

Beko Ełk Triathlon 2014, 26 Mistrzostwa Polski w Triathlonie

WYNIKI ZAWODÓW / RESULTS LIST

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Miejsce:	Ełk	Dystans:	1,5 - 41,2 - 10	Temp. powietrza:	24 st. C	Wilgotność:	55%
Data:	08.06.2014	Start:		Temp. wody:	18,5 st. C	Ciśnienie pow.:	1002 hPa
		Pływanie:	1,5 km (Jezioro Ełckie, start z Plaży Miejskiej)				
		Rower:	41,2 km (dojazd do pętli 0,3 km, następnie 7 pętli okólnych x 5,8 km centralnymi ulicami Ełku, dojazd				
Dyrektor Zawodów:	Leszek Gaca	Bieg:	10 km (3 pętla x 3,33 km); trasa wytyczona Promenadą Ełcką. Nawierzchnia: asfalt, kostka brukowa.				
Sędzia Główny:	Jacek Hazy	Dobieg do sterfy zmian:					
Organizator:	Sport Evolution, Miejski Ośrodek		Sterfa zmian:				

Dystans Olimpijski - Mistrzostwa Polski Amatorów

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie	T1 Poz. po T1	Rower	T2 Poz. po T2	Bieg	Wynik Time	Strata Diff.
1	289	SIEJAKOWSKI MICHAŁ	POL	KWIDZYŃSKIE TOWARZYSTWO SPORTOWE IRONMAN	79M35/1	M / 1	00:18:00 / 9	00:01:00 / 6	01:03:42 / 2	00:00:46 / 1	00:37:50 / 2	02:01:18	00:00:00
2	546	RESZKE PAWEŁ	POL	UKS TRI-TEAM RUMIA	85M25/1	M / 2	00:18:01 / 10	00:01:22 / 11	01:06:25 / 7	00:01:01 / 5	00:38:06 / 3	02:04:55	00:03:37
3	335	ZAJUSZ MAREK	POL	YMCA KRAKÓW	87M25/2	M / 3	00:18:31 / 21	00:00:59 / 15	01:05:32 / 3	00:00:43 / 3	00:41:25 / 10	02:07:10	00:05:52
4	403	MAJKA MICHAŁ	POL	LABOSPORT TEAM	78M35/2	M / 4	00:18:56 / 28	00:01:03 / 20	01:06:37 / 8	00:00:55 / 7	00:39:47 / 5	02:07:18	00:06:00
5	527	TULWIN RAFAŁ	POL		86M25/3	M / 5	00:18:20 / 16	00:01:28 / 19	01:07:48 / 11	00:00:48 / 8	00:41:02 / 9	02:09:26	00:08:08
6	463	DOWBOR MACIEJ	POL	AT TEAM	78M35/3	M / 6	00:17:35 / 5	00:01:17 / 5	01:05:51 / 4	00:00:58 / 2	00:44:14 / 23	02:09:55	00:08:37
7	434	KLUGE KRZYSZTOF	POL	ENDUROMAN ELBLAG	84M30/1	M / 7	00:18:28 / 20	00:01:39 / 22	01:08:44 / 18	00:01:03 / 13	00:40:19 / 6	02:10:13	00:08:55
8	301	CZERWIEC ARTUR	POL	KT WATER KNIGHTS	76M35/4	M / 8	00:16:56 / 4	00:01:04 / 3	01:09:40 / 22	00:00:48 / 9	00:42:10 / 13	02:10:38	00:09:20
9	486	JEGLIŃSKI ŁUKASZ	POL		88M25/4	M / 9	00:19:50 / 33	00:01:10 / 29	01:08:19 / 13	00:01:11 / 14	00:40:25 / 7	02:10:55	00:09:37
10	501	CZAPIŃSKI MICHAŁ	POL		82M30/2	M / 10	00:23:28 / 99	00:02:09 / 91	01:07:22 / 10	00:01:22 / 30	00:36:51 / 1	02:11:12	00:09:54
11	462	GRASS ŁUKASZ	POL	AT TEAM	76M35/5	M / 11	00:19:54 / 34	00:01:23 / 32	01:06:17 / 6	00:01:00 / 10	00:42:56 / 14	02:11:30	00:10:12
12	347	SYCHOWSKI MARIUSZ	POL		71M40/1	M / 12	00:20:03 / 37	00:01:41 / 37	01:03:29 / 1	00:01:22 / 4	00:45:38 / 37	02:12:13	00:10:55
13	435	JANUSZEWSKI PIOTR	POL		90M18/1	M / 13	00:19:47 / 31	00:00:55 / 26	01:05:59 / 5	00:00:38 / 6	00:44:56 / 27	02:12:15	00:10:57
14	410	COMBIK MARCIN	POL	YMCA KRAKÓW	94M18/2	M / 14	00:18:25 / 19	00:00:55 / 9	01:12:06 / 36	00:00:52 / 19	00:40:45 / 8	02:13:03	00:11:45
15	298	KONARSKI MARCIN	POL	TRIATHLON NYSA	71M40/2	M / 15	00:20:03 / 36	00:01:13 / 31	01:06:49 / 9	00:01:13 / 12	00:45:03 / 28	02:14:21	00:13:03
16	380	PODWYSOCKI MARCIN	POL	TRI-STREFA.PL/ATP AUGUSTÓW	88M25/5	M / 16	00:18:02 / 11	00:01:23 / 12	01:11:19 / 30	00:00:49 / 16	00:43:16 / 18	02:14:49	00:13:31
17	508	SOBCZYK SERGIUSZ	POL		91M18/3	M / 17	00:18:36 / 23	00:02:23 / 28	01:11:27 / 31	00:00:58 / 26	00:41:27 / 11	02:14:51	00:13:33
18	274	KURYJ MAREK	POL	JW 4658	78M35/6	M / 18	00:18:23 / 17	00:01:14 / 16	01:13:03 / 44	00:00:48 / 27	00:41:44 / 12	02:15:12	00:13:54
19	538	SOWINSKI MARCIN	POL	TRINERGY	69M45/1	M / 19	00:20:48 / 50	00:01:05 / 40	01:08:41 / 17	00:01:02 / 17	00:44:54 / 26	02:16:30	00:15:12
20	281	DYBEK MATEUSZ	POL	AT TEAM/KINESIS KRAKÓW	80M30/3	M / 20	00:18:06 / 13	00:01:05 / 7	01:08:38 / 16	00:00:51 / 11	00:48:09 / 58	02:16:49	00:15:31
21	523	TRACZYK OSKAR	POL	AZS AWF POZNAŃ	92M18/4	M / 21	00:19:13 / 29	00:01:00 / 23	01:14:13 / 63	00:00:38 / 32	00:43:04 / 15	02:18:08	00:16:50

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	T1	T2	Wynik	Strata			
Rank	Bib	Name	Nat.	Team	YoB	in Age	Pływanie	Poz. po T1	Rower	Poz. po T2	Bieg	Time	Diff.
