

## Wyniki

Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
1	248	Michał	Oliwa	AZS AWF KATOWICE / Szczecin	POL	1997	M20	1	1		00:11:31 (1)	00:01:39	01:07:06 (2)	00:00:26	00:36:19 (1)	01:57:01
2	443	Kasper	Tochowicz	TriWise / Goleszów	POL	1995	M20	2	2		00:14:30 (5)	00:02:00	01:05:11 (1)	00:00:28	00:39:43 (3)	02:01:52
3	416	Michał	Majchrzak	TGV Club/Soleus / Nowy Lubosz	POL	1985	M30	1	3		00:15:17 (9)	00:02:23	01:07:18 (3)	00:00:42	00:40:41 (4)	02:06:21
4	307	Piotr	Jackowiak	Gvt / surowyProjekt / Brzeg	POL	1986	M30	2	4		00:14:38 (6)	00:02:20	01:08:41 (9)	00:00:40	00:41:05 (7)	02:07:24
5	240	Agnieszka	Jerzyk	64-sto / Leszno	POL	1988	K30	1		1	00:13:38 (3)	00:01:59	01:09:52 (13)	00:00:37	00:42:00 (9)	02:08:06
6	314	Michał	KoŁaciŃski	Inalfa WrzeŃnia / Kalisz	POL	1981	M30	3	5		00:17:42 (40)	00:02:04	01:08:06 (5)	00:00:45	00:39:29 (2)	02:08:06
7	441	Michał	UrbaŃski	TriSpace/ Neuron Rehabilitacja / Osielesko	POL	1997	M20	3	6		00:12:25 (2)	00:02:12	01:10:55 (14)	00:00:49	00:42:00 (10)	02:08:21
8	296	Michał	WojtyŁo	GT RAT / Wroclaw	POL	1982	M30	4	7		00:15:58 (16)	00:02:16	01:08:25 (7)	00:01:01	00:42:00 (11)	02:09:40
9	440	Adam	Zięba	TriSpace / Bydgoszcz	POL	1973	M40	1	8		00:17:37 (39)	00:02:20	01:08:24 (6)	00:00:33	00:41:01 (6)	02:09:55
10	615	Mateusz	Tylek	Go Ride Racing Team / Głogoczków	POL	1983	M30	5	9		00:15:42 (13)	00:02:20	01:08:44 (10)	00:00:51	00:42:32 (13)	02:10:09
11	450	Michał	Wierzbicki	Willow/Zgrupka / Świebodzin	POL	1991	M20	4	10		00:16:30 (23)	00:02:08	01:11:45 (19)	00:00:44	00:41:55 (8)	02:13:02
12	510	Marek	Malec	ZDUNY	POL	1987	M30	6	11		00:15:34 (11)	00:02:45	01:11:57 (21)	00:00:45	00:42:07 (12)	02:13:08
13	621	Adam	Maniak	MiŁoszyce	POL	1979	M30	7	12		00:16:56 (32)	00:02:24	01:14:03 (33)	00:00:40	00:40:50 (5)	02:14:53
14	294	Nikodem	Niewiejski	GT RAT / Ostrzeszów	POL	1994	M20	5	13		00:16:32 (24)	00:02:28	01:11:03 (17)	00:00:41	00:44:25 (25)	02:15:09
15	435	Filip	PraŁat	TriSpace / PiŁa	POL	1988	M30	8	14		00:16:15 (19)	00:02:25	01:11:01 (16)	00:00:33	00:45:01 (35)	02:15:15
16	487	Paweł	Jędrasiewicz	Jelenia Góra	POL	1987	M30	9	15		00:18:33 (59)	00:02:11	01:11:08 (18)	00:00:34	00:43:04 (15)	02:15:30
17	353	Michał	Chmielewski	METZINK TRI / Szczytniki	POL	1982	M30	10	16		00:16:46 (28)	00:02:27	01:09:11 (11)	00:00:33	00:47:15 (62)	02:16:12
18	236	Maciej	Lewandowski	#DASHRADE Team / Wroclaw	POL	1989	M20	6	17		00:17:55 (45)	00:02:17	01:12:53 (24)	00:01:00	00:42:53 (14)	02:16:58
19	376	Mikołaj	Tomaszewski	Pan / KoŃcian	POL	1983	M30	11	18		00:17:29 (36)	00:03:03	01:12:44 (23)	00:00:51	00:44:09 (20)	02:18:16
20	253	Anna	Peterek	BB RUNNERS/LOCOPRINT TEAM / Poznań	POL	1990	K20	1		2	00:14:56 (8)	00:02:21	01:16:04 (53)	00:00:41	00:44:45 (32)	02:18:47
21	262	Adam	KuŃ	Cityzen_/BE3 / Poznań	POL	1997	M20	7	19		00:19:27 (87)	00:02:27	01:12:57 (25)	00:00:46	00:43:14 (16)	02:18:51
22	452	Michał	Wasztył	Witkowo biega / Powidz	POL	1989	M20	8	20		00:15:46 (14)	00:02:20	01:15:08 (42)	00:00:50	00:45:42 (43)	02:19:46
23	612	Jakub	Stawarz	Saverland Team / Poznań	POL	1986	M30	12	21		00:18:09 (51)	00:02:47	01:11:45 (20)	00:00:45	00:46:35 (51)	02:20:01
24	269	Marcin	JaŃkiewicz	Diamant Decathlon Gniezno / Mogilno	POL	1985	M30	13	22		00:16:54 (31)	00:02:16	01:14:06 (35)	00:00:51	00:46:46 (55)	02:20:53
25	509	Maxime	Limpens	Kamionki	FRA	1983	M30	14	23		00:19:45 (99)	00:03:38	01:08:29 (8)	00:01:07	00:47:56 (75)	02:20:55
26	455	Marek	DembiŃski	Wójtowicz TRI Team / Atimex / Poznań	POL	1974	M40	2	24		00:14:48 (7)	00:03:00	01:17:51 (83)	00:01:17	00:44:03 (19)	02:20:59
27	362	Krzysztof	Domino	MTS Drużyna Szpiku KGHM / Głogów	POL	1975	M40	3	25		00:18:04 (50)	00:02:50	01:10:55 (15)	00:00:57	00:48:19 (78)	02:21:05
28	415	Maciej	Woźniak	TGV Club Soleus / KoŃcian	POL	1980	M30	15	26		00:15:21 (10)	00:02:43	01:12:04 (22)	00:00:38	00:51:11 (121)	02:21:57
29	412	Dariusz	Tauchert	TADAR TEAM / Kamionki	POL	1967	M50	1	27		00:16:49 (29)	00:02:45	01:16:17 (58)	00:00:45	00:45:26 (41)	02:22:02
30	437	Oliwier	Szyttenholm	TriSpace / Bydgoszcz	POL	1982	M30	16	28		00:18:57 (73)	00:02:27	01:13:31 (31)	00:00:51	00:46:35 (52)	02:22:21
31	388	Jacek	Swędrowski	PROGRESS DESIGN / Konin	POL	1977	M40	4	29		00:19:06 (79)	00:02:51	01:15:13 (45)	00:00:34	00:44:55 (34)	02:22:39
32	500	Andrzej	Kostka	POLKOWICE	POL	1966	M50	2	30		00:19:34 (92)	00:02:49	01:14:44 (38)	00:01:13	00:44:20 (23)	02:22:40
33	451	Arkadiusz	Święcicki	Winter Swimming Team Poland / Kiekrz	POL	1978	M40	5	31		00:20:00 (112)	00:03:07	01:13:04 (26)	00:00:36	00:46:14 (47)	02:23:01
34	241	Mateusz	NenkaŁa	64-sto / Leszno	POL	1993	M20	9	32		00:18:49 (71)	00:03:13	01:16:15 (56)	00:00:48	00:43:59 (18)	02:23:04
35	549	Michał	Wojciechowski	Kruszewnia	POL	1987	M30	17	33		00:18:38 (62)	00:02:14	01:17:14 (71)	00:00:39	00:44:42 (31)	02:23:27
36	330	Paweł	BŁaŻutycz	KS KROTOSZ Krotoszyn / CIESZKÓW	POL	1973	M40	6	34		00:19:07 (80)	00:03:27	01:13:26 (30)	00:00:53	00:46:38 (53)	02:23:31
37	374	Bartosz	KaŁwiŃski	Padre team / Puszczykowo	POL	1987	M30	18	35		00:17:36 (38)	00:02:26	01:18:22 (87)	00:00:59	00:44:29 (26)	02:23:52

