

## 21. Herbalife Triathlon Susz 2012

**WYNIKI ZAWODÓW****OPEN****Organizator:** Gmina Susz, CSiR w Suszu, TRS w Suszu, Sport Evolution**Termin:** 07.07.2012**Miejsce:** Susz**Dystans:** 113 km



















| Miejsce<br>Rank                     | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City  | Kraj<br>Nat | Drużyna<br>Team                            | R-k<br>YoB | W kategorii<br>in Age Sex | Czas<br>Time | Czas<br>Netto | [min/km] |
|-------------------------------------|-----------|-------------------------|----------------------|-------------|--|------------|---------------------------|--------------|---------------|----------|
| <b>OPEN Kobiety KATEGORIA:K18</b>   |           |                         |                      |             |  |            |                           |              |               |          |
| 1                                   | 11        | BUGDOL Ewa              |                      |             | POL LKS KMICIC CZĘSTOCHOWA                 | 86         | K18/1 (K)1                | 04:41:22     | 04:41:22      | 02.29    |
| 2                                   | 12        | SUSMANEK Joanna         |                      |             | POL TRISHOP TEAM                           | 88         | K18/2 (K)2                | 04:48:26     | 04:48:26      | 02.33    |
| 3                                   | 255       | ZIĘTEK Olga             | WARSZAWA             |             | POL WTT WARSZAWA                           | 88         | K18/3 (K)3                | 04:59:13     | 04:59:13      | 02.38    |
| 4                                   | 141       | SZABELSKA Ewelina       | PIECKI               |             | POL  | 86         | K18/4 (K)9                | 06:00:02     | 06:00:02      | 03.11    |
| 5                                   | 80        | LUBERADZKA Monika       | WARSZAWA             |             | POL  | 88         | K18/5 (K)10               | 06:02:05     | 06:02:05      | 03.12    |
| 6                                   | 135       | ZAPADKA Elżbieta        | MRAĞOWO              |             | POL KLUB BIEGACZA MRAĞOWO                  | 84         | K18/6 (K)16               | 06:11:40     | 06:11:40      | 03.17    |
| 7                                   | 204       | KOSIŃSKA Karolina       | WARSZAWA             |             | POL 12TRI.PL                               | 86         | K18/7 (K)17               | 06:18:11     | 06:18:11      | 03.20    |
| 8                                   | 450       | STANKIEWICZ Urszula     | STARGARD SZCZECIŃSKI |             | POL KB MANIAC POZNAŃ                       | 84         | K18/8 (K)19               | 06:23:23     | 06:23:23      | 03.23    |
| 9                                   | 220       | SILSKA Beata            | LUBOŃ                |             | POL AZS AWF POZNAŃ MULTISPORT TEAM         | 89         | K18/9 (K)22               | 06:33:01     | 06:33:01      | 03.28    |
| 10                                  | 530       | ŚMIESZEK Małgorzata     | WARSZAWA             |             | POL  | 83         | K18/10 (K)24              | 06:38:17     | 06:38:17      | 03.31    |
| 11                                  | 290       | POPINIGIS Joanna        | SOPOT                |             | POL SPORT EVO                              | 83         | K18/11 (K)30              | 06:53:48     | 06:53:48      | 03.39    |
| 12                                  | 56        | JĘDRUSZKO Adriana       | MIĘTNE               |             | POL AKADEMIA TRIATHLONU                    | 84         | K18/12 (K)32              | 07:21:38     | 07:21:38      | 03.54    |
| 13                                  | 362       | BODUCH Aleksandra       | GORZÓW WLKP.         |             | POL KSK (KLUB SKRĘCONEJ KOSTKI)            | 87         | K18/13 (K)33              | 07:28:36     | 07:28:36      | 03.58    |
| <b>OPEN Kobiety KATEGORIA:K30</b>   |           |                         |                      |             |  |            |                           |              |               |          |
| 1                                   | 213       | GÓRALSKA Aleksandra     | STAWIGUDA            |             | POL ODDECH GONIONEGO PSA OLSZTYN           | 77         | K30/1 (K)4                | 05:09:45     | 05:09:45      | 02.44    |
| 2                                   | 452       | SOSNOWSKA Aleksandra    | BIALYSTOK            |             | POL  | 82         | K30/2 (K)5                | 05:27:54     | 05:27:54      | 02.54    |
| 3                                   | 252       | PŁOWAŚ Marta            | SŁUPSK               |             | POL  | 75         | K30/3 (K)6                | 05:51:06     | 05:51:06      | 03.06    |
| 4                                   | 510       | KUŚ Agnieszka           | KRAKÓW               |             | POL  | 76         | K30/4 (K)8                | 05:55:11     | 05:55:11      | 03.08    |
| 5                                   | 23        | GUZOWSKA Iwona          | GDAŃSK               |             | POL  | 74         | K30/5 (K)12               | 06:03:33     | 06:03:33      | 03.13    |
| 6                                   | 500       | FILDEBRANDT Basia       | POZNAŃ               |             | POL FTI ACADEMY                            | 82         | K30/6 (K)15               | 06:11:40     | 06:11:40      | 03.17    |
| 7                                   | 183       | MIKA Anna               | ELBLĄG               |             | POL MKS TRUSO ELBLĄG                       | 82         | K30/7 (K)18               | 06:21:43     | 06:21:43      | 03.22    |
| 8                                   | 182       | ZYGMAŃSKA Joanna        | POZNAŃ               |             | POL  | 77         | K30/8 (K)20               | 06:24:06     | 06:24:06      | 03.23    |
| 9                                   | 18        | BOCZARSKA Magdalena     | WARSZAWA             |             | POL  | 78         | K30/9 (K)21               | 06:27:02     | 06:27:02      | 03.25    |
| 10                                  | 130       | JUCHNIEWICZ Lidia       | LIDZBARK WARMIŃSKI   |             | POL  | 81         | K30/10 (K)23              | 06:37:30     | 06:37:30      | 03.31    |
| 11                                  | 19        | SYKUT Paulina           | WARSZAWA             |             | POL  | 80         | K30/11 (K)25              | 06:39:23     | 06:39:23      | 03.32    |
| 12                                  | 85        | SIWCZUK Aleksandra      | OLSZTYN              |             | POL  | 81         | K30/12 (K)26              | 06:39:47     | 06:39:47      | 03.32    |
| 13                                  | 351       | ZAKRZEWSKA Kinga        | WROCLAW              |             | POL  | 77         | K30/13 (K)28              | 06:42:35     | 06:42:35      | 03.33    |
| 14                                  | 73        | MILANCEJ Małgosia       | ŁÓDŹ                 |             | POL DRUŻYNA SZPIKU                         | 82         | K30/14 (K)29              | 06:46:51     | 06:46:51      | 03.36    |
| 15                                  | 400       | FILIPCZAK Sylwia        | KATOWICE             |             | POL  | 78         | K30/15 (K)31              | 07:19:26     | 07:19:26      | 03.53    |
| 16                                  | 364       | POGORZELSKA Aleksandra  | TOLKMICKO            |             | POL PSYCHOLOGIA SPORTU POZYTYWNEGO TRITEAM | 78         | K30/16 (K)34              | 07:41:08     | 07:41:08      | 04.04    |
| <b>OPEN Kobiety KATEGORIA:K40</b>   |           |                         |                      |             |  |            |                           |              |               |          |
| 1                                   | 413       | MARCZYŃSKA Katarzyna    | WARSZAWA             |             | POL  | 70         | K40/1 (K)7                | 05:54:09     | 05:54:09      | 03.08    |
| 2                                   | 411       | ŚWIERCZ Iwona           | WARSZAWA             |             | POL BYLEDOBIEC                             | 69         | K40/2 (K)11               | 06:02:45     | 06:02:45      | 03.12    |
| <b>OPEN Kobiety KATEGORIA:K45+</b>  |           |                         |                      |             |  |            |                           |              |               |          |
| 1                                   | 209       | POPIEL Grażyna          | TRZEBNICA            |             | POL TIETO                                  | 62         | K45+/1 (K)13              | 06:09:09     | 06:09:09      | 03.16    |
| 2                                   | 440       | KUBIAK Małgorzata       | INOWROCLAW           |             | POL  | 62         | K45+/2 (K)14              | 06:10:15     | 06:10:15      | 03.16    |
| 3                                   | 390       | GUDANIEC Dorota         | KOSZALIN             |             | POL IRONMAN CS POL                         | 60         | K45+/3 (K)27              | 06:42:20     | 06:42:20      | 03.33    |
| <b>OPEN Mężczyźni KATEGORIA:M18</b> |           |                         |                      |             |  |            |                           |              |               |          |
| 1                                   | 1         | BLOKHIN Anton           |                      |             | UKR  | 86         | M18/1 (M)1                | 04:10:04     | 04:10:04      | 02.12    |
| 2                                   | 6         | ALOSHIN Victor          |                      |             | UKR  | 88         | M18/2 (M)2                | 04:12:37     | 04:12:37      | 02.14    |
| 3                                   | 3         | LUFT Mikołaj            | WARSZAWA             |             | POL  | 85         | M18/3 (M)3                | 04:14:57     | 04:14:57      | 02.15    |
| 4                                   | 4         | SZYMANOWSKI Dominik     | KIELCE               |             | POL AKWEDUKT KIELCE                        | 84         | M18/4 (M)5                | 04:20:15     | 04:20:15      | 02.18    |
| 5                                   | 8         | ADAM Kacper             | CZĘSTOCHOWA          |             | POL  | 92         | M18/5 (M)7                | 04:24:14     | 04:24:14      | 02.20    |
| 6                                   | 519       | JEGLIŃSKI Łukasz        |                      |             | POL  | 88         | M18/6 (M)12               | 04:34:37     | 04:34:37      | 02.25    |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name   | Miejscowość City | Kraj Nat | Drużyna Team                   | R-k | W kategorii YoB in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|------------------------|------------------|----------|--------------------------------|-----|----------------------------|-----------|------------|----------|
| 7            | 7      | VALADZKOU Kiril        |                  | BLR      |                                | 91  | M18/7 (M)13                | 04:35:43  | 04:35:43   | 02.26    |
| 8            | 10     | SPALENIAK Tomasz       | DOBRZEWINO       | POL      | UKS TRI-SAUCONY RUMIA          | 90  | M18/8 (M)16                | 04:37:51  | 04:37:51   | 02.27    |