22	280	NOWAKOWSKI JACEK	POL	IRONMAN C/S POLSKA	66M45/2	M / 22	00:18:55 / 27	00:01:22 / 24	01:11:03 / 28	00:01:00 / 20	00:46:14 / 45	02:18:34	00:17:16
23	499	KRZYWOSZYŃSKI RAFAŁ	POL		80M30/4	M / 23						02:18:54	00:17:36
24	552	TOMCZYK STEFAN	POL	TRS SUSZ	73M40/3	M / 24	00:19:49 / 32	00:01:56 / 38	01:10:05 / 25	00:01:08 / 23	00:46:00 / 40	02:18:58	00:17:40
25	488	PYSZYŃSKI MARIO	POL		75M35/7	M / 25	00:18:24 / 18	00:01:02 / 14	01:13:05 / 45	00:01:01 / 28	00:45:33 / 35	02:19:05	00:17:47
26	258	POPLAWSKI GRZEGORZ	POL		81M30/5	M / 26	00:23:17 / 94	00:01:17 / 73	01:14:30 / 67	00:00:58 / 58	00:39:43 / 4	02:19:45	00:18:27
27	324	BEDNARZ MATEUSZ	POL	BEDNARZÓWKA.PL/TRINERGY	83M30/6	M / 27	00:18:03 / 12	00:01:23 / 13	01:10:08 / 26	00:01:02 / 15	00:49:15 / 70	02:19:51	00:18:33
28	441	PODZIEWSKI ARKADIUSZ	POL		72M40/4	M / 28	00:20:41 / 45	00:02:03 / 51	01:07:58 / 12	00:01:35 / 18	00:47:36 / 54	02:19:53	00:18:35
29	371	LANGE GRZEGORZ	POL	ŁOWCY PRZYGÓD GOŁDAP	78M35/8	M / 29	00:22:34 / 81	00:01:24 / 63	01:10:00 / 24	00:00:55 / 31	00:45:29 / 33	02:20:22	00:19:04
30	472	ZARZECKI ANDRZEJ	POL	ATP AUGUSTÓW	67M45/3	M / 30	00:20:37 / 44	00:01:32 / 46	01:09:05 / 21	00:01:18 / 21	00:48:36 / 66	02:21:08	00:19:50
31	481	GOLASZEWSKI ŁUKASZ	POL		91M18/5	M / 31	00:20:50 / 51	00:01:18 / 45	01:14:25 / 66	00:00:43 / 44	00:43:57 / 21	02:21:13	00:19:55
32	429	MIAZGA PRZEMEK	POL	TRIFREE	68M45/4	M / 32	00:18:39 / 24	00:01:21 / 21	01:11:30 / 32	00:01:23 / 22	00:49:27 / 72	02:22:20	00:21:02
33	559	KUŚKA ADAM	POL	WLKS KMICIC CZĘSTOCHOWA	92M18/6	M / 33	00:20:45 / 48	00:01:03 / 39	01:16:48 / 85	00:00:44 / 52	00:43:18 / 19	02:22:38	00:21:20
34	454	IWOŁA REMIGIUSZ	POL	GDYNIA	75M35/9	M / 34	00:23:55 / 107	00:01:59 / 98	01:09:01 / 20	00:01:33 / 40	00:46:12 / 44	02:22:40	00:21:22
35	261	GREGULA WOJCIECH	POL	KP PSP GRYFINO	86M25/6	M / 35	00:21:18 / 57	00:01:43 / 52	01:12:25 / 39	00:01:44 / 43	00:45:33 / 34	02:22:43	00:21:25
36	553	ANDRYKA ROMAN	POL	UKS TRI-TEAM RUMIA	76M35/10	M / 36	00:21:49 / 65	00:01:29 / 56	01:12:07 / 37	00:00:54 / 38	00:46:58 / 50	02:23:17	00:21:59
37	541	MAŁECKI ROBERT	POL	IRONROBERT	74M40/5	M / 37	00:17:49 / 7	00:01:54 / 17	01:15:00 / 71	00:01:17 / 35	00:47:17 / 52	02:23:17	00:21:59
38	550	UTYKAŃSKI MICHAŁ	POL		86M25/7	M / 38	00:18:33 / 22	00:01:11 / 18	01:12:08 / 38	00:01:29 / 25	00:50:09 / 80	02:23:30	00:22:12
39	479	SZYMAŃSKI MACIEJ	POL	WITC	80M30/7	M / 39	00:17:50 / 8	00:01:32 / 10	01:13:36 / 54	00:01:08 / 29	00:49:43 / 76	02:23:49	00:22:31
40	524	WRÓBLEWSKI MACIEJ	POL		77M35/11	M / 40	00:20:52 / 53	00:01:38 / 49	01:13:12 / 47	00:01:17 / 42	00:46:58 / 49	02:23:57	00:22:39
41	315	LEWANDOWSKI ANDRZEJ	POL	UAM TRIATHLON POZNAŃ	59M55/1	M / 41	00:22:10 / 74	00:01:51 / 64	01:12:39 / 40	00:01:19 / 47	00:46:06 / 41	02:24:05	00:22:47
42	271	CICHECKI ARKADIUSZ	POL	AT TEAM	60M50/1	M / 42	00:22:01 / 73	00:02:07 / 65	01:13:38 / 56	00:01:23 / 50	00:45:16 / 32	02:24:25	00:23:07
43	444	GORGON CEZARY	POL	FOOD4MOTION.COM	81M30/8	M / 43	00:24:16 / 116	00:01:32 / 95	01:11:46 / 35	00:01:46 / 51	00:45:13 / 30	02:24:33	00:23:15
44	414	OŁOWSKI JAKUB	POL	WWW.AGROBROS.COM	84M30/9	M / 44	00:24:20 / 118	00:01:59 / 110	01:13:47 / 57	00:01:41 / 67	00:43:26 / 20	02:25:13	00:23:55
45	392	ZAWISTOWSKI MICHAŁ	POL		78M35/12	M / 45	00:20:33 / 43	00:01:32 / 43	01:12:46 / 41	00:01:31 / 39	00:49:16 / 71	02:25:38	00:24:20
46	419	KURYŁO ARTUR	POL	ATP-AUGUSTÓW	66M45/5	M / 46	00:24:33 / 125	00:01:52 / 112	01:11:43 / 34	00:01:21 / 55	00:46:10 / 43	02:25:39	00:24:21
47	497	BROEKERE TOMASZ	POL		88M25/8	M / 47	00:23:29 / 100	00:01:51 / 87	01:11:03 / 29	00:01:33 / 46	00:47:58 / 56	02:25:54	00:24:36
48	372	JADACH MICHAŁ	POL	SYGNAŁ CHODEL	91M18/7	M / 48	00:22:44 / 85	00:02:03 / 77	01:16:51 / 86	00:01:12 / 78	00:43:08 / 17	02:25:58	00:24:40
49	430	BŁĄŻEJEWSKI BARTOSZ	POL		92M18/8	M / 49	00:24:10 / 114	00:02:03 / 106	01:16:12 / 80	00:00:44 / 81	00:43:08 / 16	02:26:17	00:24:59
50	539	TOLWIŃSKI BOGUSŁAW	POL	ENDURO MAN ELBLĄG	68M45/6	M / 50	00:20:24 / 41	00:01:34 / 41	01:14:50 / 70	00:01:31 / 48	00:48:11 / 59	02:26:30	00:25:12
51	397	DANIELAK ŁUKASZ	POL	TSR ASHIMA WIERUSZÓW	89M25/9	M / 51	00:21:55 / 68	00:01:36 / 59	01:08:25 / 15	00:01:16 / 24	00:53:23 / 111	02:26:35	00:25:17
52	526	SKOMSKI ADAM	POL	TEAM360	71M40/6	M / 52	00:22:59 / 88	00:02:11 / 85	01:14:19 / 65	00:01:30 / 60	00:45:38 / 36	02:26:37	00:25:19
53	317	JĘDRUSIAK JERZY	POL	WTT WARSZAWA	73M40/7	M / 53	00:21:57 / 70	00:02:50 / 78	01:10:57 / 27	00:01:57 / 45	00:48:58 / 68	02:26:39	00:25:21
54	291	KEFALAS PANAGIOTIS	POL		95M18/9	M / 54	00:20:50 / 52	00:01:47 / 50	01:11:40 / 33	00:01:16 / 33	00:51:06 / 89	02:26:39	00:25:21
55	426	GORBA DENISS	LAT	LSC/TRIPOWER.LV	70M40/8	M / 55	00:26:03 / 150	00:01:48 / 137	01:13:03 / 43	00:01:15 / 71	00:45:13 / 31	02:27:22	00:26:04

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	T1	T2	Wynik	Strata			
Rank	Bib	Name	Nat.	Team	YoB	in Age	Pływanie	Poz. po T1	Rower	Poz. po T2	Bieg	Time	Diff.