# Wyniki

Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
38	297	Olimpia	Wojtyło	GT RAT / Wrocław	POL	1981	K30	2		3	00:18:14 (52)	00:01:23	01:15:21 (47)	00:00:41	00:48:23 (79)	02:24:02
39	246	Ireneusz	Kijak	AlleSport / Poznań	POL	1985	M30	19	36		00:19:00 (74)	00:02:38	01:17:02 (68)	00:00:35	00:44:54 (33)	02:24:09
40	288	Sergey	Chernobriwenko	GT RAT / Wrocław	RUS	1987	M30	20	37		00:19:10 (82)	00:02:43	01:16:11 (55)	00:00:39	00:45:30 (42)	02:24:13
41	263	Marcin	Wieczorek	Cityzen/AF Mosina / Mosina	POL	1982	M30	21	38		00:18:01 (48)	00:03:20	01:17:25 (75)	00:00:54	00:44:39 (30)	02:24:19
42	358	Andrzej	Grześ	MOS Śrem / Śrem	POL	1994	M20	10	39		00:17:26 (34)	00:01:57	01:14:25 (36)	00:00:32	00:50:05 (103)	02:24:25
43	279	Tomasz	Stryczyński	eFitness Racing Team / komorniki	POL	1978	M40	7	40		00:16:11 (18)	00:02:30	01:14:38 (37)	00:00:51	00:50:26 (106)	02:24:36
44	425	Tomasz	Jankowski	TriSpace / Bydgoszcz	POL	1973	M40	8	41		00:19:18 (86)	00:02:34	01:15:52 (50)	00:01:04	00:46:03 (46)	02:24:51
45	303	Maciej	Radecki	GVT / Wrocław	POL	1982	M30	22	42		00:20:04 (116)	00:02:29	01:15:16 (46)	00:00:57	00:46:25 (48)	02:25:11
46	414	Bartosz	Michałowski	TGV Club Soleus / Kościan	POL	1980	M30	23	43		00:16:29 (22)	00:02:47	01:13:39 (32)	00:01:08	00:51:27 (126)	02:25:30
47	336	Mariusz	Borowiak	Labosport Jary / Jary	POL	1976	M40	9	44		00:20:05 (118)	00:02:43	01:17:11 (70)	00:00:46	00:45:01 (36)	02:25:46
48	532	Sebastian	Ryś	Tulce	POL	1975	M40	10	45		00:16:33 (25)	00:02:49	01:13:14 (28)	00:01:01	00:52:20 (139)	02:25:57
49	473	Szymon	Fiedorow	Dobroszów Oleśnicki	POL	1973	M40	11	46		00:18:33 (60)	00:03:09	01:16:31 (62)	00:01:12	00:44:34 (29)	02:25:59
50	540	Piotr	Świerczewski	Smolec	POL	1974	M40	12	47		00:17:28 (35)	00:03:13	01:14:50 (40)	00:01:23	00:49:11 (92)	02:26:05
51	337	Janusz	Misiaszek	Labosport Team / Kędzierzyn- Koźle	POL	1958	M60+	1	48		00:20:02 (114)	00:02:28	01:16:03 (52)	00:00:50	00:46:46 (56)	02:26:09
52	438	Jacek	Trawczyński	TriSpace / Bydgoszcz	POL	1969	M40	13	49		00:20:57 (150)	00:02:19	01:13:11 (27)	00:00:54	00:49:09 (91)	02:26:30
53	289	Arkadiusz	Janiszewski	GT RAT / Środa Śląska	POL	1971	M40	14	50		00:21:26 (167)	00:03:16	01:13:15 (29)	00:01:06	00:47:38 (70)	02:26:41
54	497	Waldek	Konieczny	Dolsk	POL	1989	M20	11	51		00:20:17 (128)	00:02:46	01:18:29 (89)	00:00:49	00:44:30 (28)	02:26:51
55	468	Paweł	Borkowski	Berlin	POL	1987	M30	24	52		00:20:22 (132)	00:02:30	01:15:09 (43)	00:00:48	00:48:04 (76)	02:26:53
56	616	Włodzimierz	Krawczyk	CiachoTeamTriathlon / Śrem	POL	1964	M50	3	53		00:17:17 (33)	00:02:27	01:14:03 (34)	00:00:47	00:52:27 (140)	02:27:01
57	428	Angelika	Kowalska	TriSpace / Przyłęki	POL	1981	K30	3		4	00:18:45 (67)	00:02:23	01:16:35 (63)	00:00:53	00:48:53 (86)	02:27:29
58	251	Bartosz	Michalak	Barnej Ciacho Triathlon Team / Śrem	POL	1979	M30	25	54		00:22:54 (215)	00:03:05	01:16:28 (60)	00:01:00	00:44:13 (21)	02:27:40
59	378	Piotr	Idzikowski	PFM' / Suchy Las	POL	1979	M30	26	55		00:19:04 (77)	00:03:15	01:15:39 (49)	00:01:09	00:48:37 (82)	02:27:44
60	357	Maciej	Petza	montemoro.pl / Poznań	POL	1966	M50	4	56		00:19:59 (111)	00:02:41	01:17:09 (69)	00:00:58	00:46:57 (57)	02:27:44
61	436	Marcin	Sobczak	TriSpace / ŻOŁĘDOWO	POL	1975	M40	15	57		00:17:59 (47)	00:02:29	01:19:22 (94)	00:00:51	00:47:09 (60)	02:27:50
62	287	Natalia	Bihun	GT RAT / Siechnice	POL	1987	K30	4		5	00:19:37 (94)	00:03:07	01:19:47 (99)	00:00:58	00:44:29 (27)	02:27:58
63	433	Karol	Mullert	TriSpace / Bydgoszcz	POL	1982	M30	27	58		00:18:47 (69)	00:02:30	01:16:42 (65)	00:01:05	00:49:07 (90)	02:28:11
64	409	Jacek	Swat	SWAT Team / Przeźmierowo	POL	1964	M50	5	59		00:17:50 (43)	00:03:08	01:15:28 (48)	00:00:59	00:50:49 (111)	02:28:14
65	273	Robert	Gorwa	Diamant decathlon Gniezno/ Metzink / Szczytniki	POL	1978	M40	16	60		00:21:08 (156)	00:03:09	01:17:15 (72)	00:01:20	00:45:22 (39)	02:28:14
66	420	Mariusz	Wrzeszcz	TMTteam / Kostomłoty	POL	1991	M20	12	61		00:21:23 (166)	00:03:18	01:14:58 (41)	00:01:09	00:47:31 (66)	02:28:19
67	477	Robert	GEĘbarzewski	WROCLAW	POL	1970	M40	17	62		00:19:42 (97)	00:03:17	01:17:47 (80)	00:00:52	00:46:41 (54)	02:28:19
68	335	Szymon	Wieja	Kwaśny Anyż / Poznań	POL	1978	M40	18	63		00:13:48 (4)	00:02:37	01:24:02 (156)	00:01:06	00:47:13 (61)	02:28:46
69	515	Andrzej	Matyja	KŁOBUCK	POL	1978	M40	19	64		00:20:25 (136)	00:04:00	01:18:03 (85)	00:02:04	00:44:22 (24)	02:28:54
70	488	Robert	Kadej	Wołów	POL	1990	M20	13	65		00:20:16 (125)	00:02:57	01:17:39 (79)	00:00:38	00:47:34 (68)	02:29:04
71	506	Tomasz	Kubiacyk	Nekla	POL	1988	M30	28	66		00:16:44 (27)	00:02:58	01:16:01 (51)	00:01:11	00:52:17 (136)	02:29:11
72	611	Dariusz	Powalisz	Byle przed... / Bydgoszcz	POL	1976	M40	20	67		00:18:20 (55)	00:03:29	01:17:31 (77)	00:00:52	00:49:21 (94)	02:29:33
73	242	Tomasz	Pomykała	64-sto / Poznań	POL	1986	M30	29	68		00:16:01 (17)	00:02:33	01:17:28 (76)	00:00:41	00:52:54 (147)	02:29:37
74	407	Arkadiusz	Kitkowski	SUPERSNOW / Łądek Zdrój	POL	1976	M40	21	69		00:20:01 (113)	00:02:49	01:16:41 (64)	00:00:44	00:49:43 (98)	02:29:58