| 9            | 507    | ADAMKIEWICZ Mariusz    | KOŁO             | POL      | MLUKS TRIATHLON KOŁO           | 83  | M18/9 (M)18                | 04:42:34  | 04:42:34   | 02.30    |
| 10           | 409    | KALASZCZYŃSKI Łukasz   | PŁOCK            | POL      | "PTT ""DELTA"" PŁOCK"          | 84  | M18/10 (M)23               | 04:47:17  | 04:47:17   | 02.32    |
| 11           | 399    | PIOSIK Emil            | POZNAŃ           | POL      | AZS AWF POZNAŃ MULTISPORT TEAM | 90  | M18/11 (M)25               | 04:48:31  | 04:48:31   | 02.33    |
| 12           | 100    | SADRAK Michał          | WARSZAWA         | POL      |                                | 87  | M18/12 (M)28               | 04:51:10  | 04:51:10   | 02.34    |
| 13           | 229    | PODSIADŁOWSKI Michał   | ZĄBKI            | POL      | XTRI.PL MULTISPORT TEAM        | 84  | M18/13 (M)41               | 04:58:27  | 04:58:27   | 02.38    |
| 14           | 407    | SIKORA Adam            | KATOWICE         | POL      | PRO-CYCLING.ORG                | 86  | M18/14 (M)43               | 04:58:52  | 04:58:52   | 02.38    |
| 15           | 517    | RESZKE Paweł           | WEJHEROWO        | POL      | TOW GRYF POMORSKI              | 85  | M18/15 (M)46               | 04:59:19  | 04:59:19   | 02.38    |
| 16           | 315    | MAZUR Paweł            | SUSZ             | POL      | UKS TRS SUSZ                   | 89  | M18/16 (M)55               | 05:04:13  | 05:04:13   | 02.41    |
| 17           | 151    | SOWIŃSKI Paweł         | WARSZAWA         | POL      | KUŹNIA TRIATHLONU              | 84  | M18/17 (M)59               | 05:05:06  | 05:05:06   | 02.42    |
| 18           | 54     | BIERNACKI Tomasz       | SANDOMIERZ       | POL      | RACE SQUAD SANDOMIERZ          | 84  | M18/18 (M)65               | 05:06:59  | 05:06:59   | 02.43    |
| 19           | 513    | NADRATOWSKI Tomasz     | MŁAWA            | POL      |                                | 83  | M18/19 (M)68               | 05:08:31  | 05:08:31   | 02.43    |
| 20           | 484    | STOLARCZYK Konrad      | GDUNIA           | POL      |                                | 92  | M18/20 (M)80               | 05:12:45  | 05:12:45   | 02.46    |
| 21           | 303    | KLUGE Krzysztof        | ELBLĄG           | POL      |                                | 84  | M18/21 (M)81               | 05:13:01  | 05:13:01   | 02.46    |
| 22           | 31     | BARCZEWSKI Marek       | TORUŃ            | POL      | STRUZZO-BIKE.COM               | 89  | M18/22 (M)82               | 05:14:18  | 05:14:18   | 02.46    |
| 23           | 493    | SWIDERSKI Andrzej      | KOBYŁKA          | POL      |                                | 84  | M18/23 (M)92               | 05:17:34  | 05:17:34   | 02.48    |
| 24           | 434    | MAZUR Mariusz          | KALISZ           | POL      |                                | 87  | M18/24 (M)93               | 05:17:54  | 05:17:54   | 02.48    |
| 25           | 318    | GAWELCZYK Mateusz      | ŚWIĘTOCHŁOWICE   | POL      | ŻĄDŁO CHROPACZÓW               | 90  | M18/25 (M)100              | 05:22:03  | 05:22:03   | 02.51    |
| 26           | 295    | KOSTECKI Krzysztof     | ZĄBKI            | POL      |                                | 84  | M18/26 (M)101              | 05:22:09  | 05:22:09   | 02.51    |
| 27           | 186    | STĘPIŃSKI Bogusław     | WARSZAWA         | POL      | 12TRI.PL                       | 90  | M18/27 (M)111              | 05:25:27  | 05:25:27   | 02.52    |
| 28           | 53     | KĄKOL Mateusz          | KOŚCIERZYNA      | POL      |                                | 87  | M18/28 (M)112              | 05:25:33  | 05:25:33   | 02.52    |
| 29           | 498    | PIASECKI Juliusz       | RACIBÓRZ         | POL      |                                | 84  | M18/29 (M)113              | 05:25:55  | 05:25:55   | 02.53    |
| 30           | 553    | BŁASZCZYK Mateusz      | LUBAŃ            | POL      |                                | 87  | M18/30 (M)121              | 05:28:56  | 05:28:56   | 02.54    |
| 31           | 297    | STADNICZENKO Stanisław | WARSZAWA         | POL      | WITC                           | 83  | M18/31 (M)124              | 05:30:00  | 05:30:00   | 02.55    |
| 32           | 155    | HOFFMAN Grzegorz       | WARSZAWA         | POL      |                                | 85  | M18/32 (M)125              | 05:30:15  | 05:30:15   | 02.55    |
| 33           | 511    | GAJEWSKI Kamil         | TŁUSZCZ          | POL      | BÓBR TŁUSZCZ                   | 84  | M18/33 (M)136              | 05:32:46  | 05:32:46   | 02.56    |
| 34           | 312    | MIKOŚ Adam             | WIELICZKA        | POL      |                                | 83  | M18/34 (M)144              | 05:36:14  | 05:36:14   | 02.58    |
| 35           | 302    | BORAWSKI Kamil         | WARSZAWA         | POL      |                                | 83  | M18/35 (M)153              | 05:37:08  | 05:37:08   | 02.59    |
| 36           | 523    | BRODOWSKI Eryk         | WINNICA          | POL      | LIDER WINNICA                  | 85  | M18/36 (M)159              | 05:38:27  | 05:38:27   | 02.59    |
| 37           | 425    | KALINOWSKI Paweł       | ŁOMIANKI         | POL      | CAROLINA MEDICAL CENTER        | 84  | M18/37 (M)160              | 05:38:29  | 05:38:29   | 02.59    |
| 38           | 447    | MIELOCH Artur          | CHODZIEŻ         | POL      | TAZAR CHODZIEŻ                 | 83  | M18/38 (M)162              | 05:38:46  | 05:38:46   | 02.59    |
| 39           | 516    | BRONIEWSKI Bartłomiej  | WĄBRZEŻNO        | POL      | TRIATHLETE BLUE WHITE BLACK    | 89  | M18/39 (M)182              | 05:43:56  | 05:43:56   | 03.02    |
| 40           | 449    | MIERZEJEWSKI Bartosz   | POZNAŃ           | POL      |                                | 83  | M18/40 (M)191              | 05:45:25  | 05:45:25   | 03.03    |
| 41           | 74     | GONTAREK Maciej        | WŁOCŁAWEK        | POL      |                                | 85  | M18/41 (M)193              | 05:45:48  | 05:45:48   | 03.03    |
| 42           | 107    | MUCHORSKI Rafał        | WARSZAWA         | POL      |                                | 85  | M18/42 (M)198              | 05:47:01  | 05:47:01   | 03.04    |
| 43           | 25     | SAJEWICZ Tomasz        | TYCHY            | POL      | GO SPORT                       | 84  | M18/43 (M)203              | 05:48:10  | 05:48:10   | 03.04    |
| 44           | 398    | ŚLESICKI Rafał         | GDAŃSK           | POL      | DRUŻYNA SZPIKU                 | 86  | M18/44 (M)204              | 05:48:18  | 05:48:18   | 03.04    |
| 45           | 361    | KISŁO Łukasz           | OSIECZNA         | POL      | WILLSOOR GROUP                 | 83  | M18/45 (M)210              | 05:50:27  | 05:50:27   | 03.06    |
| 46           | 471    | KONICZ Sebastian       | WARSZAWA         | POL      | 12TRI                          | 87  | M18/46 (M)222              | 05:53:00  | 05:53:00   | 03.07    |
| 47           | 193    | POGORZELSKI Daniel     | ELBLĄG           | POL      |                                | 86  | M18/47 (M)223              | 05:53:01  | 05:53:01   | 03.07    |
| 48           | 459    | TELEŻYŃSKI Jan         | GDYNIA           | POL      | UKSRW WEJHEROWO                | 87  | M18/48 (M)229              | 05:54:32  | 05:54:32   | 03.08    |
| 49           | 162    | GAJAK Tobiasz          | WROCLAW          | POL      |                                | 86  | M18/49 (M)231              | 05:54:54  | 05:54:54   | 03.08    |
| 50           | 430    | BOGDAŃSKI Arkadiusz    | ŚWINOUJŚCIE      | POL      |                                | 91  | M18/50 (M)233              | 05:55:26  | 05:55:26   | 03.08    |
| 51           | 251    | KARPOWICZ Łukasz       | WARSZAWA         | POL      | POMAGAMYNATALII.PL             | 83  | M18/51 (M)238              | 05:56:03  | 05:56:03   | 03.09    |
| 52           | 296    | SOLTYŚ Jan             | WARSZAWA         | POL      | SNOWFLAKE                      | 86  | M18/52 (M)242              | 05:56:56  | 05:56:56   | 03.09    |
| 53           | 488    | BANAŚ Sebastian        | WADOWICE         | POL      |                                | 85  | M18/53 (M)246              | 05:57:39  | 05:57:39   | 03.09    |
| 54           | 455    | FABISIAK Szymon        | POZNAŃ           | POL      |                                | 88  | M18/54 (M)247              | 05:57:46  | 05:57:46   | 03.09    |
| 55           | 55     | ZAPĄŁOWSKI Paweł       | SIEDLCE          | POL      | LENIWCE.PL                     | 83  | M18/55 (M)254              | 06:00:44  | 06:00:44   | 03.11    |
| 56           | 349    | GÓRSKI Tomasz          | OSTROŁEKA        | POL      |                                | 84  | M18/56 (M)258              | 06:01:50  | 06:01:50   | 03.12    |
| 57           | 104    | NOWICKI Bartosz        | INOWROCLAW       | POL      |                                | 88  | M18/57 (M)272              | 06:05:02  | 06:05:02   | 03.13    |
| 58           | 373    | DAĞOWSKI Patryk        | IŁAWA            | POL      | SSP ORKA IŁAWA                 | 89  | M18/58 (M)273              | 06:05:09  | 06:05:09   | 03.13    |
| 59           | 367    | GLASEK Łukasz          | ŁOMIANKI         | POL      |                                | 83  | M18/59 (M)275              | 06:06:11  | 06:06:11   | 03.14    |
| 60           | 284    | DUBAJ Michał           | CHELM            | POL      | DUBAJ TEAM                     | 89  | M18/60 (M)278              | 06:07:22  | 06:07:22   | 03.15    |
| 61           | 46     | KLUZIAK Kamil          | ZIELONKA         | POL      | 12TRI.PL                       | 85  | M18/61 (M)288              | 06:09:26  | 06:09:26   | 03.16    |
| 62           | 410    | OSTOLSKI Aleksander    | POZNAŃ           | POL      | FTI                            | 89  | M18/62 (M)292              | 06:10:42  | 06:10:42   | 03.16    |
| 63           | 457    | TARNOWSKI Maciej       | WARSZAWA         | POL      |                                | 83  | M18/63 (M)296              | 06:11:16  | 06:11:16   | 03.17    |
| 64           | 426    | WIŚNIEWSKI Łukasz      | MŁAWA            | POL      | TEMPO MŁAWA                    | 88  | M18/64 (M)301              | 06:13:09  | 06:13:09   | 03.18    |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name     | Miejscowość City | Kraj Nat | Drużyna Team                   | R-k YoB | W kategorii in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|--------------------------|------------------|----------|--------------------------------|---------|------------------------|-----------|------------|----------|
| 65           | 199    | KIESZKOWSKI Mateusz      | ELBLĄG           | POL      | TRUSO ELBLĄG                   | 91      | M18/65 (M)303          | 06:13:13  | 06:13:13   | 03.18    |
| 66           | 314    | SPICZAK-BRZEZIŃSKI Paweł | PRZECHLEWO       | POL      |                                | 90      | M18/66 (M)307          | 06:13:50  | 06:13:50   | 03.18    |
