

Miejsce	Nr	Nazwisko / Imię	Miejscowość	Klub/Drużyna	Kategoria	Okr. 1	Okr. 2	Okr. 3	Okr. 4	Okr. 5	Czas sum.	Vśr	Miejsce w kat.	Różnica
1	89	Witkowski Damian	Pomiechówek	Progress Triathlon Team	M2-24 do 29 lat - 1	00:17:01 / 1	00:00:39 / 1	00:34:46 / 1	00:00:35 / 1	00:08:39 / 1	<u>01:01:42</u>	28.7	1	00:00:00
2	19	Barczewski Marek	Toruń	Region Wsparcia Teleinformatycznego w Bydgoszczy	M2-24 do 29 lat - 2	00:18:49 / 4	00:00:33 / 4	00:34:13 / 3	00:00:34 / 2	00:09:28 / 2	<u>01:03:39</u>	27.8	2	00:01:56
3	37	Szerszeń Kamil	Bydgoszcz	Region Wsparcia Teleinformatycznego w Bydgoszczy	M3-30 do 39 lat - 1	00:19:15 / 5	00:00:53 / 6	00:33:27 / 2	00:00:44 / 3	00:09:58 / 3	<u>01:04:19</u>	27.5	1	00:02:37
4	82	Sokolowski Paweł	Warszawa	Miejska Wysylka Team	M2-24 do 29 lat - 3	00:19:17 / 6	00:00:36 / 5	00:34:46 / 4	00:00:30 / 4	00:10:17 / 4	<u>01:05:29</u>	27	3	00:03:47
5	90	Wysocki Tomasz	Pomiechówek	Progress Triathlon Team	M2-24 do 29 lat - 4	00:18:29 / 3	00:00:41 / 3	00:36:24 / 7	00:00:47 / 7	00:09:09 / 5	<u>01:05:31</u>	27	4	00:03:49
6	30	Maksymilian Szatecki	Warszawa	AKL Ursynów	M1-16 do 23 lat - 1	00:17:17 / 2	00:00:42 / 2	00:37:34 / 8	00:00:47 / 8	00:09:21 / 6	<u>01:05:43</u>	26.9	1	00:04:01
7	119	Zięba Marcin	Warszawa	Kuźnia Triathlonu	M3-30 do 39 lat - 2	00:20:06 / 21	00:00:45 / 20	00:34:06 / 5	00:00:48 / 5	00:10:06 / 7	<u>01:05:53</u>	26.9	2	00:04:11
8	51	Błoński Wojciech	SOKOŁÓW	STC SOKOŁÓW PODLASKI	M4-40 do 49 lat - 1	00:19:37 / 15	00:00:53 / 10	00:34:27 / 6	00:00:54 / 6	00:10:32 / 8	<u>01:06:25</u>	26.6	1	00:04:43
9	115	Kołosowski Kamil	Białystok	Nadaktywni/Pędziwiatr Białystok	M2-24 do 29 lat - 5	00:19:35 / 12	00:00:53 / 9	00:35:47 / 11	00:00:52 / 11	00:09:18 / 9	<u>01:06:27</u>	26.6	5	00:04:45
10	38	Piekarski Marek	Bydgoszcz	Region Wsparcia Teleinformatycznego w Bydgoszczy	M4-40 do 49 lat - 2	00:19:43 / 17	00:00:57 / 17	00:35:20 / 10	00:00:42 / 9	00:10:05 / 10	<u>01:06:49</u>	26.5	2	00:05:07
11	65	Zawadzak Zbigniew	Warszawa	ENTRE.PL Team	M5-50 do 59 lat - 1	00:19:57 / 18	00:00:36 / 14	00:35:45 / 12	00:00:29 / 10	00:10:06 / 11	<u>01:06:55</u>	26.4	1	00:05:13
12	111	Regulski Dariusz	Ostrołęka	Team ACTIVE DIABETIC 1	M4-40 do 49 lat - 3	00:19:18 / 7	00:01:15 / 13	00:35:23 / 9	00:01:22 / 12	00:10:12 / 12	<u>01:07:31</u>	26.2	3	00:05:49
13	127	Łubian Michał	Garwolin	CTL Logistics	M4-40 do 49 lat - 4	00:20:41 / 31	00:01:02 / 34	00:35:00 / 13	00:00:50 / 13	00:10:57 / 13	<u>01:08:32</u>	25.8	4	00:06:49