## Wyniki

Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
75	290	Marek	Joachimiak	GT RAT / Inowrocław	POL	1991	M20	14	70		00:23:04 (220)	00:02:40	01:17:49 (82)	00:01:04	00:45:25 (40)	02:30:02
76	377	Paweł	Wysoczański	PCC Squad / Wołów	POL	1990	M20	15	71		00:18:31 (58)	00:02:48	01:17:15 (73)	00:00:50	00:50:58 (117)	02:30:22
77	470	Krzysztof	Bzdęga	Rydzyzna	POL	1986	M30	30	72		00:19:03 (76)	00:03:28	01:22:23 (134)	00:01:37	00:44:19 (22)	02:30:50
78	306	Piotr	Wojcieszko	GVT / Wrocław	POL	1981	M30	31	73		00:19:27 (88)	00:03:16	01:19:49 (100)	00:00:58	00:47:30 (65)	02:31:00
79	318	Piotr	Kowalski	Jelcz Triathlon Project / Nowy Dwór	POL	1992	M20	16	74		00:15:55 (15)	00:03:24	01:17:21 (74)	00:00:47	00:53:37 (154)	02:31:04
80	496	Przemek	Koch	Śrem	POL	1986	M30	32	75		00:20:16 (126)	00:02:45	01:16:23 (59)	00:00:45	00:51:13 (122)	02:31:22
81	354	Hubert	Piotrowicz	Mocni w Gebie / ChampionMan Team / Czempin	POL	1979	M30	33	76		00:21:13 (159)	00:03:51	01:14:47 (39)	00:00:50	00:51:05 (118)	02:31:46
82	325	Remigiusz	Rybak	keeper/Białe Błota / Białe Błota	POL	1977	M40	22	77		00:22:10 (189)	00:02:49	01:16:44 (66)	00:00:42	00:49:27 (95)	02:31:52
83	331	Karolina	Jahnz	Kujavia3Team / Stargard	POL	1984	K30	5		6	00:15:37 (12)	00:02:56	01:21:52 (130)	00:00:42	00:50:49 (112)	02:31:56
84	286	Tomasz	Bialek	GT RAT / WROCŁAW	POL	1984	M30	34	78		00:20:09 (122)	00:03:33	01:15:09 (44)	00:00:38	00:52:28 (141)	02:31:57
85	424	Piotr	Ignaczak	TriSpace / Bydgoszcz	POL	1973	M40	23	79		00:19:05 (78)	00:02:38	01:18:11 (86)	00:00:51	00:51:23 (125)	02:32:08
86	545	Paweł	Waśniowski	Dąbrówka	POL	1975	M40	24	80		00:21:28 (169)	00:03:31	01:18:53 (92)	00:01:07	00:47:31 (67)	02:32:30
87	258	Piotr	Włodarczyk	BUDCHEM / Poznań	POL	1979	M30	35	81		00:19:50 (104)	00:03:34	01:20:18 (105)	00:01:25	00:47:29 (64)	02:32:36
88	390	Michał	Maśkiewicz	ProstoDoPrzedSiebie / Ilawa	POL	1985	M30	36	82		00:19:12 (84)	00:02:22	01:20:00 (103)	00:00:45	00:50:24 (105)	02:32:43
89	278	Paweł	Muchowicz	Dziki z Moraska / Poznan	POL	1974	M40	25	83		00:17:54 (44)	00:03:09	01:19:38 (97)	00:00:53	00:49:19 (93)	02:32:53
90	417	Hubert	Stanisławski	Three-way-team iron-catering / Poznań	POL	1993	M20	17	84		00:22:23 (203)	00:03:11	01:19:58 (102)	00:01:14	00:46:34 (50)	02:33:20
91	359	Daniel	Korytowski	Motiv Home Team / Swarzędz	POL	1974	M40	26	85		00:21:39 (176)	00:03:36	01:19:30 (96)	00:01:22	00:47:16 (63)	02:33:23
92	343	Agnieszka	Kuster	Lucky LUZers / Komorniki	POL	1973	K40	1		7	00:21:17 (162)	00:04:05	01:23:08 (143)	00:01:05	00:43:56 (17)	02:33:31
93	327	Seweryn	Knut	KNUT TEAM / Starogard Gdański	POL	1975	M40	27	86		00:21:13 (160)	00:03:00	01:17:53 (84)	00:01:12	00:50:33 (107)	02:33:51
94	544	Filip	Wachowiak	Poznań	POL	1991	M20	18	87		00:20:07 (120)	00:03:41	01:20:04 (104)	00:01:20	00:48:43 (84)	02:33:55
95	442	Piotr	Celmer	TRIWAWA / Warszawa	POL	1976	M40	28	88		00:20:33 (141)	00:02:01	01:16:52 (67)	00:01:50	00:52:40 (143)	02:33:56
96	458	Kazimierz	Dulas	Zakwas Popowice / Wrocław	POL	1980	M30	37	89		00:18:37 (61)	00:03:09	01:20:27 (106)	00:01:06	00:50:44 (109)	02:34:03
97	429	Radosław	Lizik	TriSpace / Bydgoszcz	POL	1975	M40	29	90		00:20:16 (127)	00:03:37	01:17:47 (81)	00:00:59	00:51:48 (133)	02:34:27
98	434	Elżbieta	Nagórska	TriSpace / Łochowice	POL	1975	K40	2		8	00:19:01 (75)	00:02:56	01:21:40 (128)	00:00:53	00:50:00 (102)	02:34:30
99	293	Andrzej	Naskręcki	GT RAT / Krępiec	POL	1979	M30	38	91		00:20:21 (131)	00:03:48	01:21:30 (124)	00:01:04	00:47:49 (74)	02:34:32
100	338	Jakub	Adamiak	Litwin Triathlon Team / Wrocław	POL	1988	M30	39	92		00:20:57 (151)	00:03:04	01:22:20 (132)	00:00:31	00:47:44 (72)	02:34:36
101	401	Łukasz	Lombariski	SSW Team Krośnice / Krośnice	POL	1982	M30	40	93		00:21:35 (174)	00:03:45	01:21:39 (127)	00:01:08	00:46:32 (49)	02:34:39
102	265	Wojtek	Kosendiak	Crossfit Wrocław / Wrocław	POL	1981	M30	41	94		00:23:18 (228)	00:03:16	01:16:15 (57)	00:01:29	00:51:27 (127)	02:35:45
103	398	Adrian	Słoma	"SPEET FEET&#8217 / 64-000	POL	1990	M20	19	95		00:19:35 (93)	00:02:52	01:26:54 (193)	00:01:13	00:45:17 (38)	02:35:51
104	324	Jacek	Łuczak	KB UE Poznań / Poznań	POL	1970	M40	30	96		00:21:39 (177)	00:03:15	01:20:37 (111)	00:01:00	00:49:50 (99)	02:36:21
105	555	Axel	Zuziak	Kraków	POL	1994	M20	20	97		00:19:27 (89)	00:03:31	01:23:52 (152)	00:00:56	00:49:03 (88)	02:36:49
106	341	Tomasz	Skóra	Litwin Triathlon Team / Wrocław	POL	1973	M40	31	98		00:22:22 (201)	00:04:15	01:23:25 (147)	00:01:02	00:45:55 (45)	02:36:59
107	457	Rafał	Wieczorek	WTT/TTT / Wrocław	POL	1985	M30	42	99		00:20:22 (133)	00:03:04	01:21:09 (120)	00:01:15	00:51:21 (123)	02:37:11
108	313	Julia	Świątek	IMMABEE / Chyby	POL	1982	K30	6		9	00:19:56 (109)	00:02:42	01:25:23 (172)	00:00:44	00:48:27 (80)	02:37:12
109	379	Łukasz	Przypis	PKO Bank Polski / Poznań	POL	1986	M30	43	100		00:18:24 (57)	00:03:05	01:21:34 (126)	00:00:47	00:53:25 (151)	02:37:15
110	300	Paweł	Grundys	GVT / Kamieniec Wrocławski	POL	1981	M30	44	101		00:19:16 (85)	00:03:24	01:23:36 (150)	00:01:07	00:49:53 (100)	02:37:16