56	310	BRZESZCZAK ŁUKASZ		POL		81M30/10	M / 56 00:20:08 / 38	00:01:32 / 35	01:13:22 / 52	00:01:13 / 37	00:51:11 / 90	02:27:26	00:26:08
57	269	KIESZKOWSKI RAFAŁ		POL		85M25/10	M / 57 00:21:26 / 60	00:03:18 / 75	01:12:54 / 42	00:01:29 / 49	00:48:19 / 60	02:27:26	00:26:08
58	349	SIKORSKI KRYSZTIAN		POL	JEDYNKA-PRZYJAŻŃ BARTOSZYCE	92M18/10	M / 58 00:23:37 / 103	00:01:51 / 90	01:09:46 / 23	00:01:16 / 41	00:51:22 / 95	02:27:52	00:26:34
59	358	TRACZYK PAWEŁ		POL	UKS TRI-TEAM RUMIA	79M35/13	M / 59 00:16:07 / 2	00:01:27 / 2	01:24:15 / 172	00:01:09 / 79	00:45:13 / 29	02:28:11	00:26:53
60	323	GULCZYŃSKI KRZYSZTOF		POL	MOSIR CIECHANÓW	60M50/2	M / 60 00:23:09 / 92	00:01:28 / 74	01:13:11 / 46	00:01:38 / 54	00:48:52 / 67	02:28:18	00:27:00
61	487	FOREMSKI SŁAWOMIR		POL	TTC JADE TORUŃ	68M45/7	M / 61 00:29:28 / 192	00:01:58 / 184	01:08:18 / 14	00:01:44 / 64	00:47:38 / 55	02:29:06	00:27:48
62	305	KOCHANOWSKI DARIUSZ		POL	WTT WARSZAWA	74M40/9	M / 62 00:22:37 / 82	00:01:48 / 71	01:14:48 / 69	00:01:35 / 59	00:48:20 / 61	02:29:08	00:27:50
63	255	PASTUSIAK ADAM		POL	AT TEAM	87M25/11	M / 63 00:23:36 / 102	00:01:48 / 89	01:15:38 / 75	00:01:04 / 70	00:48:20 / 62	02:30:26	00:29:08
64	473	SKWIRUT MICHAŁ		POL	AZS UW	76M35/14	M / 64 00:22:14 / 75	00:02:01 / 69	01:17:19 / 93	00:00:56 / 76	00:48:02 / 57	02:30:32	00:29:14
65	276	FALKOWSKI TOMASZ		POL		89M25/12	M / 65 00:20:43 / 47	00:02:41 / 57	01:19:10 / 112	00:00:55 / 84	00:47:04 / 51	02:30:33	00:29:15
66	558	OLEJNICZAK WOJCIECH		POL		74M40/10	M / 66 00:23:05 / 91	00:03:01 / 102	01:14:06 / 61	00:01:48 / 68	00:48:35 / 65	02:30:35	00:29:17
67	369	KUDYK MATEUSZ		POL	ORKA IŁAWA	96M18/11	M / 67 00:20:46 / 49	00:01:14 / 42	01:22:02 / 152	00:01:06 / 93	00:45:58 / 39	02:31:06	00:29:48
68	259	KAMIŃSKI SZYMON		POL		87M25/13	M / 68 00:23:25 / 96	00:01:52 / 86	01:20:30 / 133	00:01:31 / 115	00:44:12 / 22	02:31:30	00:30:12
69	420	TRAMP SŁAWOMIR		POL	TRAMP-TRANS SPEDYCJA	73M40/11	M / 69 00:24:02 / 110	00:02:11 / 105	01:13:38 / 55	00:01:40 / 65	00:50:10 / 81	02:31:41	00:30:23
70	334	WAWIÓROWSKI KAMIL		POL		81M30/11	M / 70 00:21:42 / 63	00:01:25 / 53	01:19:27 / 114	00:01:12 / 87	00:48:27 / 63	02:32:13	00:30:55
71	450	BEDNARCZYK TOMASZ		POL	PLAŻA MIRON LUBOWIDZ	87M25/14	M / 71 00:21:20 / 59	00:01:57 / 55	01:20:28 / 131	00:01:36 / 98	00:47:22 / 53	02:32:43	00:31:25
72	382	BOŁTRUCZYK KAROL		POL		92M18/12	M / 72 00:21:28 / 61	00:02:52 / 70	01:13:26 / 53	00:02:08 / 57	00:52:51 / 104	02:32:45	00:31:27
73	411	KAFKA JACEK		POL		78M35/15	M / 73 00:21:40 / 62	00:03:07 / 79	01:21:31 / 143	00:00:56 / 114	00:45:55 / 38	02:33:09	00:31:51
74	496	BROEKERE KRZYSZTOF		POL		59M55/2	M / 74 00:24:36 / 126	00:01:40 / 109	01:13:54 / 58	00:01:17 / 63	00:51:47 / 96	02:33:14	00:31:56
75	478	PULCHNY TOMASZ		POL	HAPPY TRI FRIENDS	72M40/12	M / 75 00:21:59 / 72	00:03:08 / 84	01:15:03 / 73	00:02:05 / 73	00:51:02 / 88	02:33:17	00:31:59
76	474	KLEPACKI TOMASZ		POL	KS TRIATHLON RAWA	56M55/3	M / 76 00:21:57 / 71	00:01:51 / 61	01:21:31 / 142	00:01:12 / 107	00:46:47 / 48	02:33:18	00:32:00
77	522	KUDYK JAN		POL		68M45/8	M / 77 00:26:29 / 155	00:02:30 / 153	01:14:15 / 64	00:01:59 / 95	00:49:08 / 69	02:34:21	00:33:03
78	509	SKORULSKI MACIEJ		POL		91M18/13	M / 78 00:16:18 / 3	00:02:12 / 4	01:23:40 / 168	00:01:30 / 86	00:50:55 / 86	02:34:35	00:33:17
79	359	PERKOWSKI JAROSŁAW		POL	BIAŁE MIŚKI SUWAŁKI	71M40/13	M / 79 00:22:26 / 79	00:01:48 / 68	01:22:36 / 160	00:01:16 / 118	00:46:36 / 47	02:34:42	00:33:24
80	423	FIJAŁKOWSKI TOMASZ		POL	NADAKTYWNI SPRINT TRITEAM	80M30/12	M / 80 00:18:12 / 14	00:02:13 / 25	01:20:07 / 124	00:01:33 / 69	00:52:43 / 103	02:34:48	00:33:30
81	475	PALUCH MAREK		POL	BBL GIŻYCKO	75M35/16	M / 81 00:26:46 / 161	00:02:11 / 152	01:14:05 / 60	00:01:38 / 90	00:50:17 / 82	02:34:57	00:33:39