14	34	Kochaniak Rafał	Warszawa	Power Training Team	M3-30 do 39 lat - 3	00:20:11 / 22	00:00:47 / 21	00:36:34 / 14	00:00:46 / 15	00:10:27 / 14	<u>01:08:48</u>	25.7	3	00:07:05
15 / 1	10	Skutkiewicz Joanna	warszawa		K2-24 do 29 lat - 1	00:20:16 / 23	00:00:44 / 22	00:36:34 / 15	00:00:40 / 14	00:11:03 / 15	<u>01:09:20</u>	25.5	1	00:07:38
16	67	Kuna Robert	Milanówek	Aktywny Relaks	M5-50 do 59 lat - 2	00:19:25 / 8	00:01:14 / 16	00:37:27 / 17	00:01:03 / 17	00:10:10 / 16	<u>01:09:21</u>	25.5	2	00:07:39
17	126	Bodziakowski Bartosz	Czerwonka Powiat	KS MAKÓW BIEGA 2	M3-30 do 39 lat - 4	00:20:18 / 24	00:01:08 / 26	00:37:18 / 25	00:00:46 / 25	00:09:53 / 17	<u>01:09:24</u>	25.5	4	00:07:42
18	58	Szymkowski Przemysław	Warszawa		M3-30 do 39 lat - 5	00:19:42 / 16	00:00:50 / 12	00:38:06 / 20	00:00:33 / 18	00:10:19 / 18	<u>01:09:32</u>	25.5	5	00:07:49
19	70	Pawlin Mateusz	Warszawa	Od zera do Ironmana	M2-24 do 29 lat - 6	00:19:35 / 13	00:00:50 / 8	00:37:18 / 16	00:00:43 / 16	00:11:05 / 19	<u>01:09:33</u>	25.4	6	00:07:50
20	9	Narojczyk Arkadiusz	Maków Mazowiecki Powiat	KS MAKÓW BIEGA 1	M4-40 do 49 lat - 5	00:19:34 / 11	00:01:08 / 18	00:38:08 / 32	00:00:47 / 29	00:10:08 / 20	<u>01:09:47</u>	25.4	5	00:08:04
21	64	Kuczyński Piotr	Warszawa		M3-30 do 39 lat - 6	00:20:28 / 27	00:00:50 / 24	00:37:24 / 22	00:00:40 / 19	00:10:23 / 21	<u>01:09:47</u>	25.4	6	00:08:05
22	4	Janiszewski Jarosław	Maków Mazowiecki Powiat	KS MAKÓW BIEGA 1	M3-30 do 39 lat - 7	00:19:34 / 10	00:01:08 / 19	00:38:06 / 29	00:00:49 / 28	00:10:29 / 22	<u>01:10:08</u>	25.2	7	00:08:25
23	86	Zalewski Michał	SZYDŁÓWEK	Turbo Ślimak	M3-30 do 39 lat - 8	00:20:37 / 30	00:00:52 / 29	00:37:20 / 30	00:00:41 / 23	00:10:37 / 23	<u>01:10:08</u>	25.2	8	00:08:26
24	23	Radomski Kazimierz	Wołomin	Aktywny Relaks	M5-50 do 59 lat - 3	00:20:33 / 28	00:00:50 / 25	00:37:17 / 21	00:01:04 / 31	00:10:30 / 24	<u>01:10:17</u>	25.2	3	00:08:35
25	49	Leszczyński Krzysztof	Ostrołęka	Klub Kolarski 24H	M1-16 do 23 lat - 2	00:21:25 / 44	00:00:55 / 43	00:36:22 / 23	00:00:49 / 26	00:10:59 / 25	<u>01:10:32</u>	25.1	2	00:08:50
26	18	Jerzabek Maciej	Warszawa	TRIAWA	M1-16 do 23 lat - 3	00:20:59 / 34	00:00:55 / 36	00:36:49 / 24	00:00:46 / 24	00:11:07 / 26	<u>01:10:39</u>	25.1	3	00:08:56
27	91	Kazanecki Tomasz	Legionowo	legion	M3-30 do 39 lat - 9	00:21:01 / 36	00:01:08 / 38	00:36:41 / 31	00:00:48 / 30	00:11:00 / 27	<u>01:10:39</u>	25	9	00:08:57
28	17	Klepacki Tomasz	Warszawa	KS Triathlon Rawa	M5-50 do 59 lat - 4	00:21:24 / 43	00:00:58 / 44	00:37:13 / 33	00:00:42 / 34	00:10:25 / 28	<u>01:10:44</u>	25	4	00:09:02