## Wyniki

### Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
111	456	Arkadiusz	Milewski	Wójtowicz TRI TEAM / Pozytywnie Zakręcenii / Robakowo	POL	1977	M40	32	102		00:20:24 (135)	00:03:37	01:18:35 (90)	00:01:03	00:53:38 (156)	02:37:17
112	427	Klaudiusz	Kobziakowski	TriSpace / Bydgoszcz	POL	1989	M20	21	103		00:18:56 (72)	00:02:31	01:20:27 (107)	00:00:45	00:54:49 (178)	02:37:28
113	422	Patrycja	Bednarek	TriSpace / Bydgoszcz	POL	1984	K30	7		10	00:19:31 (90)	00:02:46	01:19:42 (98)	00:00:40	00:54:49 (179)	02:37:28
114	364	Waldemar	Szczurowski	MTS Drużyna Szpiku KGHM / Głogów	POL	1981	M30	45	104		00:18:46 (68)	00:03:59	01:22:58 (140)	00:01:02	00:50:44 (110)	02:37:29
115	371	Mateusz	Romanowski	osteopaci.com / śrem	POL	1985	M30	46	105		00:18:21 (56)	00:03:23	01:20:53 (117)	00:01:03	00:53:53 (160)	02:37:33
116	423	Cezary	Biskupski	TriSpace / Bydgoszcz	POL	1987	M30	47	106		00:21:33 (173)	00:03:24	01:19:53 (101)	00:01:39	00:51:07 (119)	02:37:36
117	467	Maciej	Biegański	Poznań	POL	1985	M30	48	107		00:20:20 (129)	00:03:08	01:20:43 (114)	00:01:15	00:52:18 (138)	02:37:44
118	491	Paweł	Kapitańczyk	Poznań	POL	1989	M20	22	108		00:22:18 (197)	00:03:44	01:24:01 (154)	00:00:58	00:46:57 (58)	02:37:58
119	393	Maciej	Ryfa	REHAU Triathlon Team / Borówiec	POL	1993	M20	23	109		00:20:14 (123)	00:03:52	01:21:29 (123)	00:00:51	00:51:34 (129)	02:38:00
120	319	Joanna	Tomaszewska	Jelcz Triathlon Project / Jelcz-Laskowice	POL	1983	K30	8		11	00:21:12 (158)	00:02:51	01:23:30 (148)	00:01:26	00:49:03 (89)	02:38:02
121	464	Jędrzej	Basiński	Poznań	POL	1985	M30	49	110		00:19:58 (110)	00:03:46	01:23:33 (149)	00:01:02	00:47:44 (73)	02:38:03
122	238	Michał	Czajka	3-M Triathlon Team / Poznań	POL	1981	M30	50	111		00:17:55 (46)	00:04:46	01:26:35 (189)	00:01:10	00:47:40 (71)	02:38:06
123	295	Arkadiusz	Siwiaszczyk	GT RAT / Wrocław	POL	1983	M30	51	112		00:28:01 (269)	00:03:30	01:20:43 (115)	00:00:51	00:45:08 (37)	02:38:13
124	513	Wacław	Masiakowski	Leszno	POL	1990	M20	24	113		00:18:39 (64)	00:03:08	01:22:05 (131)	00:00:51	00:53:47 (158)	02:38:30
125	516	Tomasz	Miszczuk	Szczecin	POL	1970	M40	33	114		00:20:27 (138)	00:03:35	01:20:41 (112)	00:02:58	00:50:56 (115)	02:38:37
126	395	Marek	Matuszewski	runner's power / Nochowo	POL	1972	M40	34	115		00:24:01 (237)	00:03:50	01:22:43 (139)	00:01:02	00:47:04 (59)	02:38:40
127	552	Tomasz	Woźniak	Złotniki	POL	1972	M40	35	116		00:21:10 (157)	00:03:58	01:21:40 (129)	00:01:09	00:50:54 (113)	02:38:51
128	530	Tomasz	Przybylski	Borówiec	POL	1976	M40	36	117		00:21:58 (182)	00:03:12	01:19:04 (93)	00:00:57	00:53:53 (161)	02:39:04
129	492	Marek	Kawczyński	Śrem	POL	1987	M30	52	118		00:22:27 (207)	00:02:46	01:22:33 (135)	00:01:40	00:49:39 (97)	02:39:05
130	481	Jakub	Grodecki	Poznań	POL	1981	M30	53	119		00:20:04 (117)	00:03:11	01:20:31 (109)	00:01:26	00:54:08 (166)	02:39:20
131	276	Michał	Durkalec	Drużyna Sernika / Poznań	POL	1991	M20	25	120		00:23:12 (225)	00:03:40	01:24:11 (158)	00:00:45	00:47:36 (69)	02:39:24
132	302	Krzysztof	Miciak	GVT / Żerniki Wrocławskie	POL	1967	M50	6	121		00:21:30 (170)	00:03:43	01:23:22 (145)	00:02:01	00:48:55 (87)	02:39:31
133	454	Maciej	Słupiński	WÓJTOWICZ TRI TEAM / Poznań	POL	1975	M40	37	122		00:20:03 (115)	00:03:57	01:20:48 (116)	00:01:17	00:53:29 (152)	02:39:34
134	472	Paweł	Fabijańczyk	Leszno	POL	1989	M20	26	123		00:20:32 (139)	00:03:56	01:25:56 (180)	00:01:08	00:48:35 (81)	02:40:07
135	264	Ryszard	Grobelny	CITYZEN/B3 / poznań	POL	1963	M50	7	124		00:21:18 (163)	00:03:32	01:17:33 (78)	00:01:17	00:56:38 (201)	02:40:18
136	366	Krzysztof	Świtała	NIAGARA RAKONIEWICE / RAKONIEWICE	POL	1976	M40	38	125		00:16:22 (20)	00:04:17	01:25:05 (165)	00:01:35	00:53:00 (148)	02:40:19
137	333	Grzegorz	Łukaszczuk	kuźnia triathlonu / Rokietnica	POL	1982	M30	54	126		00:18:47 (70)	00:03:09	01:25:14 (170)	00:00:46	00:52:38 (142)	02:40:34
138	548	Witold	Włodarczak	Bydgoszcz	POL	1963	M50	8	127				01:24:19 (160)	00:00:39	00:51:35 (130)	02:40:36
139	272	Robert	Olejniczak	Diamant decathlon gniezno / Metzink / Sroda wlkp	POL	1977	M40	39	128		00:22:14 (194)	00:03:11	01:21:09 (121)	00:01:10	00:52:53 (146)	02:40:37
140	462	Stanisław	Annusewicz	Poznań	POL	1985	M30	55	129		00:20:43 (142)	00:04:31	01:25:36 (177)	00:01:43	00:48:15 (77)	02:40:48
141	410	Arkadiusz	Kwiatkowski	Szwagry / Suchy Las	POL	1978	M40	40	130		00:25:12 (251)	00:03:51	01:25:03 (161)	00:00:58	00:45:54 (44)	02:40:58
142	517	Dariusz	Mroziewicz	Śrem	POL	1971	M40	41	131		00:19:48 (103)	00:04:30	01:18:41 (91)	00:01:35	00:56:25 (195)	02:40:59
143	447	Jakub	Radzik	Twoja stara / Wrocław	POL	1987	M30	56	132		00:22:00 (183)	00:04:25	01:23:22 (146)	00:01:41	00:49:56 (101)	02:41:24
144	421	Michał	Spryszyński	TRlrodzinka / Bydgoszcz	POL	1988	M30	57	133		00:20:32 (140)	00:03:23	01:25:03 (162)	00:01:07	00:51:32 (128)	02:41:37
145	360	Marcin	Nowak	Motiv Home Team / Night Runners / Poznań	POL	1976	M40	42	134		00:19:53 (107)	00:03:09	01:21:06 (119)	00:01:12	00:56:27 (196)	02:41:47