82	379	GIZICKI MAREK		POL		77M35/17	M / 82 00:19:38 / 30	00:02:43 / 48	01:17:25 / 94	00:01:58 / 66	00:53:34 / 112	02:35:18	00:34:00
83	299	ZAJFERT STANISŁAW		POL	"KLUB SPORTOWY "KOZIOŁEK""	48M60+1	M / 83 00:21:52 / 67	00:01:18 / 54	01:15:01 / 72	00:01:30 / 56	00:55:38 / 135	02:35:19	00:34:01
84	278	GROCHOWICZ JAN		POL		82M30/13	M / 84 00:21:15 / 56	00:02:22 / 60	01:19:01 / 110	00:01:24 / 88	00:51:21 / 94	02:35:23	00:34:05
85	534	ONICHIMOWSKI PIOTR		POL		79M35/18	M / 85 00:23:59 / 109	00:01:48 / 94	01:23:36 / 167	00:01:13 / 144	00:44:54 / 25	02:35:30	00:34:12
86	263	GAWRYLUK PIOTR		POL		86M25/15	M / 86 00:19:59 / 35	00:01:22 / 33	01:19:05 / 111	00:00:56 / 62	00:54:12 / 118	02:35:34	00:34:16
87	440	DUDKOWIAK JACEK		POL		65M45/9	M / 87 00:23:12 / 93	00:01:53 / 83	01:16:35 / 83	00:01:18 / 80	00:52:42 / 102	02:35:40	00:34:22
88	470	NIELSEN FLEMMING		DEN		72M40/14	M / 88 00:28:20 / 181	00:02:32 / 174	01:13:17 / 49	00:01:37 / 102	00:50:01 / 77	02:35:47	00:34:29
89	345	WASILUK TOMASZ		POL		88M25/16	M / 89 00:22:15 / 76	00:03:40 / 99	01:08:55 / 19	00:00:46 / 34	01:00:24 / 174	02:36:00	00:34:42

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	T1	T2	Wynik	Strata			
Rank	Bib	Name	Nat.	Team	YoB	in Age	Pływanie	Poz. po T1	Rower	Poz. po T2	Bieg	Time	Diff.
90	265	CHODOWSKI PATRICK	POL		92M18/14	M / 90	00:24:53 / 133	00:01:40 / 115	01:18:15 / 102	00:00:47 / 100	00:50:43 / 83	02:36:18	00:35:00
91	489	BARTYZEL KONRAD	POL		92M18/15	M / 91	00:21:55 / 69	00:04:20 / 108	01:17:04 / 88	00:01:49 / 94	00:51:14 / 91	02:36:22	00:35:04
92	533	KASPRZAK KAROLINA	POL	AKADEMIA PLYWANIA KAROLINA	86K25/1	K / 1	00:18:54 / 26	00:02:18 / 30	01:26:51 / 182	00:02:07 / 137	00:46:30 / 46	02:36:40	00:35:22
				KASPRZAK									
93	296	SOSNOWSKI WOJCIECH	POL	ZNICZ OLECKO	74M40/15	M / 92	00:23:38 / 104	00:02:14 / 96	01:19:56 / 120	00:02:25 / 119	00:48:28 / 64	02:36:41	00:35:23
94	401	TUCZKO MARCIN	POL		83M30/14	M / 93	00:20:42 / 46	00:01:35 / 47	01:15:28 / 74	00:01:37 / 53	00:57:22 / 153	02:36:44	00:35:26
95	318	ZAWADZKI MACIEJ	POL		74M40/16	M / 94	00:22:53 / 86	00:02:48 / 93	01:13:14 / 48	00:02:21 / 61	00:55:31 / 132	02:36:47	00:35:29
96	322	GASPERSICH MARK	POL	WARSAW INTERNATIONAL TRIATHLON	74M40/17	M / 95	00:21:01 / 54	00:04:01 / 82	01:20:20 / 128	00:01:48 / 113	00:49:40 / 74	02:36:50	00:35:32
				CLUB									
97	451	GABRYSZAK MACIEJ	POL	RELAKSOWO.PL	84M30/15	M / 96	00:24:30 / 124	00:02:20 / 120	01:18:17 / 105	00:01:08 / 104	00:51:14 / 92	02:37:29	00:36:11
98	364	SZEPIETOWSKI MARCIN	POL		81M30/16	M / 97	00:24:45 / 130	00:03:39 / 144	01:16:38 / 84	00:01:53 / 109	00:50:43 / 84	02:37:38	00:36:20
99	477	ROJEK ARKADIUSZ	POL		80M30/17	M / 98	00:24:04 / 111	00:01:49 / 97	01:15:40 / 76	00:01:50 / 83	00:54:43 / 124	02:38:06	00:36:48
100	549	SZCZYGIELSKI KRZYSZTOF	POL	UKS TRI-TEAM RUMIA	60M50/3	M / 99	00:25:58 / 149	00:02:07 / 138	01:18:14 / 101	00:01:42 / 116	00:50:09 / 79	02:38:10	00:36:52
101	306	GIEJSZTOWT MARCIN	POL		78M35/19	M / 100	00:18:17 / 15	00:02:40 / 27	01:20:11 / 125	00:01:07 / 74	00:55:59 / 138	02:38:14	00:36:56
102	548	DEREWNICKI ŁUKASZ	POL	UKS TRI-TEAM RUMIA	86M25/17	M / 101	00:22:24 / 78	00:02:20 / 76	01:20:17 / 127	00:01:13 / 103	00:52:03 / 99	02:38:17	00:36:59
103	351	KONOPKA SŁAWOMIR	POL		80M30/18	M / 102	00:18:41 / 25	00:02:55 / 34	01:21:27 / 141	00:02:10 / 96	00:53:06 / 108	02:38:19	00:37:01
104	560	STEFAŃSKI MICHAŁ	POL		76M35/20	M / 103	00:23:58 / 108	00:02:57 / 123	01:18:38 / 107	00:01:34 / 110	00:51:17 / 93	02:38:24	00:37:06
105	252	CHMIELNICKI PAWEŁ	POL		73M40/18	M / 104	00:20:26 / 42	00:01:17 / 36	01:19:25 / 113	00:01:05 / 72	00:56:39 / 143	02:38:52	00:37:34