29	14	Kord Arkadiusz	Barczewo	Kord Power Team	M1-16 do 23 lat - 4	00:21:56 / 53	00:00:56 / 51	00:35:53 / 26	00:00:39 / 21	00:11:20 / 29	<u>01:10:46</u>	25	4	00:09:03
30	78	Palowski Maciej	Łódź	KMP Łódź	M4-40 do 49 lat - 6	00:21:42 / 48	00:01:12 / 52	00:35:53 / 28	00:00:49 / 27	00:11:21 / 30	<u>01:10:58</u>	24.9	6	00:09:16
31	68	Sochacz Maksymilian	Piaseczno	Sochacz team	M2-24 do 29 lat - 7	00:22:17 / 61	00:00:37 / 53	00:35:41 / 19	00:00:47 / 20	00:11:46 / 31	<u>01:11:10</u>	24.9	7	00:09:28
32	25	<u>Górski Paweł</u>	Stare Bulkowo	Lider Winnica	M1-16 do 23 lat - 5	00:20:26 / 26	00:01:01 / 27	00:37:07 / 18	00:00:53 / 22	00:11:53 / 32	<u>01:11:21</u>	24.8	5	00:09:39
33	44	Bielski Marcin	Warka	KS Start Pułaski Warka	M3-30 do 39 lat - 10	00:20:00 / 20	00:00:37 / 15	00:40:02 / 38	00:00:33 / 39	00:10:30 / 33	<u>01:11:44</u>	24.7	10	00:10:01
34	42	Baszta Paweł	Warszawa		M3-30 do 39 lat - 11	00:21:23 / 42	00:00:47 / 39	00:37:31 / 34	00:00:33 / 33	00:11:31 / 34	<u>01:11:47</u>	24.7	11	00:10:05
35	95	Janicki Jacek	Warszawa	12tri.pl	M4-40 do 49 lat - 7	00:20:35 / 29	00:00:36 / 23	00:39:33 / 41	00:00:32 / 40	00:10:50 / 35	<u>01:12:08</u>	24.5	7	00:10:26
36	107	Iżycki Krystian	Warszawa	12tri.pl	M3-30 do 39 lat - 12	00:21:41 / 47	00:00:38 / 42	00:37:48 / 36	00:00:31 / 35	00:11:40 / 36	<u>01:12:20</u>	24.5	12	00:10:37
37	24	Żyła Arkadiusz	Nasielsk	Nasielsk Baszta Team	M1-16 do 23 lat - 6	00:21:42 / 49	00:01:00 / 47	00:36:03 / 27	00:01:12 / 32	00:12:23 / 37	<u>01:12:22</u>	24.5	6	00:10:40

Miejsce	Nr	Nazwisko / Imię	Miejscowość	Klub/Drużyna	Kategoria	Okr. 1	Okr. 2	Okr. 3	Okr. 4	Okr. 5	Czas sum.	Vór	Miejsce w kat.	Różnica
38	7	Gach Jacek	Krasiniec Powiat		M4-40 do 49 lat - 8	00:20:52 / 33	00:00:51 / 33	00:38:59 / 40	00:00:30 / 38	00:11:41 / 38	<u>01:12:55</u>	24.3	8	00:11:12
39	130	Wierzbicki Krzysztof	Olszewice	Tornado Wschodu	M3-30 do 39 lat - 13	00:21:23 / 41	00:00:33 / 37	00:38:43 / 37	00:00:32 / 37	00:12:03 / 39	<u>01:13:15</u>	24.2	13	00:11:32
40	66	Bartosiewicz Tomasz	ŻYRARDÓW		M3-30 do 39 lat - 14	00:20:21 / 25	00:01:07 / 28	00:38:37 / 35	00:01:04 / 36	00:12:07 / 40	<u>01:13:18</u>	24.1	14	00:11:35
41	16	Klimas Marek	barczewo	Od zera do Ironmana	M5-50 do 59 lat - 5	00:22:47 / 68	00:01:12 / 67	00:37:21 / 46	00:01:00 / 46	00:11:05 / 41	<u>01:13:27</u>	24.1	5	00:11:44
42 / 2	73	Deregowska Katarzyna	WARSZAWA	OXYGEN CYCLING PROJECT	K3-30 do 39 lat - 1	00:22:11 / 57	00:01:17 / 62	00:37:40 / 44	00:01:08 / 45	00:11:15 / 42	<u>01:13:33</u>	24.1	1	00:11:51