## Wyniki

Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
146	610	Marcin	Tromski	Lap Team / Śrem	POL	1973	M40	43	135		00:16:42 (26)	00:03:06	01:25:11 (168)	00:01:06	00:55:51 (188)	02:41:56
147	622	Dariusz	Woźniak	BS Woźniak / Ostrów Wlkp	POL	1973	M40	44	136		00:20:49 (146)	00:03:32	01:20:32 (110)	00:00:59	00:56:07 (189)	02:41:59
148	408	Edyta	Swat	SWAT Team / Przeźmierowo	POL	1965	K50+	1		12	00:22:22 (202)	00:03:21	01:21:10 (122)	00:01:09	00:54:12 (168)	02:42:14
149	476	Cyprian	Forc	Pleszew	POL	1986	M30	58	137		00:21:53 (180)	00:03:30	01:22:21 (133)	00:01:41	00:53:04 (149)	02:42:29
150	394	Paweł	Weber	REHAU Triathlon Team / Psarskie	POL	1973	M40	45	138		00:21:00 (152)	00:04:01	01:25:11 (169)	00:01:25	00:50:54 (114)	02:42:31
151	317	Mirosław	Grzęda	Jelcz Triathlon Project / Jelcz-Laskowice	POL	1981	M30	59	139		00:19:31 (91)	00:03:40	01:22:39 (137)	00:01:21	00:55:46 (186)	02:42:57
152	304	Piotr	Tomaszczyk	GVT / Biestrzyków	POL	1969	M40	46	140		00:20:14 (124)	00:03:18	01:26:34 (188)	00:01:08	00:52:13 (135)	02:43:27
153	459	Piotr	Klimkowski	zg lubin / lubin	POL	1966	M50	9	141		00:20:48 (145)	00:04:25	01:27:15 (197)	00:01:32	00:49:33 (96)	02:43:33
154	274	Agnieszka	Stanisławska	DookolaSwiata.co / Poznań	POL	1985	K30	9		13	00:24:01 (238)	00:03:09	01:24:15 (159)	00:00:49	00:51:22 (124)	02:43:36
155	256	Bartek	Siemiński	bm2 triathlon / Konin	POL	1980	M30	60	142		00:19:45 (100)	00:05:39	01:20:30 (108)	00:01:27	00:56:30 (199)	02:43:51
156	346	Michał	Twardowski	Malibu Team / Śrem	POL	1985	M30	61	143		00:23:05 (221)	00:03:56	01:27:36 (199)	00:00:45	00:48:48 (85)	02:44:10
157	542	Radosław	Udałowski	Komorniki	POL	1984	M30	62	144		00:20:06 (119)	00:03:11	01:18:23 (88)	00:01:37	01:01:12 (232)	02:44:29
158	463	Piotr	Auguścik	KÓRNIK	POL	1972	M40	47	145		00:21:20 (164)	00:03:52	01:20:41 (113)	00:01:30	00:57:09 (204)	02:44:32
159	483	Robert	Jabkowski	Wrocław	POL	1965	M50	10	146		00:22:49 (214)	00:03:46	01:22:42 (138)	00:01:09	00:54:34 (175)	02:45:00
160	486	Waldek	Jarosik	Wrocław	POL	1986	M30	63	147		00:21:02 (154)	00:04:25	01:27:18 (198)	00:01:26	00:50:56 (116)	02:45:07
161	381	Adam	Ziętara	Polska / Poznań	POL	1986	M30	64	148		00:21:20 (165)	00:03:28	01:25:35 (176)	00:00:57	00:53:53 (162)	02:45:13
162	243	Przemysław	Nowaczyk	AF Mosina Team / LUBOŃ	POL	1980	M30	65	149		00:18:39 (65)	00:03:20	01:23:18 (144)	00:00:46	00:59:22 (217)	02:45:25
163	514	Daniel	Matuszczak	Sieraków	POL	1988	M30	66	150		00:25:00 (248)	00:04:59	01:24:07 (157)	00:01:09	00:50:13 (104)	02:45:28
164	446	Tomasz	Otoliński	Twoja stara / Wrocław	POL	1987	M30	67	151		00:19:11 (83)	00:03:49	01:23:39 (151)	00:00:55	00:57:56 (210)	02:45:30
165	444	Dominika	Rydel	TriWise Kraków / Kraków	POL	1989	K20	2		14	00:22:10 (190)	00:03:57	01:25:15 (171)	00:00:48	00:54:00 (163)	02:46:10
166	418	Łukasz	Węgrzynowski	TIETO TRIATHLON TEAM / Byków	POL	1978	M40	48	152		00:20:20 (130)				00:57:47 (208)	02:46:12
167	334	Adam	Retkowski	kuźnia triathlonu / POZNAŃ	POL	1978	M40	49	153		00:23:09 (223)	00:04:08	01:24:01 (155)	00:02:24	00:52:50 (145)	02:46:32
168	386	Andrzej	Dembina	POZNAŃ-SKI / suchy las/złotniki	POL	1962	M50	11	154		00:22:31 (209)	00:03:41	01:25:52 (179)	00:03:04	00:51:35 (131)	02:46:43
169	533	Paweł	Skrzypczak	ŚREM	POL	1984	M30	68	155		00:17:30 (37)	00:02:49	01:26:28 (186)	00:01:29	00:58:35 (213)	02:46:51
170	618	Dariusz	Foltynowicz	Tulce	POL	1980	M30	69	156		00:23:46 (233)	00:04:51	01:23:06 (142)	00:00:46	00:54:33 (174)	02:47:02
171	349	Marcin	Wasiak	Marzenie Wasiaków / Koło	POL	1973	M40	50	157		00:21:07 (155)	00:04:52	01:26:02 (183)	00:00:43	00:54:32 (172)	02:47:16
172	299	Maciej	Wojtaszek	guzdrał / Poznań	POL	1976	M40	51	158		00:22:13 (193)	00:04:01	01:25:45 (178)	00:01:41	00:53:37 (155)	02:47:17
173	370	Igor	Kłak	OPITE KLESZCZE TRITIM / Września	POL	1984	M30	70	159		00:20:53 (147)	00:04:14	01:27:01 (194)	00:01:12	00:54:19 (170)	02:47:39
174	518	Jacek	Nogaj	Lusowo	POL	1969	M40	52	160		00:17:44 (41)	00:05:07	01:26:48 (190)	00:01:53	00:56:12 (192)	02:47:44
175	255	Łukasz	Niedziela	BHT Auto Forum Petra Plock / Trzebuń	POL	1990	M20	27	161		00:22:04 (185)	00:04:15	01:26:49 (191)	00:00:26	00:52:17 (137)	02:47:51
176	259	Paweł	Mazurek	Bytkowo Triathlon Team / Bytkowo	POL	1968	M50	12	162		00:22:18 (198)	00:04:29	01:25:24 (174)	00:02:25	00:53:15 (150)	02:47:51
177	329	Robert	Giers	Kościan TEAM / Nowy Lubosz	POL	1979	M30	71	163		00:22:12 (192)	00:02:48	01:29:58 (216)	00:00:48	00:52:09 (134)	02:47:55
178	400	Miłosz	Adamski	SPORTFUEL.PL / Poznań	POL	1987	M30	72	164		00:18:02 (49)	00:03:44	01:33:27 (246)	00:01:22	00:51:35 (132)	02:48:10
179	292	Clara	Llorens Quintana	GT RAT / Wrocław	ESP	1986	K30	10		15	00:18:19 (54)	00:04:07	01:28:12 (202)	00:01:06	00:56:34 (200)	02:48:18
180	489	Filip	Kalczyński	Warszawa	POL	1977	M40	53	165		00:21:37 (175)	00:04:32	01:25:05 (166)	00:01:18	00:56:12 (193)	02:48:44
181	310	Waldemar	Foltynowicz	Homag / Kostrzyn	POL	1983	M30	73	166		00:21:31 (171)	00:03:50	01:25:24 (175)	00:01:26	00:56:41 (202)	02:48:52
182	355	Dariusz	Łapawa	Mocni w Gębie / Poznań	POL	1983	M30	74	167		00:21:16 (161)	00:03:47	01:22:36 (136)	00:01:42	00:59:53 (221)	02:49:14