106	413	MATYSIAK MARCIN	POL	GAPMONT RUNNING TEAM	77M35/21	M / 105	00:27:38 / 176	00:03:42 / 182	01:20:04 / 122	00:01:29 / 158	00:46:09 / 42	02:39:02	00:37:44
107	384	ROMANOW MARCIN	POL	KROSS CENTRUM ROWEROWE	77M35/22	M / 106	00:24:27 / 122	00:02:22 / 119	01:14:12 / 62	00:01:19 / 75	00:57:25 / 154	02:39:45	00:38:27
				OLSZTYN									
108	506	CICHECKI EMIL	POL	AT TEAM	87M25/18	M / 107	00:22:55 / 87	00:01:55 / 80	01:18:50 / 108	00:01:27 / 92	00:55:08 / 129	02:40:15	00:38:57
109	396	CICHY BARTOSZ	POL	ATP AUGUSTÓW	83M30/19	M / 108	00:23:27 / 98	00:02:59 / 113	01:15:50 / 78	00:01:18 / 85	00:56:49 / 145	02:40:23	00:39:05
110	389	ELMINOWSKI WOJCIECH	POL	ENDURO MAN ELBLĄG	62M50/4	M / 109	00:24:18 / 117	00:02:06 / 111	01:18:22 / 106	00:01:39 / 106	00:54:00 / 117	02:40:25	00:39:07
111	266	KAPICA SŁAWOMIR	POL	KTS IRONMAN KWIDZYN	72M40/19	M / 110	00:25:03 / 138	00:03:07 / 141	01:17:16 / 92	00:03:22 / 127	00:51:50 / 98	02:40:38	00:39:20
112	518	KAPKOWSKI MARCIN	POL		76M35/23	M / 111	00:26:04 / 151	00:03:00 / 156	01:14:37 / 68	00:01:58 / 101	00:55:06 / 128	02:40:45	00:39:27
113	448	SKOLIMOWSKI ADAM	POL		78M35/24	M / 112	00:24:26 / 121	00:04:10 / 147	01:13:19 / 50	00:03:19 / 97	00:55:35 / 134	02:40:49	00:39:31
114	504	STEC PRZEMYSŁAW	POL		83M30/20	M / 113	00:27:27 / 174	00:01:52 / 158	01:16:09 / 79	00:01:21 / 108	00:54:30 / 121	02:41:19	00:40:01
115	321	STASIEWICZ ŁUKASZ	POL		81M30/21	M / 114	00:21:04 / 55	00:02:27 / 58	01:21:38 / 146	00:01:58 / 111	00:54:44 / 125	02:41:51	00:40:33
116	312	WYSOTA PAWEŁ	POL		86M25/19	M / 115	00:26:41 / 159	00:01:29 / 140	01:19:44 / 116	00:01:10 / 129	00:52:53 / 106	02:41:57	00:40:39
117	551	JEGLIŃSKI JAN	POL		63M50/5	M / 116	00:27:04 / 166	00:02:25 / 161	01:19:56 / 119	00:01:34 / 148	00:50:59 / 87	02:41:58	00:40:40
118	387	OLECH MARCIN	POL		74M40/20	M / 117	00:28:50 / 184	00:02:16 / 179	01:15:47 / 77	00:01:25 / 122	00:53:41 / 114	02:41:59	00:40:41
119	561	KĄDZIELA RAFAŁ	POL	JW 3411	75M35/25	M / 118	00:26:31 / 157	00:03:52 / 168	01:18:15 / 103	00:01:37 / 138	00:51:48 / 97	02:42:03	00:40:45
120	514	OLSZEWSKI MARCIN	POL		85M25/20	M / 119	00:17:41 / 6	00:01:38 / 8	01:22:38 / 161	00:01:20 / 82	00:59:24 / 164	02:42:41	00:41:23
121	502	SZYMULEWICZ WOJCIECH	POL		73M40/21	M / 120	00:27:14 / 170	00:02:37 / 164	01:14:01 / 59	00:01:40 / 99	00:57:19 / 152	02:42:51	00:41:33

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	T1	T2	Wynik	Strata			
Rank	Bib	Name	Nat.	Team	YoB	in Age	Pływanie	Poz. po T1	Rower	Poz. po T2	Bieg	Time	Diff.
122	483	PRZEPIEŚĆ KAMILA	POL		84K30/1	K / 2	00:23:23 / 95	00:02:17 / 92	01:21:33 / 144	00:00:49 / 117	00:54:52 / 126	02:42:54	00:41:36
123	273	PIĄTKOWSKI TOMASZ	POL	BIEGUSIEM.PL	64M50/6	M / 121	00:25:35 / 143	00:02:02 / 131	01:20:05 / 123	00:02:15 / 136	00:53:00 / 107	02:42:57	00:41:39
124	393	LUBARSKI MICHAŁ	POL	AT TEAM	78M35/26	M / 122	00:20:24 / 40	00:01:42 / 44	01:18:51 / 109	00:01:48 / 77	01:00:28 / 176	02:43:13	00:41:55
125	457	TOMANEK KRZYSZTOF	POL		77M35/27	M / 123	02:27:28 / 219					02:43:24	00:42:06
126	294	PTAK PAWEŁ	POL	WARSAW INTERNATIONAL TRIATHLON CLUB	79M35/28	M / 124	00:27:39 / 177	00:03:09 / 172	01:17:14 / 91	00:02:42 / 146	00:52:53 / 105	02:43:37	00:42:19
127	542	WOŁYNIEC ROBERT	POL	MOS ELK	96M18/16	M / 125	00:15:50 / 1	00:01:21 / 1	01:17:51 / 96	00:01:06 / 36	01:07:35 / 196	02:43:43	00:42:25
128	557	GRAJDEK GRZEGORZ	POL	GT RAT	88M25/21	M / 126	00:24:23 / 119	00:03:17 / 134	01:17:11 / 90	00:02:17 / 112	00:56:51 / 146	02:43:59	00:42:41
129	408	SZAFRAŃSKI ARKADIUSZ	POL		82M30/22	M / 127	00:26:34 / 158	00:03:28 / 166	01:18:05 / 100	00:02:13 / 141	00:53:50 / 115	02:44:10	00:42:52
130	421	OLENDER PAWEŁ	POL	TRUCHT MRĄGOWO	77M35/29	M / 128	00:25:01 / 136	00:01:57 / 124	01:20:59 / 137	00:01:58 / 135	00:54:26 / 120	02:44:21	00:43:03