| 67           | 225    | NOWAK Łukasz             | TORUŃ            | POL      | RUNNING SUCKS                  | 83      | M18/67 (M)308          | 06:13:52  | 06:13:52   | 03.18    |
| 68           | 509    | KROTOSKI Błażej          | POZNAŃ           | POL      | AZS AWF POZNAŃ MULTISPORT TEAM | 87      | M18/68 (M)311          | 06:14:21  | 06:14:21   | 03.18    |
| 69           | 108    | PANEK Wojciech           | NIEPOŁOMICE      | POL      |                                | 83      | M18/69 (M)313          | 06:14:38  | 06:14:38   | 03.18    |
| 70           | 258    | MISIORSKI Kamil          | OSTROŁĘKA        | POL      |                                | 84      | M18/70 (M)315          | 06:15:11  | 06:15:11   | 03.19    |
| 71           | 546    | GRABOWSKI Sebastian      | MRĄGOWO          | POL      | HERBALIFE TEAM                 | 83      | M18/71 (M)321          | 06:17:09  | 06:17:09   | 03.20    |
| 72           | 482    | KUSAK Paweł              | WARSZAWA         | POL      |                                | 84      | M18/72 (M)332          | 06:20:52  | 06:20:52   | 03.22    |
| 73           | 81     | WIŚNIEWSKI Paweł         | PULTUSK          | POL      | 12TRI.PL                       | 88      | M18/73 (M)334          | 06:21:06  | 06:21:06   | 03.22    |
| 74           | 454    | BOGDAŃSKI Jakub          | ŚWINOUJŚCIE      | POL      |                                | 89      | M18/74 (M)345          | 06:24:03  | 06:24:03   | 03.23    |
| 75           | 321    | OLESIEJUK Michał         | SANDOMIERZ       | POL      | XTRI.PL                        | 87      | M18/75 (M)347          | 06:24:27  | 06:24:27   | 03.24    |
| 76           | 551    | MARCAK Roksana           | LUBIN            | POL      |                                | 84      | M18/76 (M)355          | 06:27:01  | 06:27:01   | 03.25    |
| 77           | 446    | MEYER-SZARY Krystian     | GDYNIA           | POL      |                                | 86      | M18/77 (M)364          | 06:32:17  | 06:32:17   | 03.28    |
| 78           | 527    | KACZMAREK Bartosz        | CHODZIEŻ         | POL      |                                | 90      | M18/78 (M)372          | 06:34:41  | 06:34:41   | 03.29    |
| 79           | 470    | SZALANSKI Piotr          | BELCHATÓW        | POL      |                                | 85      | M18/79 (M)376          | 06:38:12  | 06:38:12   | 03.31    |
| 80           | 72     | KWIATKOWSKI Michał       | WARSZAWA         | POL      | NEVER BACK DOWN                | 87      | M18/80 (M)394          | 06:46:02  | 06:46:02   | 03.35    |
| 81           | 138    | WODYŃSKI Jan             | GDAŃSK           | POL      |                                | 87      | M18/81 (M)401          | 06:54:11  | 06:54:11   | 03.39    |
| 82           | 445    | TADEUSZ Mateusz          | GRODZISK         | POL      | DRUŻYNA SZPIKU                 | 85      | M18/82 (M)403          | 06:57:28  | 06:57:28   | 03.41    |
| 83           | 38     | OKUNIEWSKI Michał        | GDAŃSK           | POL      | WWW.POMAGAMYNATALII.PL         | 88      | M18/83 (M)404          | 06:58:17  | 06:58:17   | 03.42    |
| 84           | 106    | DUBER Rafał              | ŚRODA WLKP.      | POL      |                                | 87      | M18/84 (M)406          | 07:01:10  | 07:01:10   | 03.43    |
| 85           | 548    | DUL Piotr                | WARSZAWA         | POL      | HERBALIFE TEAM                 | 85      | M18/85 (M)408          | 07:02:43  | 07:02:43   | 03.44    |
| 86           | 28     | SZCZEPLEK Jan            | WARSZAWA         | POL      | TEAM ASICS                     | 85      | M18/86 (M)409          | 07:02:46  | 07:02:46   | 03.44    |
| 87           | 415    | GRÓDEK Michał            | TARNOBRZEG       | POL      |                                | 90      | M18/87 (M)418          | 07:22:05  | 07:22:05   | 03.54    |
| 88           | 93     | WESOLEK Daniel           | SWARZĘDZ         | POL      |                                | 88      | M18/88 (M)420          | 07:24:33  | 07:24:33   | 03.56    |
| 89           | 275    | BANISZEWSKI Jakub        | BIALYSTOK        | POL      |                                | 87      | M18/89 (M)422          | 07:30:13  | 07:30:13   | 03.59    |
| 90           | 552    | SYGA Michał              | WARSZAWA         | POL      |                                | 84      | M18/90 (M)427          | 07:37:50  | 07:37:50   | 04.03    |
| 91           | 416    | GRÓDEK Tomasz            | TARNOBRZEG       | POL      |                                | 91      | M18/91 (M)429          | 07:54:37  | 07:54:37   | 04.12    |

## OPEN Mężczyźni KATEGORIA:M30

|    |     |                      |                    |     |                              |    |              |          |          |       |
|----|-----|----------------------|--------------------|-----|------------------------------|----|--------------|----------|----------|-------|
| 1  | 2   | SIEJAKOWSKI Michał   | KWIDZYN            | POL | IRONMAN KWIDZYN              | 79 | M30/1 (M)4   | 04:14:59 | 04:14:59 | 02.15 |
| 2  | 148 | PAWELCZAK Bartłomiej | SĘPOLNO KRAJEŃSKIE | POL |                              | 82 | M30/2 (M)8   | 04:25:16 | 04:25:16 | 02.20 |
| 3  | 97  | CZAJA Jakub          | GDAŃSK             | POL |                              | 80 | M30/3 (M)9   | 04:26:47 | 04:26:47 | 02.21 |
| 4  | 529 | PEET James           | LONDON             | GBR | TRILIVING.CO.UK              | 76 | M30/4 (M)11  | 04:31:44 | 04:31:44 | 02.24 |
| 5  | 402 | BISKUPSKI Mariusz    | SUSZ               | POL | TRS SUSZ                     | 74 | M30/5 (M)14  | 04:35:53 | 04:35:53 | 02.26 |
| 6  | 310 | ŁACHUT Wojciech      | MŁAWA              | POL | TEMPO MŁAWA                  | 78 | M30/6 (M)15  | 04:36:43 | 04:36:43 | 02.26 |
| 7  | 404 | KALINOWSKI Piotr     | WŁOCLAWEK          | POL | LEKARSKA GRUPA KOLARSKA      | 73 | M30/7 (M)19  | 04:43:03 | 04:43:03 | 02.30 |
| 8  | 198 | NAGÓRSKI Kamil       | WARSZAWA           | POL |                              | 76 | M30/8 (M)20  | 04:43:49 | 04:43:49 | 02.30 |
| 9  | 443 | MAZIEWSKI Piotr      | TCZEW              | POL | SAMBOR TCZEW                 | 77 | M30/9 (M)21  | 04:45:34 | 04:45:34 | 02.31 |
| 10 | 261 | MICHALSKI Maciej     | LEGIONOWO          | POL |                              | 79 | M30/10 (M)22 | 04:46:53 | 04:46:53 | 02.32 |
| 11 | 325 | LUBAS Lubomir        | WARSZAWA           | POL | IM2010 VEGE runners          | 74 | M30/11 (M)26 | 04:48:56 | 04:48:56 | 02.33 |
| 12 | 113 | SZULC Sławomir       | ASHFORD            | GBR | TEAM DOMINO'S PIZZA          | 75 | M30/12 (M)27 | 04:49:44 | 04:49:44 | 02.33 |
| 13 | 34  | ANTOSIK Jarosław     | RAWA MAZOWIECKA    | POL | ACCREEO ALL BLUES            | 74 | M30/13 (M)29 | 04:51:32 | 04:51:32 | 02.34 |
| 14 | 249 | PIWOWARSKI Radosław  | GRYFINO            | POL | HERMES GRYFINO               | 82 | M30/14 (M)34 | 04:54:18 | 04:54:18 | 02.36 |
| 15 | 515 | RUCIŃSKI Jakub       | SOPOT              | POL | 3CCT                         | 75 | M30/15 (M)35 | 04:56:44 | 04:56:44 | 02.37 |
| 16 | 21  | BŁASZCZYK Waldemar   | WARSZAWA           | POL |                              | 73 | M30/16 (M)36 | 04:57:09 | 04:57:09 | 02.37 |
| 17 | 267 | MARKOWSKI Marek      | LUBIN              | POL | ULTIMATE PETARDA SQUAD LUBIN | 78 | M30/17 (M)39 | 04:57:31 | 04:57:31 | 02.37 |
| 18 | 16  | GRASS Łukasz         | JULIANÓW           | POL | AT TEAM                      | 76 | M30/18 (M)40 | 04:58:01 | 04:58:01 | 02.38 |
| 19 | 324 | KĘPIŃSKI Krzysztof   | SUSZ               | POL | UKS TRS SUSZ                 | 76 | M30/19 (M)42 | 04:58:28 | 04:58:28 | 02.38 |
| 20 | 92  | MROCEK Marcin        | OPOLE              | POL |                              | 77 | M30/20 (M)44 | 04:58:59 | 04:58:59 | 02.38 |
| 21 | 533 | CHARASZKIEWICZ Jakub | WARSZAWA           | POL |                              | 77 | M30/21 (M)45 | 04:59:09 | 04:59:09 | 02.38 |
| 22 | 274 | KOZŁOWSKI Daniel     | KWIDZYN            | POL |                              | 76 | M30/22 (M)47 | 05:00:56 | 05:00:56 | 02.39 |
| 23 | 247 | DYMEK Sebastian      | PŁOCK              | POL | PTT DELTA PŁOCK              | 82 | M30/23 (M)49 | 05:01:44 | 05:01:44 | 02.40 |
| 24 | 181 | FREJNIK Miłosz       | GDYNIA             | POL | BIEGAMY.PL                   | 78 | M30/24 (M)50 | 05:02:02 | 05:02:02 | 02.40 |
| 25 | 453 | RECLAW Arkadiusz     | WARSZAWA           | POL | PASJAVSPRACA.COM             | 78 | M30/25 (M)52 | 05:02:39 | 05:02:39 | 02.40 |
| 26 | 458 | AWRUK Bartosz        | BIALYSTOK          | POL | NADAKTYWNI BIALYSTOK         | 82 | M30/26 (M)53 | 05:02:45 | 05:02:45 | 02.40 |
| 27 | 281 | SKOWROŃSKI Jacek     | WARSZAWA           | POL | HP RUN                       | 77 | M30/27 (M)54 | 05:03:11 | 05:03:11 | 02.40 |
| 28 | 273 | WICIK Zbigniew       | KWIDZYN            | POL |                              | 77 | M30/28 (M)56 | 05:04:19 | 05:04:19 | 02.41 |
| 29 | 109 | TOMCZYK Stefan       | SUSZ               | POL | TRS SUSZ                     | 73 | M30/29 (M)57 | 05:04:24 | 05:04:24 | 02.41 |
| 30 | 377 | CIESZEWSKI Marcin    | KWIDZYN            | POL | KTS IRONMAN                  | 76 | M30/30 (M)58 | 05:04:35 | 05:04:35 | 02.41 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City  | Kraj Nat  | Drużyna Team              | R-k YoB | W kategorii in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|----------------------|-------------------|---|---------------------------|---------|------------------------|-----------|------------|----------|
| 31           | 497    | SOKOŁOWSKI Krzysztof | ELBLĄG            |  POL   | TRUSO ELBLĄG              | 78      | M30/31 (M)60           | 05:05:26  | 05:05:26   | 02.42    |
| 32           | 40     | SZUDER Przemysław    | HORNÓWEK          |  POL   |                           | 78      | M30/32 (M)61           | 05:06:22  | 05:06:22   | 02.42    |
| 33           | 366    | KOKOSZA Radosław     | WARSZAWA          |  POL   | IM2010 POL                | 79      | M30/33 (M)62           | 05:06:33  | 05:06:33   | 02.42    |
| 34           | 342    | JABŁOŃSKI Jarosław   | SIEMIANY          |  POL   |                           | 73      | M30/34 (M)64           | 05:06:56  | 05:06:56   | 02.42    |
| 35           | 444    | JANIAK Paweł         | GRABIANÓW         |  POL   | TRIATHLON.LENIWCE.PL      | 80      | M30/35 (M)66           | 05:07:28  | 05:07:28   | 02.43    |
| 36           | 269    | LANGOWSKI Piotr      | SUSZ              |  POL   | UKS TRS SUSZ              | 74      | M30/36 (M)70           | 05:09:42  | 05:09:42   | 02.44    |
| 37           | 381    | GLÓD Tomasz          | BOCHNIA           |  POL   | IM2010 BOCHNIA            | 78      | M30/37 (M)72           | 05:10:10  | 05:10:10   | 02.44    |
| 38           | 51     | TOKARZ Krystian      | ŁAWA              |  POL   |                           | 76      | M30/38 (M)73           | 05:10:46  | 05:10:46   | 02.45    |
| 39           | 272    | BOGUTA Gaweł         | WARSZAWA          |  POL   | NAPIERAJ.PL               | 76      | M30/39 (M)74           | 05:10:51  | 05:10:51   | 02.45    |