## Wyniki

Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
183	271	Krzysztof	Fibner	Diamant decathlon gniezno / Metzink / sjarosławiec	POL	1991	M20	28	168		00:26:46 (264)	00:03:10	01:23:56 (153)	00:00:46	00:54:45 (177)	02:49:23
184	479	Krzysztof	Graniczny	WROCLAW	POL	1970	M40	54	169		00:21:32 (172)	00:03:06	01:25:05 (167)	00:01:38	00:56:10 (191)	02:49:31
185	493	Dominik	Kędziora	Rokietnica	POL	1972	M40	55	170		00:21:40 (178)	00:03:29	01:21:30 (125)	00:02:04	01:00:49 (228)	02:49:32
186	426	Karolina	Kmieć	TriSpace / Bydgoszcz	POL	1983	K30	11		16	00:20:54 (148)	00:02:59	01:26:51 (192)	00:01:39	00:57:22 (206)	02:49:45
187	399	Tomasz	Kanikowski	SPM SYSTEMS / Gruszczyzn	POL	1979	M30	75	171		00:16:52 (30)	00:04:22	01:38:39 (261)	00:01:25	00:48:38 (83)	02:49:56
188	326	Dariusz	Nowak	KKFP WOSZTYN / WOLSZTYN	POL	1982	M30	76	172		00:22:14 (195)	00:04:09	01:25:04 (164)	00:02:14	00:56:17 (194)	02:49:58
189	525	Grzegorz	Pietrzak	Nowy Tomyśl	POL	1973	M40	56	173		00:21:53 (181)	00:03:13	01:25:23 (173)	00:01:11	00:58:40 (214)	02:50:20
190	375	Ryszard	Kałwiński	Padre team / Puszczykowo	POL	1961	M50	13	174		00:24:03 (240)	00:04:40	01:29:02 (209)	00:02:08	00:50:37 (108)	02:50:30
191	323	Monika	Murawska	KB DęBIEC / Poznań	POL	1980	K30	12		17	00:20:44 (143)	00:04:11	01:26:29 (187)	00:01:26	00:57:40 (207)	02:50:30
192	88	Agnieszka	Jackowiak	runner's power / Śrem	POL	1985	K30	13		18	00:22:44 (213)	00:03:21	01:30:19 (223)	00:01:24	00:52:43 (144)	02:50:31
193	309	Janusz	Lebkuchen	Henry Team / Trzcianka	POL	1961	M50	14	175		00:24:30 (244)	00:05:22	01:19:22 (95)	00:01:30	00:59:48 (220)	02:50:32
194	537	Rafał	Stuła	Nowa Sól	POL	1991	M20	29	176		00:20:23 (134)	00:03:18	01:30:49 (228)	00:01:26	00:54:41 (176)	02:50:37
195	543	Piotr	Urbaniak	PSARSKIE	POL	1975	M40	57	177		00:20:07 (121)	00:04:46	01:31:25 (235)	00:00:45	00:53:49 (159)	02:50:52
196	389	Marek	Swierczynski	Prosel Team / Biedrusko	POL	1979	M30	77	178		00:19:44 (98)	00:03:25	01:26:00 (182)	00:00:43	01:01:23 (234)	02:51:15
197	332	Beata	Leszczyńska	kuźnia triathlonu / Poznań	POL	1985	K30	14		19	00:22:23 (204)	00:03:11	01:28:06 (201)	00:01:09	00:56:27 (197)	02:51:16
198	250	Beata	Grzegorowski	BajkolandiaTeam / Leszno	POL	1977	K40	3		20	00:22:40 (211)	00:03:14	01:29:00 (208)	00:00:57	00:55:40 (184)	02:51:31
199	522	Robert	Pakuła	Poznań	POL	1978	M40	58	179		00:23:57 (235)	00:04:13	01:28:15 (203)	00:01:06	00:54:15 (169)	02:51:46
200	339	Mirosław	Łudziński	Litwin Triathlon Team / Wrocław	POL	1960	M50	15	180		00:20:25 (137)	00:04:26	01:29:13 (211)	00:01:59	00:55:45 (185)	02:51:48
201	498	Mirosław	Kopacz	poznan	POL	1955	M60+	2	181		00:19:41 (96)	00:04:43	01:31:13 (232)	00:02:24	00:54:07 (165)	02:52:08
202	261	Ewa	Pietruszka	cityzen BE_3 / Poznań	POL	1986	K30	15		21	00:22:27 (208)	00:04:04	01:30:49 (229)	00:01:22	00:53:34 (153)	02:52:16
203	363	Joanna	Szczurowska	MTS Drużyna Szpiku KGHM / Głogów	POL	1978	K40	4		22	00:19:51 (105)	00:03:04	01:32:35 (240)	00:01:10	00:55:38 (183)	02:52:18
204	342	Piotr	Szczucki	LOTOS RUNNING TEAM / Gdańsk	POL	1980	M30	78	182		00:25:28 (256)			00:01:48	01:00:04 (223)	02:52:39
205	266	Grzegorz	Kinal	CrossFit Wrocław / Wrocław	POL	1981	M30	79	183		00:24:42 (246)	00:03:46	01:29:28 (215)	00:01:16	00:53:42 (157)	02:52:54
206	350	Justyna	Łuczak	Matrix team / ŚREM	POL	1975	K40	5		23	00:22:09 (187)	00:03:20	01:30:33 (225)	00:01:05	00:56:29 (198)	02:53:36
207	478	Robert	Golaś	Ilawa	POL	1976	M40	59	184		00:22:23 (205)	00:03:34	01:29:23 (213)	00:01:33	00:55:33 (181)	02:54:26
208	499	Aleksandra	Kosek	JAWOR	POL	1978	K40	6		24	00:23:34 (232)	00:03:31	01:29:59 (217)	00:01:25	00:56:07 (190)	02:54:36
209	280	Jakub	Matuszczak	eRka Team / Kalisz	POL	1982	M30	80	185		00:25:16 (252)	00:03:37	01:30:05 (219)	00:01:57	00:54:09 (167)	02:55:04
210	524	Maciej	Wieczorkiewicz	Poznań	POL	1985	M30	81	186		00:22:00 (184)	00:04:07	01:31:53 (238)	00:01:18	00:55:47 (187)	02:55:05
211	249	Maciej	Sobieraj	Babayagasport / Kalisz	POL	1976	M40	60	187		00:26:25 (263)	00:04:39	01:22:59 (141)	00:01:32	00:59:31 (218)	02:55:06
212	538	Jacek	Szczepaniak	Śrem	POL	1966	M50	16	188		00:23:23 (229)	00:08:09	01:30:15 (222)	00:02:12	00:51:08 (120)	02:55:07
213	291	Tadeusz	Liebenthal	GT RAT / Wrocław	POL	1986	M30	82	189		00:19:37 (95)	00:04:04	01:29:26 (214)	00:01:15	01:00:53 (231)	02:55:15
214	345	Marcin	Dębski	Malibu Team / Srem	POL	1984	M30	83	190		00:22:10 (191)				00:57:21 (205)	02:55:27
215	419	Arkadiusz	ZiÓłkowski	TMT / wrocław	POL	1974	M40	61	191		00:22:25 (206)	00:03:36	01:33:16 (244)	00:01:02	00:55:33 (182)	02:55:52
216	373	Paweł	Talbierz	P&P / Plewiska	POL	1986	M30	84	192		00:19:46 (101)	00:04:01	01:25:03 (163)	00:01:48	01:05:18 (252)	02:55:56
217	257	Mateusz	Borowski	Borowski Triathlon Team / Dachowa	POL	1987	M30	85	193		00:25:22 (254)	00:03:55	01:26:26 (185)	00:01:02	01:00:21 (224)	02:57:06
218	554	Seweryn	Ziętek	Lubin	POL	1980	M30	86	194		00:21:46 (179)	00:05:22	01:31:06 (230)	00:01:52	00:57:04 (203)	02:57:10