131	257	DOBROSIELSKI GRZEGORZ	POL		82M30/23	M / 129	00:20:11 / 39	00:03:57 / 66	01:23:20 / 165	00:02:08 / 131	00:55:10 / 130	02:44:46	00:43:28
132	327	ŁUCZAK BARTOSZ	POL	AT TEAM	93M18/17	M / 130	00:22:26 / 80	00:01:48 / 67	01:22:55 / 162	00:01:09 / 120	00:57:01 / 148	02:45:19	00:44:01
133	519	GRUCA MICHAŁ	POL		86M25/22	M / 131	00:28:05 / 180	00:03:49 / 187	01:18:16 / 104	00:01:58 / 155	00:53:22 / 110	02:45:30	00:44:12
134	456	POREDA DARIUSZ	POL	NIEZRZESZONY	83M30/24	M / 132	00:27:15 / 171	00:02:19 / 162	01:17:07 / 89	00:01:44 / 123	00:57:13 / 151	02:45:38	00:44:20
135	498	WIORA MACIEJ	POL		69M45/10	M / 133	00:24:14 / 115	00:02:00 / 107	01:16:59 / 87	00:01:52 / 91	01:00:33 / 178	02:45:38	00:44:20
136	500	SAWICKI PAWEŁ	POL		68M45/11	M / 134	00:24:25 / 120	00:03:05 / 130	01:22:12 / 155	00:01:52 / 152	00:54:12 / 119	02:45:46	00:44:28
137	390	MIEZIANKO KRZYSZTOF	POL		80M30/25	M / 135	00:23:49 / 106	00:03:29 / 128	01:21:37 / 145	00:01:28 / 143	00:56:00 / 139	02:46:23	00:45:05
138	476	JARMUŁ TOMASZ	POL		72M40/22	M / 136	00:27:21 / 173	00:03:05 / 169	01:18:00 / 99	00:01:50 / 139	00:56:13 / 141	02:46:29	00:45:11
139	545	ZMYŚŁOWSKI ŁUKASZ	POL	WWW.RADCAPRAWNY-LUBLIN.PL	82M30/26	M / 137	00:27:05 / 167	00:02:20 / 160	01:20:42 / 135	00:01:29 / 153	00:54:56 / 127	02:46:32	00:45:14
140	320	KUPTEL ROBERT	POL	BIELSK PODLASKI	75M35/30	M / 138	00:25:02 / 137	00:03:24 / 145	01:25:56 / 179	00:01:22 / 171	00:50:51 / 85	02:46:35	00:45:17
141	424	BRYZEK ARNOLD	POL		70M40/23	M / 139	00:22:43 / 83	00:02:10 / 81	01:17:57 / 98	00:01:44 / 89	01:02:13 / 184	02:46:47	00:45:29
142	333	TURSKI MICHAŁ	POL		74M40/24	M / 140	00:24:09 / 113	00:04:03 / 142	01:16:23 / 81	00:01:44 / 105	01:00:41 / 179	02:47:00	00:45:42
143	554	PACHULSKI ADAM	POL	DENTAL SPA JÓZEFOSŁAW TEAM	79M35/31	M / 141	00:23:46 / 105	00:02:55 / 116	01:22:30 / 158	00:02:13 / 149	00:55:58 / 137	02:47:22	00:46:04
144	270	TOKARSKI ANDRZEJ	POL		80M30/27	M / 142	00:26:30 / 156	00:03:50 / 167	01:17:40 / 95	00:02:22 / 142	00:57:04 / 149	02:47:26	00:46:08
145	431	KUCZYŃSKI ŁUKASZ	POL		77M35/32	M / 143	00:25:44 / 145	00:02:35 / 143	01:21:39 / 147	00:02:02 / 154	00:55:46 / 136	02:47:46	00:46:28
146	254	MERCHELSKI PIOTR	POL	BEZ CIŚNIEŃ	84M30/28	M / 144	00:27:01 / 164	00:02:18 / 159	01:24:51 / 176	00:01:05 / 168	00:52:35 / 101	02:47:50	00:46:32
147	307	LETKOWSKI DARIUSZ	POL	GAPMONT RUNNING TEAM	78M35/33	M / 145	00:24:44 / 129	00:02:29 / 127	01:22:07 / 153	00:01:27 / 147	00:57:08 / 150	02:47:55	00:46:37
148	544	JAKUBCZAK-PAWELEC ANNA	POL	ANNARUN	73K40/1	K / 3	00:33:39 / 212	00:02:23 / 209	01:24:15 / 173	00:02:50 / 191	00:44:50 / 24	02:47:57	00:46:39
149	436	GÓRA SZYMON	POL	BCT TEAM	91M18/18	M / 146	00:28:33 / 183	00:02:29 / 177	01:16:23 / 82	00:01:13 / 124	00:59:39 / 166	02:48:17	00:46:59
150	442	MASALSKI WOJTEK	POL	PIE... NIE BIEGAM	68M45/12	M / 147	00:26:19 / 154	00:02:52 / 157	01:17:56 / 97	00:02:32 / 133	00:58:39 / 162	02:48:18	00:47:00
151	328	LACHOWIECKI WOJCIECH +1 min	POL		77M35/34	M / 148	00:23:03 / 90	00:02:20 / 88	01:21:15 / 140	00:01:40 / 121	01:00:09 / 172	02:48:27	00:47:09
152	374	ANTONOWICZ MARCIN	POL		79M35/35	M / 149	00:25:57 / 147	00:03:06 / 155	01:21:09 / 138	00:02:03 / 156	00:56:25 / 142	02:48:40	00:47:22
153	547	CZYNSZ ALEKSANDER	POL	UKS TRI-TEAM RUMIA	58M55/4	M / 150	00:29:35 / 195	00:01:57 / 185	01:21:50 / 149	00:01:49 / 167	00:53:34 / 113	02:48:45	00:47:27
154	467	MIELNICZEK PAWEŁ	POL		85M25/23	M / 151	00:24:46 / 131	00:02:15 / 125	01:21:53 / 150	00:01:23 / 140	01:00:00 / 171	02:50:17	00:48:59

Msc	Nr	Nazwisko i imię	Kraj	Drużyna	R-k	W kategorii	T1	T2	Wynik	Strata			
Rank	Bib	Name	Nat.	Team	YoB	in Age	Pływanie	Poz. po T1	Rower	Poz. po T2	Bieg	Time	Diff.