| 40           | 526    | CZAJKOWSKI Paweł     | GDYNIA            |  POL   |                           | 81      | M30/40 (M)75           | 05:11:03  | 05:11:03   | 02.45    |
| 41           | 136    | RÓŻAŁSKI Piotr       | ELBLĄG            |  POL   |                           | 79      | M30/41 (M)76           | 05:11:15  | 05:11:15   | 02.45    |
| 42           | 123    | WYSOCKI Łukasz       | CHOJNICE          |  POL   |                           | 79      | M30/42 (M)77           | 05:11:50  | 05:11:50   | 02.45    |
| 43           | 172    | PIEKARZ Mariusz      | PRZĘDZEL          |  POL   |                           | 75      | M30/43 (M)78           | 05:12:16  | 05:12:16   | 02.45    |
| 44           | 283    | KUBASIK Arkadiusz    | GRYFINO           |  POL   | PGE DOLNA ODRA            | 80      | M30/44 (M)79           | 05:12:38  | 05:12:38   | 02.46    |
| 45           | 196    | KOŚMIDER Piotr       | POZNAŃ            |  POL   | FTI ACADEMY               | 82      | M30/45 (M)84           | 05:15:20  | 05:15:20   | 02.47    |
| 46           | 358    | SOBOLEWSKI Jakub     | WARSZAWA          |  POL   | IM 2010                   | 77      | M30/46 (M)88           | 05:16:18  | 05:16:18   | 02.47    |
| 47           | 121    | CHOMIK Rafał         | GLIWICE           |  POL   | FACCIAMO JOGGING          | 77      | M30/47 (M)89           | 05:16:41  | 05:16:41   | 02.48    |
| 48           | 202    | PLUTA Gniwomir       | SUSZ              |  POL   |                           | 81      | M30/48 (M)90           | 05:16:45  | 05:16:45   | 02.48    |
| 49           | 264    | GRABCZUK Konrad      | PIASECZNO         |  POL   |                           | 77      | M30/49 (M)94           | 05:18:38  | 05:18:38   | 02.49    |
| 50           | 292    | ZACHWIEJA Przemysław | BYDGOSZCZ         |  POL   | KOCI DOMEK                | 78      | M30/50 (M)95           | 05:18:42  | 05:18:42   | 02.49    |
| 51           | 231    | WITKOWSKI Jan        | OSTRÓDA           |  POL   |                           | 79      | M30/51 (M)96           | 05:19:02  | 05:19:02   | 02.49    |
| 52           | 180    | PANEK Wojciech       | SUSZ              |  POL   | UKS TRS SUSZ              | 77      | M30/52 (M)102          | 05:22:35  | 05:22:35   | 02.51    |
| 53           | 185    | DYMICKI Michał       | WARSZAWA          |  POL  |                           | 75      | M30/53 (M)104          | 05:23:42  | 05:23:42   | 02.51    |
| 54           | 307    | ZIĘTEK Krzysztof     | GNIEZNO           |  POL | GTT DIAMENT GOSIR GNIEZNO | 79      | M30/54 (M)105          | 05:24:27  | 05:24:27   | 02.52    |
| 55           | 20     | DOWBOR Maciej        | WARSZAWA          |  POL |                           | 78      | M30/55 (M)108          | 05:24:41  | 05:24:41   | 02.52    |
| 56           | 117    | WRÓBLEWSKI Maciej    | WARSZAWA          |  POL |                           | 77      | M30/56 (M)109          | 05:25:01  | 05:25:01   | 02.52    |
| 57           | 330    | JEZERSKI Tomasz      | TCZEW             |  POL |                           | 75      | M30/57 (M)110          | 05:25:05  | 05:25:05   | 02.52    |
| 58           | 472    | KŁOSOWICZ Maciej     | POZNAŃ            |  POL | FURIOUS GOATS             | 81      | M30/58 (M)114          | 05:26:48  | 05:26:48   | 02.53    |
| 59           | 49     | BISKUP Łukasz        | ZANIEMYSŁ         |  POL | FLEXLINK RUNING TEAM      | 77      | M30/59 (M)115          | 05:26:52  | 05:26:52   | 02.53    |
| 60           | 285    | FURMAŃSKI Michał     | POZNAŃ            |  POL |                           | 79      | M30/60 (M)116          | 05:27:05  | 05:27:05   | 02.53    |
| 61           | 154    | ŁĄTKOWSKI Sławomir   | LUBAWA            |  POL | LKS LUBAWA                | 76      | M30/61 (M)118          | 05:27:58  | 05:27:58   | 02.54    |
| 62           | 304    | DRZĄSZCZ Robert      | LUBIN             |  POL | ULTIMATE PETARDA SQUAD    | 75      | M30/62 (M)119          | 05:28:16  | 05:28:16   | 02.54    |
| 63           | 393    | WĘGIER Arkadiusz     | SUSZ              |  POL |                           | 77      | M30/63 (M)120          | 05:28:25  | 05:28:25   | 02.54    |
| 64           | 508    | RASZTAWICKI Dariusz  | ZIELONKA          |  POL | KUŹNIA TRIATHLONU         | 81      | M30/64 (M)123          | 05:29:31  | 05:29:31   | 02.54    |
| 65           | 66     | WILIŃSKI Tomasz      | OLSZTYN           |  POL |                           | 75      | M30/65 (M)129          | 05:31:30  | 05:31:30   | 02.56    |
| 66           | 464    | CZWOJDRAK Michał     | POZNAŃ            |  POL | KB MANIAC POZNAŃ          | 81      | M30/66 (M)130          | 05:31:38  | 05:31:38   | 02.56    |
| 67           | 206    | STANICKI Mateusz     | WARSZAWA          |  POL | XTRI.PL TEAM              | 78      | M30/67 (M)138          | 05:33:37  | 05:33:37   | 02.57    |
| 68           | 491    | FILIPEK Grzegorz     | JÓZEFOSŁAW        |  POL |                           | 76      | M30/68 (M)142          | 05:35:09  | 05:35:09   | 02.57    |
| 69           | 461    | KUBICKI Dariusz      | WÓJTOWO           |  POL |                           | 76      | M30/69 (M)143          | 05:35:31  | 05:35:31   | 02.58    |
| 70           | 103    | STOSIK Paweł         | WARSZAWA          |  POL | WWW.POMAGAMYNATALII.PL    | 81      | M30/70 (M)148          | 05:36:44  | 05:36:44   | 02.58    |
| 71           | 480    | BONICKI Krzysztof    | WARSZAWA          |  POL |                           | 82      | M30/71 (M)150          | 05:36:54  | 05:36:54   | 02.58    |
| 72           | 288    | ROKICKI Leszek       | ELBLĄG            |  POL | ENDURO MAN ELBLĄG         | 73      | M30/72 (M)151          | 05:36:54  | 05:36:54   | 02.58    |
| 73           | 232    | FROŁOW Jakub         | WARSZAWA          |  POL | IM2010                    | 73      | M30/73 (M)152          | 05:37:05  | 05:37:05   | 02.58    |
| 74           | 24     | OLEJNICZAK Wojciech  | WARSZAWA          |  POL |                           | 74      | M30/74 (M)155          | 05:37:36  | 05:37:36   | 02.59    |
| 75           | 223    | CZERWIAK Robert      | STAROGARD GDAŃSKI |  POL | SRKFIS POLPHARMA          | 73      | M30/75 (M)156          | 05:37:51  | 05:37:51   | 02.59    |
| 76           | 332    | ŻBIKOWSKI Wojciech   | GDYNIA            |  POL |                           | 78      | M30/76 (M)157          | 05:38:14  | 05:38:14   | 02.59    |
| 77           | 345    | JASKULSKI Michał     | WARSZAWA          |  POL | WARSAW MASTERS TEAM       | 79      | M30/77 (M)158          | 05:38:21  | 05:38:21   | 02.59    |
| 78           | 456    | COLOMBO Luca         | WARSZAWA          |  POL |                           | 80      | M30/78 (M)161          | 05:38:39  | 05:38:39   | 02.59    |
| 79           | 57     | KRASUŃ Michał        | WARSZAWA          |  POL |                           | 79      | M30/79 (M)164          | 05:39:53  | 05:39:53   | 03.00    |
| 80           | 41     | LUBERADZKI Paweł     | WARSZAWA          |  POL | 12TRI.PL                  | 82      | M30/80 (M)165          | 05:39:56  | 05:39:56   | 03.00    |
| 81           | 87     | CZYŻKOWSKI Rafał     | WARSZAWA          |  POL | WTT WARSZAWA              | 81      | M30/81 (M)166          | 05:39:56  | 05:39:56   | 03.00    |
| 82           | 439    | KOSC Tomasz          | WARSZAWA          |  POL |                           | 74      | M30/82 (M)167          | 05:40:00  | 05:40:00   | 03.00    |
| 83           | 495    | NOWAK Tomasz         | WARSZAWA          |  POL |                           | 73      | M30/83 (M)168          | 05:40:16  | 05:40:16   | 03.00    |
| 84           | 499    | MADEJ Maciej         | GDAŃSK            |  POL |                           | 81      | M30/84 (M)169          | 05:40:21  | 05:40:21   | 03.00    |
| 85           | 35     | OKUNIEWSKI Marcin    | GDAŃSK            |  POL | WWW.POMAGAMYNATALII.PL    | 80      | M30/85 (M)170          | 05:40:50  | 05:40:50   | 03.00    |
| 86           | 270    | KWAŚNIEWSKI Adam     | WARSZAWA          |  POL | FUNDACJA KIM              | 76      | M30/86 (M)171          | 05:41:01  | 05:41:01   | 03.01    |
| 87           | 82     | RUPIETA Maksym       | POZNAŃ            |  POL |                           | 78      | M30/87 (M)173          | 05:41:36  | 05:41:36   | 03.01    |
| 88           | 200    | POGORZELSKI Wojciech | TOLKMICKO         |  POL | TEAM NOWINKA              | 81      | M30/88 (M)174          | 05:42:36  | 05:42:36   | 03.01    |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name    | Miejscowość City     | Kraj Nat | Drużyna Team               | R-k | W kategorii YoB in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|-------------------------|----------------------|----------|----------------------------|-----|----------------------------|-----------|------------|----------|
| 89           | 372    | SZAŁKOWSKI Tomasz       | SUSZ                 | POL      | MTB SUSZ EPIDEMIA CYKLOZY  | 73  | M30/89 (M)175              | 05:43:18  | 05:43:18   | 03.02    |
| 90           | 62     | KOBIERSKI Radek         | WARSZAWA             | POL      | WWW.POMAGAMYNATALII.PL     | 79  | M30/90 (M)176              | 05:43:28  | 05:43:28   | 03.02    |
| 91           | 271    | LIPOWSKI Marcin         | WARSZAWA             | POL      | WTT                        | 82  | M30/91 (M)177              | 05:43:38  | 05:43:38   | 03.02    |
| 92           | 408    | OTT Paweł               | LIPNO                | POL      |                            | 74  | M30/92 (M)178              | 05:43:42  | 05:43:42   | 03.02    |
| 93           | 486    | BROZEK Artur            | CIECHANOW            | POL      |                            | 80  | M30/93 (M)181              | 05:43:46  | 05:43:46   | 03.02    |
| 94           | 71     | DARUK Piotr             | WARSZAWA             | POL      |                            | 79  | M30/94 (M)183              | 05:44:02  | 05:44:02   | 03.02    |
| 95           | 451    | TENDERENDA Jan          | WARSZAWA             | POL      |                            | 80  | M30/95 (M)184              | 05:44:07  | 05:44:07   | 03.02    |
| 96           | 177    | ŁUCZKIEWICZ Jarosław    | PRUSZKÓW             | POL      | LOVE2TRI                   | 78  | M30/96 (M)185              | 05:44:12  | 05:44:12   | 03.02    |
| 97           | 203    | BUCZKOWSKI Wojciech     | PIERSKO              | POL      |                            | 74  | M30/97 (M)186              | 05:44:13  | 05:44:13   | 03.02    |
| 98           | 414    | SZYMAŃSKI Maciej        | WARSZAWA             | POL      |                            | 80  | M30/98 (M)188              | 05:45:05  | 05:45:05   | 03.03    |
| 99           | 541    | GRZANECKI Rafał         | WARSZAWA             | POL      | FIAT AUTO POLAND           | 75  | M30/99 (M)192              | 05:45:29  | 05:45:29   | 03.03    |
| 100          | 86     | KWIECIEŃ Arkadiusz      | KRAKÓW               | POL      | TERENOWO.PL                | 76  | M30/100 (M)195             | 05:46:26  | 05:46:26   | 03.03    |
