129     | 63  | Dorota     | Grzeleńska           | Dziki Klub Academia / Kalonka             | POL  | 1991 | K24  | 9       |     | 20 | 00:22:20 (135) | 00:06:41 | 01:27:32 (133) | 00:01:18 | 01:13:51 (100) | 03:11:42 |
| 130     | 21  | Marta      | Moskaluniec          | Poznań                                    | POL  | 1987 | K24  | 10      |     | 21 | 00:18:26 (111) | 00:02:44 | 01:21:01 (127) | 00:02:29 | 01:28:34 (128) | 03:13:14 |
| 131     | 82  | Katarzyna  | Klaja                | SCIM / Czerwonak                          | POL  | 1958 | K50+ | 2       |     | 22 | 00:18:20 (108) | 00:03:13 | 01:20:27 (126) | 00:01:10 | 01:31:14 (135) | 03:14:24 |
| 132     | 2   | Ariel      | Restel               | Owińska / Owińska                         | POL  | 1982 | M30  | 50      | 110 |    | 00:16:14 (82)  | 00:03:50 | 01:15:05 (104) | 00:02:05 | 01:39:08 (138) | 03:16:22 |
| 133     | 115 | Monika     | Pawelczyk-Miedziarek | Naramowice Biegają / Poznań               | POL  | 1978 | K30  | 10      |     | 23 | 00:18:21 (109) | 00:03:59 | 01:23:40 (130) | 00:01:21 | 01:29:51 (133) | 03:17:12 |
| 134     | 55  | Marek      | Konieczka            | Natura 2000 Biedrusko / BIEDRUSKO         | POL  | 1960 | M50+ | 7       | 111 |    | 00:18:40 (113) | 00:04:10 | 01:24:53 (131) | 00:01:19 | 01:28:49 (129) | 03:17:51 |
| 135     | 28  | Iza        | Jabłońska            | Koziegłowy                                | POL  | 1981 | K30  | 11      |     | 24 | 00:18:28 (112) | 00:02:13 | 01:34:02 (135) | 00:01:03 | 01:28:53 (130) | 03:24:39 |
| 136     | 96  | Karina     | Kapler - Tęgowska    | Koziegłowy                                | POL  | 1976 | K40  | 2       |     | 25 | 00:26:40 (140) | 00:02:50 | 01:41:45 (139) | 00:01:42 | 01:25:14 (125) | 03:38:11 |
| 137     | 136 | Joanna     | Matuszewska          | Husaria Szczepankowo / Poznań             | POL  | 1989 | K24  | 11      |     | 26 | 00:21:49 (134) | 00:02:49 | 01:42:50 (140) | 00:01:26 | 01:30:50 (134) | 03:39:44 |
| 138     | 103 | Anna       | Brodnicka            | Bike&Run&Friends / Poznań                 | POL  | 1972 | K40  | 3       |     | 27 | 00:20:38 (128) | 00:05:49 | 01:36:16 (137) | 00:04:50 | 01:38:28 (136) | 03:46:01 |
| 139     | 100 | Tomasz     | Siodła               | Bike&Run&Friends / Stęszewko              | POL  | 1971 | M40  | 30      | 112 |    | 00:22:35 (136) | 00:04:13 | 01:36:09 (136) | 00:04:52 | 01:38:29 (137) | 03:46:18 |
| DNF     | 144 | Katarzyna  | Wróbel               | Bolechówko                                | POL  | 1981 | K30  |         |     |    | 00:19:03 (117) | 00:03:17 | 01:04:56 (42)  |          |                |          |
| DNF     | 97  | Ryszard    | Weber                | Swarzędz                                  | POL  | 1962 | M50+ |         |     |    | 00:16:03 (80)  | 00:02:41 | 01:11:52 (85)  |          |                |          |

TRIATHLON CZERWONAK 2016

Organizator: Centrum Rozwoju Kultury Fizycznej AKWEN w Czerwonaku

Dystans: pływanie - 750m, rower - 26,2km, bieg - 11,3km

Owińska, 2016-08-27

## Wyniki



| Miejsce | Nr  | Imię    | Nazwisko    | Klub / Miejscowość                  | Kraj | Rok  | Kat. | Miejsce |   |   | Pływanie       | T1       | Rower          | T2 | Bieg | Wynik |
|---------|-----|---------|-------------|-------------------------------------|------|------|------|---------|---|---|----------------|----------|----------------|----|------|-------|
|         |     |         |             |                                     |      |      |      | kat.    | M | K |                |          |                |    |      |       |
| DNF     | 123 | Damian  | Siebert     | Democo / Poznań                     | POL  | 1988 | M24  |         |   |   | 00:21:27 (132) | 00:01:33 | 01:37:18 (138) |    |      |       |
| DNF     | 10  | Marcin  | Jańczyk     | MB MOTORS TEAM / Biernatki          | POL  | 1979 | M30  |         |   |   | 00:25:53 (139) |          |                |    |      |       |
| DNS     | 108 | Mikołaj | Tomaszewski | kościan / Koscian                   | POL  | 1983 | M30  |         |   |   |                |          |                |    |      |       |
| DNS     | 130 | Robert  | Dehmel      | Murowana Goślina / Murowana Goślina | POL  | 1959 | M50+ |         |   |   |                |          |                |    |      |       |

RAZEM: 145