43 / 3	35	Kochaniak Agnieszka	Warszawa	Power Training Team	K3-30 do 39 lat - 2	00:22:16 / 60	00:00:58 / 59	00:38:14 / 48	00:01:03 / 49	00:11:01 / 43	<u>01:13:35</u>	24.1	2	00:11:52
44	74	Wontorski Mateusz	Warszawa	OXYGEN CYCLING PROJECT	M3-30 do 39 lat - 15	00:21:51 / 52	00:01:05 / 55	00:38:11 / 43	00:00:59 / 43	00:11:41 / 44	<u>01:13:49</u>	24	15	00:12:06
45	15	Kord Bogdan	barczewo	Kord Power Team	M5-50 do 59 lat - 6	00:22:56 / 71	00:01:07 / 69	00:37:17 / 47	00:00:47 / 44	00:11:42 / 45	<u>01:13:51</u>	24	6	00:12:08
46	132	Więckiewicz Rafał	Sochaczew		M3-30 do 39 lat - 16	00:22:53 / 69	00:01:08 / 68	00:37:15 / 45	00:01:11 / 47	00:11:28 / 46	<u>01:13:57</u>	23.9	16	00:12:15
47	50	Marciniak Damian	Ostrołęka	Klub Kolarski 24H	M3-30 do 39 lat - 17	00:21:00 / 35	00:00:40 / 32	00:39:18 / 42	00:00:38 / 41	00:12:22 / 47	<u>01:14:01</u>	23.9	17	00:12:18
48	98	Szewczyk Marek	Belsk Duży	Blue Cycling Team	M4-40 do 49 lat - 9	00:22:43 / 65	00:01:09 / 66	00:36:51 / 39	00:01:05 / 42	00:12:13 / 48	<u>01:14:02</u>	23.9	9	00:12:20
49	123	Kamola Sławomir	Stasi Las	Pegas	M4-40 do 49 lat - 10	00:21:36 / 46	00:01:24 / 56	00:39:05 / 54	00:01:20 / 58	00:10:45 / 49	<u>01:14:12</u>	23.9	10	00:12:29
50	47	Modzelewski Krzysztof	Ostrołęka	Klub Kolarski 24h.	M4-40 do 49 lat - 11	00:21:44 / 51	00:00:39 / 45	00:39:55 / 59	00:00:38 / 53	00:11:18 / 50	<u>01:14:15</u>	23.8	11	00:12:32
51	120	Czarnecki Michał	Warszawa	12tri.pl	M4-40 do 49 lat - 12	00:21:28 / 45	00:00:45 / 41	00:39:56 / 56	00:00:41 / 51	00:11:25 / 51	<u>01:14:17</u>	23.8	12	00:12:35
52	28	Półrola Mateusz	Radomsko	xTEAM	M2-24 do 29 lat - 8	00:19:36 / 14	00:00:55 / 11	00:41:59 / 61	00:00:45 / 57	00:11:05 / 52	<u>01:14:22</u>	23.8	8	00:12:39
53	94	Karwowski Marcin	Mława		M2-24 do 29 lat - 9	00:19:33 / 9	00:00:44 / 7	00:43:41 / 70	00:00:31 / 67	00:09:52 / 53	<u>01:14:24</u>	23.8	9	00:12:41
54	41	Madera Bartosz	Jablonna		M3-30 do 39 lat - 18	00:22:11 / 58	00:00:39 / 50	00:38:59 / 50	00:00:40 / 48	00:12:00 / 54	<u>01:14:32</u>	23.7	18	00:12:50
55	116	Rembowski Michał	konstancin-jeziorna	UB 40 TRIATHLON TEAM	M4-40 do 49 lat - 13	00:21:08 / 38	00:01:04 / 40	00:39:37 / 49	00:01:12 / 54	00:11:34 / 55	<u>01:14:37</u>	23.7	13	00:12:54
56	131	Piecuski Paweł	Maków Mazowiecki Powiat		M2-24 do 29 lat - 10	00:20:50 / 32	00:00:40 / 31	00:40:44 / 57	00:00:31 / 50	00:11:52 / 56	<u>01:14:38</u>	23.7	10	00:12:56
57	121	Gawryjolek Michał	Warszawa		M3-30 do 39 lat - 19	00:22:07 / 55	00:01:02 / 58	00:38:49 / 51	00:01:15 / 55	00:11:34 / 57	<u>01:14:49</u>	23.7	19	00:13:06