| 101          | 365    | WILJEWICZ Konrad        | ŁÓDŹ                 | POL      |                            | 74  | M30/101 (M)196             | 05:46:54  | 05:46:54   | 03.04    |
| 102          | 333    | GEBHARDT Jakub          | GDYNIA               | POL      |                            | 79  | M30/102 (M)197             | 05:46:56  | 05:46:56   | 03.04    |
| 103          | 299    | MIECZNIcki Michał       | WARSZAWA             | POL      |                            | 78  | M30/103 (M)199             | 05:47:09  | 05:47:09   | 03.04    |
| 104          | 383    | POJASEK Piotr           | BOLESŁAWIEC          | POL      |                            | 74  | M30/104 (M)201             | 05:47:56  | 05:47:56   | 03.04    |
| 105          | 343    | KONSTANTYNOWICZ Konrad  | WARSZAWA             | POL      |                            | 77  | M30/105 (M)205             | 05:48:26  | 05:48:26   | 03.05    |
| 106          | 173    | SZUMELDA Michał         | STALOWA WOLA         | POL      |                            | 79  | M30/106 (M)207             | 05:49:15  | 05:49:15   | 03.05    |
| 107          | 386    | KRZYSZTOFIK Kacper      | PIOTRKÓW             | POL      |                            | 77  | M30/107 (M)208             | 05:49:25  | 05:49:25   | 03.05    |
| 108          | 208    | KLÓSKA Rafał            | SZCZECIN             | POL      | IRONMAN C/S POL            | 75  | M30/108 (M)213             | 05:50:45  | 05:50:45   | 03.06    |
| 109          | 175    | SIEMIŃSKI Radosław      | KRAKÓW               | POL      |                            | 81  | M30/109 (M)215             | 05:51:14  | 05:51:14   | 03.06    |
| 110          | 150    | KNAK Andrzej            | POZNAŃ               | POL      |                            | 76  | M30/110 (M)216             | 05:51:37  | 05:51:37   | 03.06    |
| 111          | 79     | KONIECZNY Maciej        | WIRY                 | POL      | XTRI.PL MULTISPORT TEAM    | 80  | M30/111 (M)218             | 05:52:21  | 05:52:21   | 03.07    |
| 112          | 190    | GABRYSIAK Grzegorz      | RUDA ŚLĄSKA          | POL      |                            | 74  | M30/112 (M)220             | 05:52:45  | 05:52:45   | 03.07    |
| 113          | 89     | ZALEWSKI Piotr          | TRZCIANE             | POL      |                            | 74  | M30/113 (M)221             | 05:52:59  | 05:52:59   | 03.07    |
| 114          | 119    | PRUCHNIEWSKI Sławomir   | WARSZAWA             | POL      | WTT WARSZAWA               | 79  | M30/114 (M)225             | 05:53:38  | 05:53:38   | 03.07    |
| 115          | 134    | UJAZDOWSKI Maciej       | WARSZAWA             | POL      |                            | 77  | M30/115 (M)226             | 05:53:42  | 05:53:42   | 03.07    |
| 116          | 191    | BOLEK Mariusz           | WARSZAWA             | POL      | AT TEAM                    | 82  | M30/116 (M)227             | 05:53:53  | 05:53:53   | 03.07    |
| 117          | 158    | WOŹNIAK Mikołaj         | WARSZAWA             | POL      |                            | 80  | M30/117 (M)228             | 05:54:18  | 05:54:18   | 03.08    |
| 118          | 50     | CZARNECKI Marek         | KRAKÓW               | POL      |                            | 78  | M30/118 (M)230             | 05:54:33  | 05:54:33   | 03.08    |
| 119          | 90     | POMIAN Adam             | BYTOM                | POL      | BYTOM                      | 74  | M30/119 (M)232             | 05:55:16  | 05:55:16   | 03.08    |
| 120          | 164    | BACZEWSKI Daniel        | GDAŃSK               | POL      |                            | 82  | M30/120 (M)237             | 05:55:52  | 05:55:52   | 03.08    |
| 121          | 428    | WEROCHOWSKI Włodzimierz | CHWASZCZYNO          | POL      |                            | 77  | M30/121 (M)240             | 05:56:43  | 05:56:43   | 03.09    |
| 122          | 518    | PODGÓRSKI Witold        | GDAŃSK               | POL      |                            | 73  | M30/122 (M)241             | 05:56:45  | 05:56:45   | 03.09    |
| 123          | 250    | KOŁODZIEJ Damian        | OBORNIKI             | POL      |                            | 80  | M30/123 (M)243             | 05:57:06  | 05:57:06   | 03.09    |
| 124          | 336    | KACA Krzysztof          | SUSZ                 | POL      |                            | 77  | M30/124 (M)244             | 05:57:12  | 05:57:12   | 03.09    |
| 125          | 474    | CIEŚLAK Wojciech        | GDYNIA               | POL      | TWISTER TRÓJMIASTO         | 78  | M30/125 (M)250             | 05:59:06  | 05:59:06   | 03.10    |
| 126          | 368    | ZIELIŃSKI Przemysław    | WARSZAWA             | POL      |                            | 81  | M30/126 (M)252             | 05:59:26  | 05:59:26   | 03.10    |
| 127          | 520    | WAWRZYŃIAK Ireneusz     | STARGARD SZCZECIŃSKI | POL      | SZWLA STARGARD SZCZECIŃSKI | 80  | M30/127 (M)255             | 06:00:55  | 06:00:55   | 03.11    |
| 128          | 115    | JANISZEWSKI Artur       | KATOWICE             | POL      |                            | 82  | M30/128 (M)259             | 06:02:00  | 06:02:00   | 03.12    |
| 129          | 319    | LUSAWA Adam             | LEGIONOWO            | POL      | LOTOS JABŁONNA             | 80  | M30/129 (M)262             | 06:02:47  | 06:02:47   | 03.12    |
| 130          | 431    | SOBUCKI Jacek           | SUSZ                 | POL      | UKS-TRS SUSZ               | 74  | M30/130 (M)263             | 06:03:01  | 06:03:01   | 03.12    |
| 131          | 473    | MICHALSKI Rafał         | JABŁONNA             | POL      |                            | 73  | M30/131 (M)265             | 06:03:31  | 06:03:31   | 03.13    |
| 132          | 385    | ŚMIGIELSKI Marek        | ŁÓDŹ                 | POL      |                            | 81  | M30/132 (M)266             | 06:03:32  | 06:03:32   | 03.13    |
| 133          | 460    | SKURZAK Michał          | WARSZAWA             | POL      |                            | 75  | M30/133 (M)267             | 06:03:40  | 06:03:40   | 03.13    |
| 134          | 338    | KOTARSKI Piotr          | GDAŃSK               | POL      | UKS TRI-SAUCONY RUMIA      | 79  | M30/134 (M)270             | 06:04:30  | 06:04:30   | 03.13    |
| 135          | 276    | SZYMKO Krzysztof        | SIEDLCE              | POL      |                            | 80  | M30/135 (M)276             | 06:06:56  | 06:06:56   | 03.14    |
| 136          | 437    | FURMAŃSKI Marcin        | WROCLAW              | POL      |                            | 78  | M30/136 (M)279             | 06:07:50  | 06:07:50   | 03.15    |
| 137          | 169    | SYTA Tomasz             | WARSZAWA             | POL      |                            | 76  | M30/137 (M)283             | 06:08:40  | 06:08:40   | 03.15    |
| 138          | 170    | DZWONKOWSKI Mariusz     | KRĘPA                | POL      | KRĘPOSZKA                  | 80  | M30/138 (M)284             | 06:08:40  | 06:08:40   | 03.15    |
| 139          | 96     | WINTOCH Marcin          | TORUŃ                | POL      |                            | 75  | M30/139 (M)286             | 06:08:59  | 06:08:59   | 03.15    |
| 140          | 240    | SMUCZYŃSKI Adam         | BIALYSTOK            | POL      |                            | 81  | M30/140 (M)287             | 06:09:20  | 06:09:20   | 03.16    |
| 141          | 363    | SKIERKOWSKI Adam        | ŚWIECIE              | POL      |                            | 73  | M30/141 (M)291             | 06:10:41  | 06:10:41   | 03.16    |
| 142          | 201    | ŻELICHOWSKI Artur       | KĘTY                 | POL      | ZADYSZKA OŚWIĘCIM          | 73  | M30/142 (M)297             | 06:11:47  | 06:11:47   | 03.17    |
| 143          | 166    | WŁODARCZYK Maciek       | CZŁUCHÓW             | POL      |                            | 81  | M30/143 (M)299             | 06:12:17  | 06:12:17   | 03.17    |
| 144          | 479    | DYBLIK Piotr            | SZCZAWNO-ZDRÓJ       | POL      |                            | 81  | M30/144 (M)300             | 06:12:18  | 06:12:18   | 03.17    |
| 145          | 485    | GAJEWSKI Przemysław     | WARSZAWA             | POL      | AGM WELODROM               | 75  | M30/145 (M)302             | 06:13:12  | 06:13:12   | 03.18    |
| 146          | 114    | RUTKA Radosław          | KWIDZYN              | POL      |                            | 76  | M30/146 (M)305             | 06:13:20  | 06:13:20   | 03.18    |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City     | Kraj Nat | Drużyna Team                | R-k YoB | W kategorii in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|----------------------|----------------------|----------|-----------------------------|---------|------------------------|-----------|------------|----------|
| 147          | 17     | DOROCIŃSKI Marcin    | WARSZAWA             | POL      |                             | 73      | M30/147 (M)306         | 06:13:21  | 06:13:21   | 03.18    |
| 148          | 387    | SŁODKI Maciej        | PŁOCK                | POL      | PTT DELTA PŁOCK             | 76      | M30/148 (M)310         | 06:14:10  | 06:14:10   | 03.18    |
| 149          | 226    | PARDYGAL Tomasz      | KRAKÓW               | POL      |                             | 75      | M30/149 (M)317         | 06:15:53  | 06:15:53   | 03.19    |
| 150          | 205    | JAKUBOWSKI Szymon    | WARSZAWA             | POL      | AGANJASTAN                  | 75      | M30/150 (M)318         | 06:16:08  | 06:16:08   | 03.19    |
| 151          | 536    | SZYMAŃSKI Tomasz     | WARSZAWA             | POL      |                             | 79      | M30/151 (M)320         | 06:17:06  | 06:17:06   | 03.20    |
| 152          | 327    | KRUCZYŃSKI Wojciech  | SKÓRZEWO             | POL      | ENDUTEAM                    | 79      | M30/152 (M)322         | 06:17:13  | 06:17:13   | 03.20    |
| 153          | 403    | PIECZARA Krzysztof   | JAWORZNO             | POL      | KB MCKIS JAWORZNO           | 81      | M30/153 (M)324         | 06:18:26  | 06:18:26   | 03.20    |
| 154          | 67     | SYRYJCZYK Bartłomiej | ŁAZISKA GÓRNE        | POL      | SCS OSOZ RACING TEAM        | 80      | M30/154 (M)325         | 06:18:54  | 06:18:54   | 03.21    |
| 155          | 396    | PYKA Marek           | SIEMIANOWICE ŚLĄSKIE | POL      |                             | 77      | M30/155 (M)326         | 06:19:22  | 06:19:22   | 03.21    |
| 156          | 187    | OSAKOWICZ Mateusz    | WARSZAWA             | POL      |                             | 80      | M30/156 (M)327         | 06:19:34  | 06:19:34   | 03.21    |
| 157          | 88     | PALUCH Marek         | GIŻYCKO              | POL      | POL - DRÓG TEAM             | 75      | M30/157 (M)330         | 06:20:07  | 06:20:07   | 03.21    |
| 158          | 60     | GRYZIAK Michał       | ŁOMIANKI             | POL      |                             | 74      | M30/158 (M)331         | 06:20:08  | 06:20:08   | 03.21    |
| 159          | 152    | KACPERSKI Olaf       | WARSZAWA             | POL      |                             | 73      | M30/159 (M)335         | 06:21:09  | 06:21:09   | 03.22    |