155	381	TRZEBIŃSKI RYSZARD	POL	MARATONKA GRAJEWO	76M35/36	M / 152	00:28:59 / 186	00:03:25 / 190	01:25:24 / 178	00:03:24 / 184	00:49:40 / 75	02:50:52	00:49:34
156	394	DAWIDCZYK ADAM	POL		84M30/29	M / 153	00:27:18 / 172	00:01:41 / 154	01:21:11 / 139	00:01:22 / 151	00:59:28 / 165	02:51:00	00:49:42
157	325	PONIEWIERSKI RAFAŁ	POL		78M35/37	M / 154	00:27:37 / 175	00:02:55 / 170	01:20:28 / 132	00:02:29 / 160	00:57:33 / 155	02:51:02	00:49:44
158	341	PIĄTKOWSKI PIOTR	POL		81M30/30	M / 155	00:24:42 / 128	00:03:51 / 146	01:24:55 / 177	00:02:03 / 169	00:55:33 / 133	02:51:04	00:49:46
159	285	OBIEDZIŃSKA ALEKSANDRA	POL	KTS IRONMAN	77K35/1	K / 4	00:24:41 / 127	00:02:01 / 117	01:20:53 / 136	00:01:59 / 130	01:02:11 / 183	02:51:45	00:50:27
160	445	JUSZKIEWICZ ZBIGNIEW	POL		66M45/13	M / 156	00:25:27 / 141	00:03:25 / 149	01:22:58 / 164	00:01:24 / 159	00:58:35 / 161	02:51:49	00:50:31
161	555	ZĄŁOGA ZUZANNA	POL		82K30/2	K / 5	00:26:06 / 153	00:02:37 / 148	01:21:56 / 151	00:01:51 / 157	00:59:44 / 168	02:52:14	00:50:56
162	256	GMITROWSKI MAREK	POL	BRAK	76M35/38	M / 157	00:21:48 / 64	00:04:21 / 104	01:21:48 / 148	00:03:30 / 150	01:00:51 / 180	02:52:18	00:51:00
163	537	ANTONIAK KRZYSZTOF	POL		81M30/31	M / 158	00:29:28 / 193	00:02:20 / 186	01:20:40 / 134	00:02:16 / 166	00:58:04 / 157	02:52:48	00:51:30
164	446	GORGON ANGELIKA	POL	FOOD4MOTION.COM	87K25/2	K / 6	00:31:03 / 201	00:02:16 / 196	01:22:23 / 157	00:02:12 / 178	00:55:15 / 131	02:53:09	00:51:51
165	267	FILIPEK KRZYSZTOF	POL	AT TEAM	87M25/24	M / 159	00:25:55 / 146	00:03:00 / 151	01:27:55 / 186	00:02:03 / 179	00:54:42 / 123	02:53:35	00:52:17
166	494	GENDEK JERZY	POL	KŻ. KOTWICA	47M60+2	M / 160	00:29:11 / 189	00:01:53 / 178	01:23:54 / 170	00:02:06 / 175	00:56:41 / 144	02:53:45	00:52:27
167	385	KIEDA WOJCIECH	POL	TRENERFIT.PL	75M35/39	M / 161	00:21:50 / 66	00:02:06 / 62	01:31:52 / 194	00:01:11 / 174	00:56:56 / 147	02:53:55	00:52:37
168	490	MARKIEL ROBERT	POL	OSZŹW W-WA	81M30/32	M / 162	00:27:46 / 178	00:03:11 / 176	01:27:20 / 184	00:01:31 / 181	00:54:36 / 122	02:54:24	00:53:06
169	503	SUSKI MARCIN	POL		85M25/25	M / 163	00:29:07 / 188	00:04:08 / 195	01:30:21 / 192	00:01:24 / 194	00:49:31 / 73	02:54:31	00:53:13
170	459	JAROSZ-JARSZEWSKI MATEUSZ	POL		86M25/26	M / 164	00:25:30 / 142	00:02:36 / 139	01:20:01 / 121	00:01:40 / 134	01:04:48 / 190	02:54:35	00:53:17
171	427	LEMESE MONIKA	LAT	LSC/TRIPOWER.LV	68K45/1	K / 7	00:32:00 / 204	00:02:11 / 199	01:20:11 / 126	00:01:55 / 173	00:58:21 / 159	02:54:38	00:53:20
172	262	LIPIŃSKI KAMIL	POL		92M18/19	M / 165	00:32:15 / 206	00:02:02 / 200	01:13:22 / 51	00:01:17 / 128	01:06:32 / 195	02:55:28	00:54:10
173	515	OSTROWSKI MACIEJ	POL		79M35/40	M / 166	00:30:02 / 197	00:03:09 / 193	01:22:08 / 154	00:01:56 / 177	00:58:51 / 163	02:56:06	00:54:48
174	264	MICHAŁOWSKI PIOTR	POL		66M45/14	M / 167	00:25:19 / 140	00:02:25 / 136	01:26:23 / 180	00:01:31 / 170	01:00:30 / 177	02:56:08	00:54:50
175	415	BIERNACKI ARTUR	POL	VITASPORT	71M40/25	M / 168	00:33:37 / 211	00:02:09 / 206	01:26:31 / 181	00:01:48 / 192	00:52:08 / 100	02:56:13	00:54:55
176	536	ABRAMCZYK JAKUB	POL		78M35/41	M / 169	00:23:27 / 97	00:02:31 / 100	01:31:11 / 193	00:01:45 / 180	00:57:46 / 156	02:56:40	00:55:22
177	288	PUŻYŃSKI MARIUSZ	POL	ATP AUGUSTÓW	68M45/15	M / 170	00:29:05 / 187	00:02:56 / 189	01:23:23 / 166	00:01:46 / 176	00:59:59 / 170	02:57:09	00:55:51
178	346	JANISZEK ROBERT	POL		75M35/42	M / 171	00:24:06 / 112	00:03:38 / 135	01:19:51 / 117	00:01:04 / 125	01:08:47 / 199	02:57:26	00:56:08
179	297	KRASUSKI ROBERT	POL		67M45/16	M / 172	00:27:09 / 168	00:02:35 / 163	01:23:45 / 169	00:01:09 / 165	01:03:20 / 187	02:57:58	00:56:40
180	449	STRZEŚNIEWSKI MAREK	POL	IMPACT TEAM / AT TEAM	57M55/5	M / 173	00:32:12 / 205	00:03:15 / 203	01:28:04 / 187	00:02:02 / 197	00:53:52 / 116	02:59:25	00:58:07
181	330	STRZELECKI MAREK	POL		58M55/6	M / 174	00:22:44 / 84	00:03:45 / 114	01:19:52 / 118	00:02:21 / 126	01:11:00 / 204	02:59:42	00:58:24
182	286	KIELBINSKI BARTOSZ	POL	ESTOREMEDIA	81M30/33	M / 175	00:26:50 / 162	00:03:05 / 165	01:24:13 / 171	00:01:57 / 172	01:03:50 / 189	02:59:55	00:58:37
183	482	BUKOWSKI PATRYK	POL		83M30/34	M / 176	00:27:04 / 165	00:03:43 / 171	01:20:23 / 129	00:03:19 / 164	01:05:38 / 192	03:00:07	00:58:49
184	356	WARUSZEWSKA AURELIA	POL	SSP ORKA ILAWA	68K45/2	K / 8	00:24:48 / 132	00:01:58 / 118	01:22:16 / 156	00:01:39 / 145	01:09:45 / 202	03:00:26	00:59:08
185	540	THUMEYER KATHARINA	POL	WITC	85K25/3	K / 9	00:25:03 / 139	00:01:50 / 122	01:34:24 / 203	00:01:07 / 189	01:00:15 / 173	03:02:39	01:01:21
186	284	NYKOWSKA AGATA	POL		85K25/4	K / 10	00:22:23 / 77	00:02:03 / 72	01:27:13 / 183	00:01:53 / 161	01:09:27 / 200	03:02:59	01:01:41
187	337	SMOŁOKOWSKA IZA	POL		64K50+1	K / 11	00:29:18 / 190	00:01:58 / 181	01:32:16 / 195	00:01:29 / 195	00:58:32 / 160	03:03:33	01:02:15
188	316	KAMIŃSKI ADRIAN	POL		77M35/43	M / 177	00:24:54 / 134	00:02:43 / 132	01:20:24 / 130	00:01:38 / 132	01:14:01 / 210	03:03:40	01:02:22

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie	T1 Poz. po T1	Rower	T2 Poz. po T2	Bieg	Wynik Time	Strata Diff.