## Wyniki

Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
219	404	Marcin	Kozioł	STANMA.pl / Wrocław	POL	1978	M40	62	195		00:23:26 (230)	00:04:37	01:26:16 (184)	00:02:16	01:00:45 (226)	02:57:20
220	384	Błażej	Początek	Power Doppler Team / Dąbrowka	POL	1982	M30	87	196		00:19:53 (108)	00:04:06	01:29:59 (218)	00:00:58	01:02:39 (239)	02:57:35
221	469	Tomasz	Buczyński	Poznań	POL	1984	M30	88	197		00:24:34 (245)	00:04:16	01:33:10 (243)	00:01:16	00:54:25 (171)	02:57:41
222	281	Jarek	Wencel	eXplorador / Dopiewiec	POL	1979	M30	89	198		00:22:41 (212)	00:05:24	01:28:05 (200)	00:00:46	01:00:50 (229)	02:57:46
223	527	Marek	Piotrowski	Warszawa	POL	1976	M40	63	199		00:19:09 (81)	00:04:01	01:28:34 (205)	00:00:49	01:05:49 (253)	02:58:22
224	411	Wojciech	Siekłucki	Szwagry / Dąbrowka	POL	1981	M30	90	200		00:23:00 (217)	00:04:39	01:28:57 (207)	00:01:12	01:00:35 (225)	02:58:23
225	526	Marcin	Pietrzak	Stare Jablonki	POL	1984	M30	91	201		00:23:08 (222)	00:04:14	01:27:07 (195)	00:01:36	01:02:42 (240)	02:58:47
226	550	Krzystian	Wojtaszak	środa wlkp.	POL	1977	M40	64	202		00:18:17 (53)	00:04:16	01:34:36 (250)	00:00:33	01:01:12 (233)	02:58:54
227	275	Hubert	Kaczmarek	Dopiewo / Dopiewo	POL	1973	M40	65	203		00:25:43 (257)	00:03:28	01:34:21 (248)	00:01:15	00:54:32 (173)	02:59:19
228	361	Robert	Pieczczyński	Moto-Centrala / Luboń	POL	1965	M50	17	204		00:24:02 (239)	00:04:54	01:25:56 (181)	00:02:07	01:02:42 (241)	02:59:41
229	619	Jan	Karbowski	Sport nie dla lajków / Skórzewo	POL	1982	M30	92	205		00:23:00 (218)	00:03:33	01:34:44 (251)	00:00:47	00:57:48 (209)	02:59:52
230	352	Grzegorz	Sobociński	META / Poznań	POL	1979	M30	93	206		00:23:26 (231)	00:04:55	01:32:34 (239)	00:01:30	00:58:28 (212)	03:00:53
231	267	Leszek	Wieczerzycki	DELIGHTING / Poznań	POL	1966	M50	18	207		00:22:21 (200)	00:04:33	01:31:14 (233)	00:01:44	01:02:14 (235)	03:02:06
232	385	Tomasz	Buśkiewicz	POWERS PARTNER / Tulce	POL	1976	M40	66	208		00:26:58 (265)	00:04:19	01:29:18 (212)	00:01:44	01:00:01 (222)	03:02:20
233	529	Iwona	Popiel	Kościan	POL	1974	K40	7		25	00:23:57 (236)	00:03:28	01:33:16 (245)	00:01:24	01:00:45 (227)	03:02:50
234	406	Zbigniew	Karyś	Start Ścinawa / Obora	POL	1965	M50	19	209		00:23:47 (234)	00:06:00	01:32:37 (241)	00:02:44	00:58:11 (211)	03:03:19
235	546	Grzegorz	Weltrowski	Poznań	POL	1975	M40	67	210		00:28:21 (272)	00:03:12	01:31:10 (231)	00:02:05	00:58:56 (215)	03:03:44
236	347	Maciej	Martinek	Maltańska Grupa Biegowa / Poznań	POL	1975	M40	68	211		00:22:20 (199)	00:05:22	01:34:58 (253)	00:01:57	00:59:15 (216)	03:03:52
237	237	Waldemar	Dębski	>30 LAT PÓŹNIEJ< / RUSOCIN	POL	1968	M50	20	212		00:23:02 (219)	00:03:58	01:30:48 (227)	00:02:55	01:03:10 (245)	03:03:53
238	282	Adam	Piotrowski	Fonzie Team / Września	POL	1983	M30	94	213		00:21:01 (153)	00:04:24	01:29:10 (210)	00:01:19	01:08:56 (261)	03:04:50
239	539	Mariusz	Szczepaniak	Borek wlkp	POL	1987	M30	95	214		00:28:20 (270)	00:05:28	01:34:44 (252)	00:02:17	00:54:01 (164)	03:04:50
240	392	Marcin	Raczyński	Race Challenge / Sokolowsko	POL	1974	M40	69	215		00:21:26 (168)	00:05:07	01:28:37 (206)	00:02:21	01:07:20 (256)	03:04:51
241	541	Michał	Terlecki	Żary	POL	1980	M30	96	216		00:24:08 (241)	00:04:01	01:31:49 (237)	00:02:30	01:03:02 (243)	03:05:30
242	245	Jacek	Staniszewski	ALGECO / GDYNIA	POL	1961	M50	21	217		00:25:49 (258)	00:04:38	01:20:54 (118)	00:01:21	01:13:31 (269)	03:06:13
243	505	Grzegorz	Kubczyk	kobierno	POL	1981	M30	97	218		00:22:07 (186)	00:03:39	01:32:42 (242)	00:01:26	01:06:25 (255)	03:06:19
244	534	Piotr	Skrzypczak	ŚREM	POL	1987	M30	98	219		00:24:18 (243)					03:06:51
245	511	Jakub	Malik	Święta Katarzyna	POL	1989	M20	30	220		00:20:55 (149)	00:03:50	01:30:08 (220)	00:01:17	01:11:09 (266)	03:07:19
246	461	Bartosz	Żołąnowski	ŻOŁĘDZIE BORÓWIEC / BORÓWIEC	POL	1978	M40	70	221		00:20:45 (144)	00:05:11	01:27:11 (196)	00:01:21	01:14:42 (272)	03:09:10
247	503	Paweł	Krefta	Poznań	POL	1985	M30	99	222		00:19:47 (102)	00:04:09	01:30:10 (221)	00:01:18	01:13:52 (270)	03:09:16
248	247	Piotr	Sobczyk	Athletics Team Prusice / Wrocław	POL	1985	M30	100	223		00:22:09 (188)	00:03:37	01:31:14 (234)	00:01:41	01:10:43 (263)	03:09:24
249	508	Paweł	Kutkowski	Poznań	POL	1957	M60+	3	224		00:25:53 (260)	00:05:18	01:28:23 (204)	00:01:32	01:08:34 (259)	03:09:40
250	551	Agata	Wolff-Kaczmarek	Czempiń	POL	1979	K30	16		26	00:25:16 (253)	00:04:15	01:36:06 (257)	00:01:49	01:02:29 (238)	03:09:55
251	445	Filip	Kostka	Twoja stara / Wrocław	POL	1990	M20	31	225		00:23:11 (224)	00:05:25	01:39:33 (264)	00:01:22	01:00:50 (230)	03:10:21
252	448	Piotr	Robacki	Twoja stara / Wrocław	POL	1989	M20	32	226		00:28:20 (271)	00:03:27	01:31:42 (236)	00:01:52	01:05:01 (249)	03:10:22
253	547	Wojciech	Wisniewski	Góra	POL	1953	M60+	4	227		00:24:58 (247)	00:05:20	01:36:56 (258)	00:00:40	01:03:03 (244)	03:10:57
254	484	Katarzyna	Janke	POZNAŃ	POL	1986	K30	17		27	00:27:03 (266)	00:03:55	01:35:54 (256)	00:01:37	01:03:17 (246)	03:11:46
255	507	Łukasz	Kubowicz	Oława	POL	1995	M20	33	228		00:22:16 (196)	00:04:37	01:40:14 (266)	00:01:08	01:03:54 (248)	03:12:09