| 160          | 347    | BUBELA Adam          | POZNAŃ               | POL      | FTI ACADEMY                 | 75      | M30/160 (M)336         | 06:21:33  | 06:21:33   | 03.22    |
| 161          | 61     | KUBSZ Arkadiusz      | WROCLAW              | POL      |                             | 74      | M30/161 (M)338         | 06:22:13  | 06:22:13   | 03.22    |
| 162          | 237    | LEW-MIRSKI Janusz    | WARSZAWA             | POL      |                             | 75      | M30/162 (M)339         | 06:23:02  | 06:23:02   | 03.23    |
| 163          | 39     | KACZMAREK Paweł      | KOSZALIN             | POL      | XTRI.PL MULTISPORT TEAM     | 78      | M30/163 (M)340         | 06:23:04  | 06:23:04   | 03.23    |
| 164          | 212    | WYPYCH Arkadiusz     | PIOTRKÓW             | POL      |                             | 78      | M30/164 (M)344         | 06:23:55  | 06:23:55   | 03.23    |
| 165          | 159    | CHRZANOWSKI Jakub    | WARSZAWA             | POL      | 12TRI.PL / ING BANK         | 81      | M30/165 (M)348         | 06:24:40  | 06:24:40   | 03.24    |
| 166          | 505    | KOBYLACKI Maciej     | GRUDZIĄDZ            | POL      | FTI ACADEMY                 | 82      | M30/166 (M)350         | 06:25:11  | 06:25:11   | 03.24    |
| 167          | 395    | BOUCHER Alexandre    | WARSZAWA             | POL      |                             | 73      | M30/167 (M)352         | 06:25:14  | 06:25:14   | 03.24    |
| 168          | 69     | POLS Rogier          | JÓZEFOSŁAW           | POL      |                             | 75      | M30/168 (M)354         | 06:26:12  | 06:26:12   | 03.25    |
| 169          | 76     | PANUFNIK Tomasz      | BOROWA GORA          | POL      | AKS POLONIA WARSZAWA        | 81      | M30/169 (M)357         | 06:27:51  | 06:27:51   | 03.25    |
| 170          | 42     | RYBOWSKI Krzysztof   | GDAŃSK               | POL      | WWW.POMAGAMYNATALII.PL      | 78      | M30/170 (M)358         | 06:28:24  | 06:28:24   | 03.26    |
| 171          | 91     | SOBOŃ Jacek          | KRZANOWICE           | POL      |                             | 73      | M30/171 (M)360         | 06:28:56  | 06:28:56   | 03.26    |
| 172          | 161    | DUDEK Bartłomiej     | WARSZAWA             | POL      | 12TRI.PL                    | 82      | M30/172 (M)363         | 06:32:17  | 06:32:17   | 03.28    |
| 173          | 63     | KOPERSKI Wojciech    | WARSZAWA             | POL      | IM 2010 POL                 | 73      | M30/173 (M)365         | 06:32:42  | 06:32:42   | 03.28    |
| 174          | 124    | LIS Jarosław         | WARSZAWA             | POL      |                             | 78      | M30/174 (M)366         | 06:32:50  | 06:32:50   | 03.28    |
| 175          | 32     | SUSZ Artur           | KRAKÓW               | POL      |                             | 77      | M30/175 (M)367         | 06:32:51  | 06:32:51   | 03.28    |
| 176          | 257    | MAĆKOWSKI Jędrzej    | KIELCE               | POL      | SNURKI                      | 81      | M30/176 (M)369         | 06:33:07  | 06:33:07   | 03.28    |
| 177          | 494    | ZBIERAJEWSKI Michał  | PIŁA                 | POL      | LITTLE FEETS PIŁA           | 80      | M30/177 (M)370         | 06:34:04  | 06:34:04   | 03.29    |
| 178          | 47     | TOMALSKI Piotr       | PŁOCK                | POL      | TKKF PŁOCK                  | 75      | M30/178 (M)371         | 06:34:07  | 06:34:07   | 03.29    |
| 179          | 36     | LANECKI Artur        | BYDGOSZCZ            | POL      |                             | 76      | M30/179 (M)374         | 06:36:36  | 06:36:36   | 03.30    |
| 180          | 475    | SOKOŁOWSKI Piotr     | GDYNIA               | POL      | MORSY GDYŃSKIE              | 76      | M30/180 (M)379         | 06:38:41  | 06:38:41   | 03.31    |
| 181          | 463    | RUZIK Rafał          | WARSZAWA             | POL      | RIDLEY BAJKSZOP RACING TEAM | 79      | M30/181 (M)381         | 06:41:25  | 06:41:25   | 03.33    |
| 182          | 262    | STANIS Michał        | WARSZAWA             | POL      |                             | 80      | M30/182 (M)383         | 06:41:40  | 06:41:40   | 03.33    |
| 183          | 194    | CHYŁA Marcin         | GDAŃSK               | POL      |                             | 78      | M30/183 (M)384         | 06:41:58  | 06:41:58   | 03.33    |
| 184          | 293    | SZUMAKOWICZ Andrzej  | KATOWICE             | POL      |                             | 78      | M30/184 (M)386         | 06:42:32  | 06:42:32   | 03.33    |
| 185          | 248    | STAŚKIEWICZ Tomasz   | WARSZAWA             | POL      | ABSTYNEŃCI TRIATHLON CLUB   | 75      | M30/185 (M)389         | 06:43:38  | 06:43:38   | 03.34    |
| 186          | 126    | PALUSZYŃSKI Paweł    | WARSZAWA             | POL      |                             | 75      | M30/186 (M)390         | 06:43:41  | 06:43:41   | 03.34    |
| 187          | 371    | MAZUR Sebastian      | KRAKÓW               | POL      |                             | 76      | M30/187 (M)392         | 06:44:08  | 06:44:08   | 03.34    |
| 188          | 537    | ŚCIESIŃSKI Piotr     | KRAKÓW               | POL      |                             | 77      | M30/188 (M)393         | 06:44:32  | 06:44:32   | 03.34    |
| 189          | 260    | HARKAWIK Piotr       | TRZEBIELINO          | POL      |                             | 75      | M30/189 (M)395         | 06:47:06  | 06:47:06   | 03.36    |
| 190          | 521    | BAS Cyprian          | WARSZAWA             | POL      |                             | 75      | M30/190 (M)396         | 06:47:39  | 06:47:39   | 03.36    |
| 191          | 423    | GRYGIEL Piotr        | POZNAŃ               | POL      | 12TRI.PL                    | 81      | M30/191 (M)397         | 06:47:39  | 06:47:39   | 03.36    |
| 192          | 254    | ZDROJEWSKI Krzysztof | SUSZ                 | POL      | TRS SUSZ                    | 74      | M30/192 (M)400         | 06:51:35  | 06:51:35   | 03.38    |
| 193          | 238    | WITCZAK Arkadiusz    | GDAŃSK               | POL      |                             | 77      | M30/193 (M)402         | 06:56:47  | 06:56:47   | 03.41    |
| 194          | 265    | SZEWCUK Aleksander   | WARSZAWA             | POL      |                             | 78      | M30/194 (M)405         | 06:59:47  | 06:59:47   | 03.42    |
| 195          | 277    | GRZELAK Przemysław   | PRUSZKÓW             | POL      |                             | 78      | M30/195 (M)410         | 07:07:53  | 07:07:53   | 03.47    |
| 196          | 489    | MAJ Marek            | SOPOT                | POL      | TRICITY TRIATHLON TEAM      | 79      | M30/196 (M)413         | 07:13:03  | 07:13:03   | 03.49    |
| 197          | 286    | ŻUBER Tadeusz        | LEGNICA              | POL      | LEGNICA TRIATHLON CLUB      | 82      | M30/197 (M)416         | 07:19:55  | 07:19:55   | 03.53    |
| 198          | 45     | ZWIERZCHOWSKI Michał | PRUSZKÓW             | POL      | LOVE2TRI/12TR               | 81      | M30/198 (M)419         | 07:23:47  | 07:23:47   | 03.55    |
| 199          | 360    | KWIECIEN Piotr       | GDAŃSK               | POL      |                             | 78      | M30/199 (M)421         | 07:28:36  | 07:28:36   | 03.58    |
| 200          | 227    | WOŹNIAK Sebastian    | WARSZAWA             | POL      |                             | 82      | M30/200 (M)423         | 07:32:10  | 07:32:10   | 04.00    |
| 201          | 144    | ŁAKOMY Dominik       | SIERAKOWO/K.         | POL      |                             | 81      | M30/201 (M)424         | 07:36:33  | 07:36:33   | 04.02    |
| 202          | 531    | DAWCZYK Krzysztof    | POZNAŃ               | POL      | BIKEBOARD.PL                | 74      | M30/202 (M)425         | 07:37:48  | 07:37:48   | 04.03    |
| 203          | 301    | CIEŚLAK Michał       | WARSZAWA             | POL      |                             | 77      | M30/203 (M)428         | 07:39:06  | 07:39:06   | 04.03    |
| 204          | 102    | KLAUZ Kamil          | TCZEW                | POL      | WWW.MEGATHERM.PL            | 75      | M30/204 (M)431         | 08:18:31  | 08:18:31   | 04.24    |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City   | Kraj Nat | Drużyna Team                      | R-k YoB | W kategorii in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|----------------------|--------------------|----------|-----------------------------------|---------|------------------------|-----------|------------|----------|
| 1            | 438    | ROBERT Stepiak       | NIEMCZ             | POL      | TRI-SPORT NIEMCZ                  | 69      | M40/1 (M)6             | 04:23:55  | 04:23:55   | 02.20    |
| 2            | 380    | ŻYTKIEWICZ Sylwester | ŁÓDŹ               | POL      |                                   | 70      | M40/2 (M)17            | 04:39:14  | 04:39:14   | 02.28    |
| 3            | 340    | SOBCZAK Marcin       | RUMIA              | POL      | UKS TRI-SAUCONY RUMIA             | 71      | M40/3 (M)31            | 04:53:36  | 04:53:36   | 02.35    |
| 4            | 99     | RAKUS Kornel         | KISIELÓW           | POL      |                                   | 70      | M40/4 (M)32            | 04:53:59  | 04:53:59   | 02.36    |
| 5            | 163    | BAR Wiesław          | WARSZAWA           | POL      |                                   | 70      | M40/5 (M)33            | 04:54:11  | 04:54:11   | 02.36    |
| 6            | 207    | CZYŻAK Przemysław    | WROCLAW            | POL      |                                   | 68      | M40/6 (M)48            | 05:00:56  | 05:00:56   | 02.39    |
| 7            | 184    | WALASZCZYK Wojciech  | JASŁO              | POL      | JSC - JASŁO                       | 71      | M40/7 (M)63            | 05:06:50  | 05:06:50   | 02.42    |
| 8            | 378    | WOLANIN Ireneusz     | JASTRZĘBIE ZDRÓJ   | POL      |                                   | 70      | M40/8 (M)85            | 05:15:29  | 05:15:29   | 02.47    |
| 9            | 514    | CHMIELNIK Grzegorz   | KOŁO               | POL      | MLUKS TRIATHLON KOŁO              | 72      | M40/9 (M)86            | 05:15:40  | 05:15:40   | 02.47    |
| 10           | 384    | TOLWIŃSKI Bogusław   | ELBLĄG             | POL      | "MKS"TRUSO"ELBLĄG"                | 68      | M40/10 (M)87           | 05:16:14  | 05:16:14   | 02.47    |
| 11           | 506    | RETKA Adam           | ŁOMIANKI           | POL      |                                   | 68      | M40/11 (M)91           | 05:17:25  | 05:17:25   | 02.48    |
| 12           | 65     | GLAJC Daniel         | CIESZYN            | POL      |                                   | 71      | M40/12 (M)97           | 05:20:19  | 05:20:19   | 02.50    |
| 13           | 33     | ZDANOWSKI Tomasz     | POZNAŃ             | POL      | MIKRAN.PL                         | 72      | M40/13 (M)98           | 05:21:38  | 05:21:38   | 02.50    |
| 14           | 83     | JANKOWIAK Krzysztof  | MROWINO            | POL      |                                   | 72      | M40/14 (M)99           | 05:22:02  | 05:22:02   | 02.50    |