189	360	KOZŁOWSKA NATALIA	POL		88K25/5	K / 12	00:28:29 / 182	00:03:31 / 188	01:27:44 / 185	00:01:42 / 185	01:02:19 / 185	03:03:45	01:02:27
190	260	MANTHEY KRZYSZTOF	POL		69M45/17	M / 178	00:32:19 / 207	00:04:30 / 210	01:24:41 / 174	00:02:47 / 193	00:59:44 / 167	03:04:01	01:02:43
191	491	KUKUCZ-LEGIEN MICHAŁ	POL	KUKUCZSPORT.PL	83M30/35	M / 179	00:21:20 / 58	00:05:59 / 129	01:22:33 / 159	00:03:47 / 162	01:10:39 / 203	03:04:18	01:03:00
192	353	WITEK SEBASTIAN	POL	AT TEAM	76M35/44	M / 180	00:36:37 / 217	00:03:32 / 214	01:19:43 / 115	00:01:56 / 187	01:03:00 / 186	03:04:48	01:03:30
193	340	GAWLIK JANUSZ	POL	MSPIR	61M50/7	M / 181	00:26:04 / 152	00:02:50 / 150	01:22:57 / 163	00:02:16 / 163	01:11:05 / 205	03:05:12	01:03:54
194	458	OSIECKI EDWIN	POL		69M45/18	M / 182	00:27:50 / 179					03:05:14	01:03:56
195	428	HIRSZTRITT JACEK	POL		89M25/27	M / 183	00:25:57 / 148	00:04:58 / 175	01:29:34 / 191	00:01:29 / 188	01:03:26 / 188	03:05:24	01:04:06
196	348	BABULA MAŁGORZATA	POL		82K30/3	K / 13	00:24:59 / 135	00:01:53 / 121	01:32:26 / 198	00:01:37 / 183	01:05:23 / 191	03:06:18	01:05:00
197	493	JEDWABNY TOMEK	POL		76M35/45	M / 184	00:29:50 / 196	00:05:05 / 201	01:28:28 / 188	00:02:28 / 198	01:00:28 / 175	03:06:19	01:05:01
198	521	KAMIŃSKI MARCIN	POL	MUZEUM I INSTYTUT ZOOLOGII PAN	85M25/28	M / 185	00:30:03 / 198	00:03:33 / 197	01:32:22 / 197	00:02:05 / 200	00:59:56 / 169	03:07:59	01:06:41
199	556	GRZESIAK MARIUSZ	POL		74M40/26	M / 186	00:26:53 / 163	00:04:28 / 183	01:32:21 / 196	00:03:32 / 199	01:01:03 / 181	03:08:17	01:06:59
200	528	OPALCZYŃSKI ZBIGNIEW	POL		74M40/27	M / 187	00:34:05 / 213	00:02:55 / 211	01:33:32 / 201	00:01:35 / 206	00:56:10 / 140	03:08:17	01:06:59
201	295	KRASUŃ MICHAŁ	POL		79M35/46	M / 188	00:25:41 / 144	00:01:57 / 133	01:49:26 / 214	00:01:10 / 210	00:50:06 / 78	03:08:20	01:07:02
202	357	HOLUBOWICZ MAREK	POL		64M50/8	M / 189	00:33:16 / 209	00:02:46 / 208	01:37:56 / 206	00:01:53 / 209	00:53:10 / 109	03:09:01	01:07:43
203	510	KARAŚ BEATA	POL		62K50+2	K / 14	00:23:02 / 89	00:02:57 / 101	01:33:56 / 202	00:01:33 / 186	01:08:32 / 198	03:10:00	01:08:42
204	485	SNOPEK MARIUSZ +1 min	POL		86M25/29	M / 190	00:29:32 / 194	00:03:43 / 194	01:33:01 / 200	00:01:54 / 201	01:01:57 / 182	03:10:07	01:08:49
205	438	ZALEWSKI PIOTR	POL	ALETEMPO	69M45/19	M / 191	00:32:25 / 208	00:02:34 / 202	01:29:17 / 189	00:01:15 / 196	01:06:06 / 193	03:11:37	01:10:19
206	417	DĘBIAK PIOTR	POL		77M35/47	M / 192	00:28:55 / 185	00:03:53 / 191	01:24:48 / 175	00:02:12 / 182	01:15:47 / 213	03:15:35	01:14:17
207	516	ZAHIRI KAMIL	POL		88M25/30	M / 193	00:30:13 / 199	00:02:57 / 192	01:34:26 / 204	00:01:58 / 202	01:06:19 / 194	03:15:53	01:14:35
208	400	POWAJBO KRZYSZTOF	POL	LOTOS RUNNING TEAM	80M30/36	M / 194	00:27:09 / 169	00:03:43 / 173	01:29:32 / 190	00:02:09 / 190	01:16:22 / 214	03:18:55	01:17:37
209	383	GAZDA KRZYSZTOF	POL		90M18/20	M / 195	00:23:31 / 101	00:02:36 / 103	01:43:07 / 211	00:01:15 / 204	01:11:50 / 206	03:22:19	01:21:01
210	342	NAUMOWICZ MAJA	POL		86K25/6	K / 15	00:31:53 / 203	00:03:39 / 204	01:32:38 / 199	00:01:43 / 203	01:12:55 / 207	03:22:48	01:21:30
211	386	LEWONIEWSKI MARIUSZ	POL	TRENERFIT.PL	75M35/48	M / 196	00:24:28 / 123	00:02:37 / 126	01:42:58 / 210	00:01:36 / 205	01:15:20 / 212	03:26:59	01:25:41
212	293	CZARNECKI MARCIN	POL	BORN WYCENA NIERUCHOMOŚCI	77M35/49	M / 197	00:29:22 / 191	00:04:18 / 198	01:38:31 / 207	00:01:27 / 207	01:13:49 / 209	03:27:27	01:26:09
213	525	MALINOWSKI SEBASTIAN	POL		86M25/31	M / 198	00:30:50 / 200	00:04:48 / 205	01:39:37 / 208	00:04:54 / 211	01:09:31 / 201	03:29:40	01:28:22
214	535	RUSINEK MONIKA	POL	MONIKA RUSINEK TEAM	84K30/4	K / 16	00:33:34 / 210	00:02:27 / 207	01:36:59 / 205	00:01:33 / 208	01:17:59 / 215	03:32:32	01:31:14
215	460	OCHRYMOWICZ TOMASZ +1 min	POL		72M40/28	M / 199	00:26:43 / 160	00:04:25 / 180	02:03:09 / 216	00:02:50 / 216	00:58:10 / 158	03:35:17	01:33:59
216	409	MIASOJEDOW BOZENA	POL	AKS POLONIA WARSZAWA	54K50+3	K / 17	00:36:06 / 216	00:03:59 / 213	01:52:45 / 215	00:01:46 / 215	01:07:43 / 197	03:42:19	01:41:01
217	461	GOLOS PATRYCJA	POL		79K35/2	K / 18	00:34:58 / 215	00:06:29 / 215	01:48:26 / 212	00:02:49 / 214	01:13:12 / 208	03:45:54	01:44:36
218	313	LUBIŃSKA MARIOLA	POL		74K40/2	K / 19	00:37:45 / 218	00:03:53 / 216	01:48:34 / 213	00:01:52 / 213	01:14:43 / 211	03:46:47	01:45:29
219	471	GAŁĘZIEWSKA WIESŁAWA	POL		75K35/3	K / 20	00:34:38 / 214	00:03:42 / 212	01:39:54 / 209	00:02:15 / 212	01:36:07 / 216	03:56:36	01:55:18
220	495	NOWAK STANISŁAW	POL		56M55/7	M / 200	00:31:29 / 202					04:12:55	02:11:37