## Wyniki

Dystans: 1/4 IM

Miejsce	Nr	Imię	Nazwisko	Klub / Miejscowość	Kraj	Rok	Kat.	Miejsce			Pływanie	T1	Rower	T2	Bieg	Wynik
								kat.	M	K						
256	466	Tomasz	Bąk	Warszawa-Wesoła	POL	1971	M40	71	229		00:24:14 (242)	00:06:47	01:37:21 (259)	00:01:48	01:02:25 (236)	03:12:35
257	365	Bartłomiej	Nagalewski	NAGA-MET / WITNICA	POL	1976	M40	72	230		00:26:08 (262)	00:05:36	01:30:31 (224)	00:02:48	01:07:47 (258)	03:12:50
258	535	Marcin	Smiglak	Poznan	POL	1979	M30	101	231		00:19:51 (106)	00:05:39	01:34:25 (249)	00:01:42	01:13:16 (268)	03:14:53
259	490	Kamil	Kaniewski	Dąbrowa	POL	1980	M30	102	232		00:34:20 (280)	00:05:07	01:39:17 (263)	00:01:28	00:55:12 (180)	03:15:24
260	383	Katarzyna	Jędzierska	POSNANIA / Poznań	POL	1983	K30	18		28	00:18:38 (63)	00:04:03	01:48:46 (272)	00:00:42	01:03:38 (247)	03:15:47
261	403	Mateusz	Jaśkiewicz	STANMA.pl / Wrocław	POL	1978	M40	73	233		00:23:17 (227)	00:05:17	01:38:48 (262)	00:03:01	01:05:52 (254)	03:16:15
262	501	Łukasz	Kościański	Kalisz	POL	1983	M30	103	234		00:25:54 (261)	00:06:28	01:35:26 (255)	00:02:35	01:07:31 (257)	03:17:54
263	430	Zbigniew	Maniszewski	TriSpace / Unisław	POL	1955	M60+	5	235		00:27:21 (268)	00:04:51	01:34:58 (254)	00:03:50	01:08:45 (260)	03:19:45
264	439	Janusz	Urbański	TriSpace / Osielesko	POL	1961	M50	22	236		00:22:55 (216)	00:06:58	01:30:37 (226)	00:02:13	01:18:22 (274)	03:21:05
265	340	Maria	Preiss	Litwin Triathlon Team / Wrocław	POL	1976	K40	8		29	00:25:49 (259)	00:05:24	01:43:39 (269)	00:02:07	01:05:07 (251)	03:22:06
266	482	Jakub	Grzeszkowiak	Poznań	POL	1984	M30	104	237		00:33:37 (278)	00:04:01	01:33:55 (247)	00:01:30	01:10:26 (262)	03:23:29
267	277	Łukasz	Kaczmarek	Drużyna Sernika / Poznań	POL	1990	M20	34	238		00:27:08 (267)	00:05:35	01:40:22 (267)	00:00:56	01:11:04 (265)	03:25:05
268	553	Dariusz	Zandecki	Śrem	POL	1967	M50	23	239		00:31:41 (276)	00:03:35	01:44:24 (271)	00:00:52	01:05:04 (250)	03:25:36
269	613	Mateusz	Mazurek	Kościan	POL	1986	M30	105	240		00:25:07 (250)	00:05:44	01:41:50 (268)	00:00:43	01:13:06 (267)	03:26:30
270	449	Tomasz Zenon	Nowak	VELOCITY / DRUŻYNA	POL	1963	M50	24	241		00:25:06 (249)				01:17:20 (273)	03:26:51
271	605	Beata	Pabisiak	Babayagasport / Kalisz	POL	1984	K30	19		30	00:32:16 (277)	00:04:00	01:48:59 (273)	00:00:39	01:02:28 (237)	03:28:22
272	413	Artur	Bućko	TATAALI / Jelenia Góra	POL	1964	M50	25	242		00:28:30 (273)	00:05:06	01:37:56 (260)	00:02:53	01:14:07 (271)	03:28:32
273	391	Mariusz	Nowak	PZU Sport Team / Poznań	POL	1983	M30	106	243		00:30:13 (274)	00:05:33	01:39:59 (265)	00:02:31	01:10:51 (264)	03:29:07
274	161	Jerzy	Kempinski	Wrocław	POL	1961	M50	26	244		00:33:50 (279)	00:04:46	01:49:17 (274)	00:01:59	01:02:48 (242)	03:32:40
275	311	Igor	Błaszczuk	HussGro / Toruń	POL	1992	M20	35	245		00:37:11 (281)	00:06:29	01:49:32 (275)	00:02:31	00:59:31 (219)	03:37:14
276	402	Krzysztof	Ignaszak	STANMA.pl / Swarzędz	POL	1980	M30	107	246		00:30:22 (275)	00:06:59	01:43:50 (270)	00:01:46	01:22:37 (276)	03:45:34
277	405	Barbara	Tarakanow	STANMA.pl / Wrocław	POL	1972	K40	9		31	00:25:24 (255)	00:05:13	01:57:01 (276)	00:01:53	01:21:05 (275)	03:50:36
DNF	396	Miłosz	Przytarski	runpasja / Bydgoszcz	POL	1981	M30				00:23:17 (226)	00:04:23				
DNF	465	Paweł	Bąk	Bezzecze	POL	1974	M40				00:18:43 (66)	00:04:03	01:09:27 (12)	00:02:55		
DNF	328	Roman	Kuster	Komenda Wojewódzka Policji w Poznaniu / Komorniki	POL	1970	M40				00:22:35 (210)	00:03:34	01:16:31 (61)	00:01:20		
DNF	285	Adrian	Stempniak	Green Bike / Śrem	POL	1989	M20				00:16:29 (21)	00:02:13	01:07:53 (4)	00:00:34		
DNF	320	Marcin	Tomaszewski	Jelcz Triathlon Project / Jelcz-Laskowice	POL	1983	M30				00:17:48 (42)	00:02:48	01:16:06 (54)	00:00:52		

RAZEM: 282