| 15           | 313    | NOWACKI Piotr        | PIŁA               | POL      |                                   | 71      | M40/15 (M)106          | 05:24:27  | 05:24:27   | 02.52    |
| 16           | 192    | POKORSKI Marek       | WARSZAWA           | POL      | NSN                               | 71      | M40/16 (M)107          | 05:24:29  | 05:24:29   | 02.52    |
| 17           | 147    | NOWAKOWSKI Rafał     | WARSZAWA           | POL      |                                   | 72      | M40/17 (M)122          | 05:29:16  | 05:29:16   | 02.54    |
| 18           | 44     | MOKRZYCKI Dariusz    | MIKOŁÓW            | POL      |                                   | 68      | M40/18 (M)127          | 05:30:51  | 05:30:51   | 02.55    |
| 19           | 374    | PIOTROWSKI Michał    | HALINÓW            | POL      |                                   | 71      | M40/19 (M)128          | 05:31:07  | 05:31:07   | 02.55    |
| 20           | 242    | SAMBAK Tadeusz       | BRZESZCZE          | POL      | ZADYSZKA OŚWIĘCIM                 | 69      | M40/20 (M)132          | 05:32:15  | 05:32:15   | 02.56    |
| 21           | 210    | GIERES Waldemar      | PŁOCK              | POL      | "PTT" "DELTA" "                   | 68      | M40/21 (M)135          | 05:32:28  | 05:32:28   | 02.56    |
| 22           | 483    | KLEPACZ Jacek        | ŁÓDŹ               | POL      |                                   | 71      | M40/22 (M)137          | 05:33:32  | 05:33:32   | 02.57    |
| 23           | 211    | TYSZKIEWICZ Rafał    | BISKUPIEC          | POL      | COLUMBIA                          | 70      | M40/23 (M)139          | 05:33:43  | 05:33:43   | 02.57    |
| 24           | 84     | SZELIGA Wojciech     | IMIELIN            | POL      |                                   | 69      | M40/24 (M)141          | 05:35:02  | 05:35:02   | 02.57    |
| 25           | 95     | LIBER Paweł          | ELBLĄG             | POL      | ENDURO MAN ELBLĄG                 | 72      | M40/25 (M)149          | 05:36:45  | 05:36:45   | 02.58    |
| 26           | 370    | WODYŃSKI Robert      | ZGIERZ             | POL      | WWW.SATORIDRUK.PL                 | 72      | M40/26 (M)163          | 05:39:45  | 05:39:45   | 03.00    |
| 27           | 476    | WASILEWSKI Artur     | KALISZ             | POL      | KALISZ                            | 70      | M40/27 (M)179          | 05:43:43  | 05:43:43   | 03.02    |
| 28           | 215    | OSTAPCZUK Sebastian  | WARSZAWA           | POL      |                                   | 70      | M40/28 (M)180          | 05:43:43  | 05:43:43   | 03.02    |
| 29           | 160    | BUCHAL Grzegorz      | GLIWICE            | POL      |                                   | 70      | M40/29 (M)187          | 05:44:45  | 05:44:45   | 03.03    |
| 30           | 487    | WOLSKI Dariusz       | ALEKSANDRÓW ŁÓDZKI | POL      | IM2010/SKS KATOLIK                | 71      | M40/30 (M)189          | 05:45:07  | 05:45:07   | 03.03    |
| 31           | 110    | SOWIŃSKI Marcin      | NOWA IWICZNA       | POL      | 4MS                               | 69      | M40/31 (M)194          | 05:46:17  | 05:46:17   | 03.03    |
| 32           | 376    | PERKOWSKI Jarosław   | SUWAŁKI            | POL      |                                   | 71      | M40/32 (M)200          | 05:47:44  | 05:47:44   | 03.04    |
| 33           | 348    | GLĄB Andrzej         | MALBORK            | POL      | MKS TRIATHLON MALBORK             | 70      | M40/33 (M)211          | 05:50:35  | 05:50:35   | 03.06    |
| 34           | 122    | JAKUBOWSKI Zbigniew  | OTWOCK             | POL      |                                   | 70      | M40/34 (M)214          | 05:51:09  | 05:51:09   | 03.06    |
| 35           | 137    | SOCHA Tomasz         | WARSZAWA           | POL      |                                   | 68      | M40/35 (M)234          | 05:55:28  | 05:55:28   | 03.08    |
| 36           | 326    | WOJCIECHOWSKI Tomasz | STARE MIASTO       | POL      |                                   | 69      | M40/36 (M)235          | 05:55:30  | 05:55:30   | 03.08    |
| 37           | 112    | ŚWIĄTEK Jarosław     | KATOWICE           | POL      |                                   | 71      | M40/37 (M)236          | 05:55:32  | 05:55:32   | 03.08    |
| 38           | 422    | SKWAREK Grzegorz     | NOWY TARG          | POL      |                                   | 69      | M40/38 (M)239          | 05:56:18  | 05:56:18   | 03.09    |
| 39           | 245    | DZIADAK Jacek        | WARSZAWA           | POL      |                                   | 71      | M40/39 (M)251          | 05:59:24  | 05:59:24   | 03.10    |
| 40           | 337    | KAZIMIERSKI Artur    | SOCHACZEW          | POL      | KM AKTYWNI SOCHACZEW              | 68      | M40/40 (M)260          | 06:02:02  | 06:02:02   | 03.12    |
| 41           | 266    | NYCZ Mariusz         | WARSZAWA           | POL      | VOLVO.FOR MARATHON                | 71      | M40/41 (M)261          | 06:02:11  | 06:02:11   | 03.12    |
| 42           | 48     | PRACIAK Tomasz       | BIELSKO BIAŁA      | POL      |                                   | 72      | M40/42 (M)264          | 06:03:26  | 06:03:26   | 03.12    |
| 43           | 222    | FOJTAR Zbigniew      | WROCLAW            | POL      | F O J T A R                       | 72      | M40/43 (M)268          | 06:03:55  | 06:03:55   | 03.13    |
| 44           | 512    | ŚWIERCZ Jacek        | WARSZAWA           | POL      | BYLEDOBIEC ANIN                   | 69      | M40/44 (M)269          | 06:04:21  | 06:04:21   | 03.13    |
| 45           | 322    | SAJ Sławomir         | OSTROŁĘKA          | POL      | AG BEZ LIMITU OSTROŁĘKA I OKOLICE | 69      | M40/45 (M)271          | 06:04:51  | 06:04:51   | 03.13    |
| 46           | 427    | LEGIĘDŹ Hubert       | WARSZAWA           | POL      | LKS PRZECLAW/IM2010               | 70      | M40/46 (M)277          | 06:07:12  | 06:07:12   | 03.14    |
| 47           | 153    | TOMASZEK Artur       | WARSZAWA           | POL      |                                   | 70      | M40/47 (M)280          | 06:08:25  | 06:08:25   | 03.15    |
| 48           | 547    | JANIGA Robert        | WARSZAWA           | POL      | HERBALIFE TEAM                    | 72      | M40/48 (M)281          | 06:08:28  | 06:08:28   | 03.15    |
| 49           | 58     | CZARNOTA Krzysztof   |                    | POL      | KB 42,2 LIPIANY                   | 72      | M40/49 (M)282          | 06:08:28  | 06:08:28   | 03.15    |
| 50           | 278    | RACHWAŁIK Tomasz     | STASI LAS          | POL      |                                   | 72      | M40/50 (M)294          | 06:11:07  | 06:11:07   | 03.17    |
| 51           | 466    | BOGDAŃSKI Piotr      | OKUNIEW            | POL      |                                   | 69      | M40/51 (M)309          | 06:14:02  | 06:14:02   | 03.18    |
| 52           | 282    | EMERT Piotr          | GDYNIA             | POL      | 43BLOTM                           | 72      | M40/52 (M)328          | 06:19:35  | 06:19:35   | 03.21    |
| 53           | 331    | LEJMAN Adam          | WARSZAWA           | POL      |                                   | 69      | M40/53 (M)329          | 06:19:36  | 06:19:36   | 03.21    |
| 54           | 131    | KOLANKOWSKI Waldek   | TORUŃ              | POL      |                                   | 68      | M40/54 (M)337          | 06:21:37  | 06:21:37   | 03.22    |
| 55           | 128    | WASILEWSKI Paweł     | JAROTY             | POL      | WSOWL WROCLAW                     | 72      | M40/55 (M)342          | 06:23:52  | 06:23:52   | 03.23    |
| 56           | 168    | DECZKOWSKI Dariusz   | WARSZAWA           | POL      | METRO WARSZAWSKIE                 | 72      | M40/56 (M)343          | 06:23:52  | 06:23:52   | 03.23    |
| 57           | 116    | RAGUS Marcei         | BYTOM              | POL      |                                   | 70      | M40/57 (M)346          | 06:24:16  | 06:24:16   | 03.24    |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name  | Miejscowość City    | Kraj Nat | Drużyna Team                  | R-k YoB | W kategorii in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|-----------------------|---------------------|----------|-------------------------------|---------|------------------------|-----------|------------|----------|
| 58           | 13     | MASALSKI Wojciech     | KONSTANCIN JEZIORNA | POL      | FIAT                          | 68      | M40/58 (M)351          | 06:25:12  | 06:25:12   | 03.24    |
| 59           | 139    | PRZYGODA Wojtek       | RZESZÓW             | POL      |                               | 71      | M40/59 (M)359          | 06:28:40  | 06:28:40   | 03.26    |
| 60           | 492    | OLENICZ Piotr         | WIELKA WIEŚ         | POL      |                               | 72      | M40/60 (M)361          | 06:30:22  | 06:30:22   | 03.27    |
| 61           | 481    | BIEŃKOWSKI Michał     | WARSZAWA            | POL      |                               | 71      | M40/61 (M)377          | 06:38:26  | 06:38:26   | 03.31    |
| 62           | 320    | TYBURCZY Krzysztof    | BIALYSTOK           | POL      | DELECTA PODLASKI KLUB BIEGOWY | 72      | M40/62 (M)378          | 06:38:32  | 06:38:32   | 03.31    |
| 63           | 279    | EICHHORN Chris        | WARSZAWA            | POL      | NONE                          | 68      | M40/63 (M)385          | 06:42:20  | 06:42:20   | 03.33    |
| 64           | 341    | CEJNÓG Marcin         | OLSZTYNEK           | POL      | ODDECH GONIONEGO PSA OLSZTYN  | 72      | M40/64 (M)391          | 06:44:04  | 06:44:04   | 03.34    |
| 65           | 268    | JAMKA Jarosław        | WARSZAWA            | POL      |                               | 71      | M40/65 (M)398          | 06:49:05  | 06:49:05   | 03.37    |
| 66           | 77     | KLICH Wiesław         | POLKOWICE           | POL      | DRUŻYNA SZPIKU                | 68      | M40/66 (M)399          | 06:49:25  | 06:49:25   | 03.37    |
| 67           | 555    | KOWALSKI Dariusz      | MODLNICZKA          | POL      | MOTOROLA BIKE TEAM            | 70      | M40/67 (M)407          | 07:02:26  | 07:02:26   | 03.44    |
| 68           | 120    | KOWALEWSKI Krzysztof  | BORÓWIEC            | POL      |                               | 69      | M40/68 (M)412          | 07:11:34  | 07:11:34   | 03.49    |
| 69           | 353    | LETNIEWSKI Maciej     | KOWALE              | POL      | MASTERLEASE                   | 69      | M40/69 (M)414          | 07:13:22  | 07:13:22   | 03.50    |
| 70           | 465    | KAPICA Sławomir       | KWIDZYN             | POL      |                               | 72      | M40/70 (M)415          | 07:19:10  | 07:19:10   | 03.53    |
| 71           | 145    | BONITO Jose           | WARSZAWA            | POL      |                               | 70      | M40/71 (M)417          | 07:22:05  | 07:22:05   | 03.54    |
| 72           | 224    | FRONCKIEWICZ Wojciech | WARSZAWA            | POL      |                               | 71      | M40/72 (M)426          | 07:37:48  | 07:37:48   | 04.03    |
| 73           | 22     | KAROLAK Tomasz        | WARSZAWA            | POL      |                               | 71      | M40/73 (M)430          | 07:56:41  | 07:56:41   | 04.13    |
| 74           | 334    | BUDUJ Marek           | WARSZAWA            | POL      |                               | 71      | M40/74 (M)433          | 08:38:20  | 08:38:20   | 04.35    |

### OPEN Mężczyźni KATEGORIA:M45

|    |     |                       |                    |     |                         |    |               |          |          |       |
|----|-----|-----------------------|--------------------|-----|-------------------------|----|---------------|----------|----------|-------|
| 1  | 309 | GARDENER Jacek        | ŁOWICZ             | POL | LKS VICTORIA ZABOSTÓW   | 64 | M45/1 (M)10   | 04:27:52 | 04:27:52 | 02.22 |
| 2  | 241 | KOSTKA Andrzej        | POLKOWICE          | POL |                         | 66 | M45/2 (M)30   | 04:52:48 | 04:52:48 | 02.35 |
| 3  | 298 | KRZAK Robert          | GLIWICE            | POL | AUTHOR BICYCLES         | 64 | M45/3 (M)38   | 04:57:29 | 04:57:29 | 02.37 |
| 4  | 214 | NAWROCKI Sergiusz     | STAWIGUDA          | POL |                         | 67 | M45/4 (M)51   | 05:02:32 | 05:02:32 | 02.40 |
| 5  | 129 | HAŃCZYK Jacek         | ŚRODA WLKP.        | POL |                         | 65 | M45/5 (M)83   | 05:15:06 | 05:15:06 | 02.47 |
| 6  | 156 | CIESZYŃSKI Jacek      | SZKOCJA K. SZUBINA | POL |                         | 63 | M45/6 (M)103  | 05:22:59 | 05:22:59 | 02.51 |
| 7  | 369 | GARBACIK Jacek        | STAŁOWA WOLA       | POL |                         | 67 | M45/7 (M)117  | 05:27:08 | 05:27:08 | 02.53 |
| 8  | 419 | WROTEK Mirosław       | WARSZAWA           | POL | ENTRE.PL TEAM           | 66 | M45/8 (M)126  | 05:30:22 | 05:30:22 | 02.55 |
| 9  | 289 | KRASZEWSKI Wojtek     | WARSZAWA           | POL |                         | 65 | M45/9 (M)131  | 05:32:10 | 05:32:10 | 02.56 |
| 10 | 239 | WACŁAWSKI Krzysztof   | IŁAWA              | POL | ORKA IŁAWA              | 65 | M45/10 (M)145 | 05:36:27 | 05:36:27 | 02.58 |
| 11 | 375 | PIĄTEK Wiesław        | WARSZAWA           | POL | NESTLE WELLNESS RUNNERS | 66 | M45/11 (M)146 | 05:36:32 | 05:36:32 | 02.58 |
| 12 | 118 | DZIUDZIEK Robert      | ADAMÓWEK           | POL |                         | 64 | M45/12 (M)147 | 05:36:42 | 05:36:42 | 02.58 |
| 13 | 125 | SZCZYPCZYK Zbigniew   | WARSZAWA           | POL | KUŹNIA TRIATHLONU       | 67 | M45/13 (M)154 | 05:37:18 | 05:37:18 | 02.59 |
| 14 | 143 | JÓZEFOWICZ Krzysztof  | JANÓWKA            | POL | JUSTYNOW-JANOWKA.PL     | 66 | M45/14 (M)219 | 05:52:45 | 05:52:45 | 03.07 |
| 15 | 189 | NAREL Sławomir        | ŁÓDŹ               | POL |                         | 63 | M45/15 (M)245 | 05:57:14 | 05:57:14 | 03.09 |
| 16 | 468 | SOJKA Robert          | JAWORZNO           | POL |                         | 67 | M45/16 (M)248 | 05:57:56 | 05:57:56 | 03.10 |
| 17 | 346 | NOWARA Andrzej        | RZECZYCE           | POL |                         | 65 | M45/17 (M)256 | 06:01:02 | 06:01:02 | 03.11 |
| 18 | 26  | POGON Piotr           | KRAKÓW             | POL |                         | 67 | M45/18 (M)257 | 06:01:26 | 06:01:26 | 03.11 |
| 19 | 178 | FELSKI Mariusz        | MIASTKO            | POL | MŹS WÓLCZA MAŁA         | 67 | M45/19 (M)289 | 06:10:11 | 06:10:11 | 03.16 |
| 20 | 354 | GLUCK Witold          | ŁÓDŹ               | POL |                         | 65 | M45/20 (M)290 | 06:10:14 | 06:10:14 | 03.16 |
| 21 | 418 | MAKOWSKI Grzegorz     | STAROGARD GDAŃSKI  | POL |                         | 66 | M45/21 (M)293 | 06:10:43 | 06:10:43 | 03.16 |
| 22 | 392 | GUDANIEC Radosław     | KOSZALIN           | POL | IRONMAN CS POL          | 63 | M45/22 (M)298 | 06:12:05 | 06:12:05 | 03.17 |
| 23 | 59  | POLCYN Jan            | OSIEK NAD NOTECIĄ  | POL | KS MECHANIK PIŁA        | 64 | M45/23 (M)312 | 06:14:33 | 06:14:33 | 03.18 |
| 24 | 357 | TRUBCHANINOV Yevgeniy | JASŁO              | POL |                         | 66 | M45/24 (M)314 | 06:14:41 | 06:14:41 | 03.18 |
| 25 | 218 | KOZŁOWSKI Jacek       | ŁOMIANKI           | POL |                         | 63 | M45/25 (M)323 | 06:18:06 | 06:18:06 | 03.20 |
| 26 | 550 | PUPKA Artur           | WROCLAW            | POL |                         | 64 | M45/26 (M)333 | 06:21:02 | 06:21:02 | 03.22 |
| 27 | 176 | PRAŻANOWSKI Mariusz   | ŁÓDŹ               | POL |                         | 67 | M45/27 (M)341 | 06:23:23 | 06:23:23 | 03.23 |
| 28 | 311 | RESZKE Sławomir       | JÓZEFOSŁAW         | POL | MUCHOMOREK SPORT TEAM   | 63 | M45/28 (M)349 | 06:24:50 | 06:24:50 | 03.24 |
| 29 | 75  | KONITZ Wojciech       | OBORNIKI           | POL |                         | 63 | M45/29 (M)356 | 06:27:02 | 06:27:02 | 03.25 |
| 30 | 280 | HABIEDA Lucjan        | FRYDMAN            | POL | KS WIATERNI             | 67 | M45/30 (M)375 | 06:38:01 | 06:38:01 | 03.31 |
| 31 | 291 | STRENZIOK Dariusz     | TARNOWSKIE GÓRY    | POL | CREATIVA                | 66 | M45/31 (M)387 | 06:43:02 | 06:43:02 | 03.34 |
| 32 | 478 | BOGDAŃSKI Robert      | WARSZAWA-WESOLA    | POL |                         | 64 | M45/32 (M)388 | 06:43:15 | 06:43:15 | 03.34 |
| 33 | 477 | CICHON Artur          | WARSZAWA           | POL |                         | 65 | M45/33 (M)411 | 07:11:23 | 07:11:23 | 03.49 |

### OPEN Mężczyźni KATEGORIA:M50

|   |     |                     |                  |     |                      |    |              |          |          |       |
|---|-----|---------------------|------------------|-----|----------------------|----|--------------|----------|----------|-------|
| 1 | 244 | GRZELEC Jarosław    | GDAŃSK           | POL |                      | 61 | M50/1 (M)24  | 04:47:59 | 04:47:59 | 02.32 |
| 2 | 217 | SMOLAK Piotr        | PORAJ - KROSNO   | POL | PORAJ - KROSNO       | 61 | M50/2 (M)37  | 04:57:20 | 04:57:20 | 02.37 |
| 3 | 420 | MISIASZEK Janusz    | KĘDZIERZYN-KOŹLE | POL |                      | 58 | M50/3 (M)67  | 05:07:38 | 05:07:38 | 02.43 |
| 4 | 344 | PUCIŁOWSKI Mirosław | BIALYSTOK        | POL |                      | 62 | M50/4 (M)69  | 05:09:35 | 05:09:35 | 02.44 |
| 5 | 219 | LEWANDOWSKI Andrzej | KÓRNIK           | POL | UAM POZNAŃ TRIATHLON | 59 | M50/5 (M)71  | 05:09:56 | 05:09:56 | 02.44 |
| 6 | 421 | WACŁAWSKI Grzegorz  | IŁAWA            | POL |                      | 58 | M50/6 (M)133 | 05:32:20 | 05:32:20 | 02.56 |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name        | Miejscowość City | Kraj Nat | Drużyna Team                        | R-k YoB | W kategorii in Age Sex | Czas Time | Czas Netto | [min/km] |
|--------------|--------|-----------------------------|------------------|----------|-------------------------------------|---------|------------------------|-----------|------------|----------|
| 7            | 406    | KORD Bogdan                 | BARCZEWO         | POL      |                                     | 58      | M50/7 (M)140           | 05:34:44  | 05:34:44   | 02.57    |
| 8            | 167    | NOWICKI Leszek              | INOWROCLAW       | POL      |                                     | 61      | M50/8 (M)172           | 05:41:24  | 05:41:24   | 03.01    |
| 9            | 256    | SAJDAK Ireneusz             | JASLO            | POL      | JASIELSKIE STOWARZYSZENIE CYKLISTOW | 69      | M50/9 (M)190           | 05:45:18  | 05:45:18   | 03.03    |
| 10           | 339    | SZCZYGIELSKI Krzysztof      | GDYNIA           | POL      | UKS TRI-SAUCONY RUMIA               | 60      | M50/10 (M)202          | 05:48:06  | 05:48:06   | 03.04    |
| 11           | 101    | SZULC Janusz                | BOROWIEC         | POL      |                                     | 62      | M50/11 (M)206          | 05:48:31  | 05:48:31   | 03.05    |
| 12           | 401    | MALINOWSKI Artur            | BYDGOSZCZ        | POL      |                                     | 62      | M50/12 (M)209          | 05:49:37  | 05:49:37   | 03.05    |
| 13           | 469    | BOBROWICKI-LIBCHEN Grzegorz | WARSZAWA         | POL      |                                     | 62      | M50/13 (M)249          | 05:58:37  | 05:58:37   | 03.10    |
| 14           | 356    | SOBCZYK Krzysztof           | KWIDZYN          | POL      | KTS IRONMAN                         | 59      | M50/14 (M)285          | 06:08:43  | 06:08:43   | 03.15    |
| 15           | 253    | ŁUŻYŃSKI Grzegorz           | SZTUM            | POL      | 22. BLT MALBORK                     | 62      | M50/15 (M)295          | 06:11:14  | 06:11:14   | 03.17    |
| 16           | 542    | KRZAN Grzegorz              | NYSA             | POL      | GIANT POL                           | 62      | M50/16 (M)373          | 06:34:42  | 06:34:42   | 03.29    |

### OPEN Mężczyźni KATEGORIA:M55

|   |     |                    |             |     |                        |    |              |          |          |       |
|---|-----|--------------------|-------------|-----|------------------------|----|--------------|----------|----------|-------|
| 1 | 246 | DYMEK Stanisław    | PŁOCK       | POL | "PTT ""DELTA"" PŁOCK"  | 54 | M55/1 (M)134 | 05:32:28 | 05:32:28 | 02.56 |
| 2 | 243 | BEDYK Ireneusz     | CEKANOWO    | POL | PTT DELTA              | 57 | M55/2 (M)212 | 05:50:41 | 05:50:41 | 03.06 |
| 3 | 287 | GÓRSKI Marian      | RUDA ŚLĄSKA | POL | KRS TKKF JASTRZĄB      | 57 | M55/3 (M)274 | 06:05:23 | 06:05:23 | 03.14 |
| 4 | 157 | KĘPIŃSKI Henryk    | BELCHATÓW   | POL | KB SPARTAKUS BELCHATÓW | 53 | M55/4 (M)316 | 06:15:23 | 06:15:23 | 03.19 |
| 5 | 538 | OLEDZKI Janusz     | WARSZAWA    | POL |                        | 56 | M55/5 (M)319 | 06:16:53 | 06:16:53 | 03.20 |
| 6 | 549 | PABIAN Karol       | SKAWINA     | POL |                        | 55 | M55/6 (M)362 | 06:31:05 | 06:31:05 | 03.27 |
| 7 | 532 | WIŚNIEWSKI Marek   | POZNAŃ      | POL | POZNAŃ MULTISPORT TEAM | 57 | M55/7 (M)368 | 06:33:01 | 06:33:01 | 03.28 |
| 8 | 305 | CISKOWSKI Waldemar | GDYNIA      | POL |                        | 55 | M55/8 (M)380 | 06:40:45 | 06:40:45 | 03.32 |
| 9 | 165 | SCHMIDT Ryszard    | ŁÓDŹ        | POL |                        | 55 | M55/9 (M)382 | 06:41:37 | 06:41:37 | 03.33 |

### OPEN Mężczyźni KATEGORIA:M60+

|   |     |                   |               |     |                         |    |               |          |          |       |
|---|-----|-------------------|---------------|-----|-------------------------|----|---------------|----------|----------|-------|
| 1 | 405 | MACZYNSKI Czesław | PŁOCK         | POL | MCBIKE                  | 52 | M60+/1 (M)217 | 05:52:18 | 05:52:18 | 03.07 |
| 2 | 140 | MUSIAŁ Marek      | BIERNA        | POL |                         | 48 | M60+/2 (M)224 | 05:53:09 | 05:53:09 | 03.07 |
| 3 | 197 | GOŚCIEJ Andrzej   | WIELICZKA     | POL | AZS AWF KRAKÓW MASTERSI | 47 | M60+/3 (M)253 | 06:00:19 | 06:00:19 | 03.11 |
| 4 | 228 | JENKINS Chris     | WARSZAWA      | POL | WILANOW COFFIN DODGERS  | 47 | M60+/4 (M)304 | 06:13:19 | 06:13:19 | 03.18 |
| 5 | 111 | SZYLLER Jerzy     | BIELSKO-BIAŁA | POL | TKKF BESKIDEK B-B       | 49 | M60+/5 (M)353 | 06:25:38 | 06:25:38 | 03.24 |