58	2	Padowski Piotr	Maków MAZowiecki Powiat	KS MAKÓW BIEGA 1	M3-30 do 39 lat - 20	00:21:07 / 37	00:00:36 / 35	00:41:22 / 67	00:00:31 / 62	00:11:22 / 58	<u>01:15:00</u>	23.6	20	00:13:18
59	69	Wojciechowski Piotr	MOGILNO	Sochacz team	M2-24 do 29 lat - 11	00:22:17 / 62	00:00:38 / 54	00:39:20 / 58	00:00:37 / 52	00:12:13 / 59	<u>01:15:08</u>	23.6	11	00:13:25
60	13	Brych Dariusz	Radom	POPGYM RADOM	M5-50 do 59 lat - 7	00:22:33 / 64	00:01:06 / 64	00:38:48 / 60	00:01:12 / 63	00:11:29 / 60	<u>01:15:10</u>	23.5	7	00:13:28
61	54	Głuch Wojciech	Warszawa	OXYGEN CYCLING PROJECT	M1-16 do 23 lat - 7	00:24:02 / 87	00:01:05 / 84	00:37:54 / 65	00:01:09 / 65	00:10:58 / 61	<u>01:15:11</u>	23.5	7	00:13:28
62	76	Daniluk Grzegorz	Kanie	OXYGEN CYCLING PROJECT	M4-40 do 49 lat - 14	00:22:10 / 56	00:01:22 / 63	00:38:27 / 52	00:01:26 / 59	00:11:43 / 62	<u>01:15:11</u>	23.5	14	00:13:29
63	129	Zieliński Tomasz	GRUDZIĄDZ	Bracia Zet	M3-30 do 39 lat - 21	00:21:42 / 50	00:01:24 / 57	00:38:56 / 53	00:01:32 / 61	00:11:51 / 63	<u>01:15:27</u>	23.5	21	00:13:45
64	40	Łacheta Norbert	Warszawa		M2-24 do 29 lat - 12	00:24:49 / 93	00:00:37 / 86	00:37:37 / 66	00:00:37 / 64	00:12:04 / 64	<u>01:15:45</u>	23.4	12	00:14:03
65	29	Laskowski Paweł	Warszawa	Laska Sp.z o.o.	M2-24 do 29 lat - 13	00:22:23 / 63	00:00:52 / 60	00:38:52 / 55	00:01:07 / 56	00:12:36 / 65	<u>01:15:52</u>	23.3	13	00:14:09
66	104	Sojkowski Piotr	Warszawa	Progress Triathlon Team	M3-30 do 39 lat - 22	00:23:33 / 80	00:01:05 / 78	00:38:16 / 62	00:00:40 / 60	00:12:16 / 66	<u>01:15:52</u>	23.3	22	00:14:10
67	48	Modzelewski Wiesław	Ostrołęka	Klub Kolarski 24H	M5-50 do 59 lat - 8	00:24:01 / 86	00:01:33 / 90	00:37:23 / 63	00:01:19 / 66	00:11:53 / 67	<u>01:16:12</u>	23.2	8	00:14:30
68	22	Adamkiewicz Michał	Sochaczew	KM Aktywni Sochaczew	M1-16 do 23 lat - 8	00:23:25 / 76	00:00:48 / 70	00:39:38 / 69	00:00:48 / 70	00:11:41 / 68	<u>01:16:23</u>	23.2	8	00:14:40
69	20	Kocimski Jan	Sochaczew	KM Aktywni Sochaczew	M6-60+ - 1	00:23:49 / 81	00:00:46 / 77	00:39:14 / 68	00:00:48 / 69	00:12:08 / 69	<u>01:16:46</u>	23.1	1	00:15:04
70	85	Gujski Marcin	Mińsk Mazowiecki	Mińska Grupa Rowerowa	M3-30 do 39 lat - 23	00:22:46 / 67	00:01:36 / 74	00:40:09 / 72	00:01:05 / 72	00:12:00 / 70	<u>01:17:37</u>	22.8	23	00:15:55
71 / 4	117	Brzostek Dorota	Warszawa		K4-40 do 49 lat - 1	00:22:44 / 66	00:01:04 / 65	00:40:50 / 73	00:00:51 / 71	00:12:12 / 71	<u>01:17:43</u>	22.8	1	00:16:00
72	62	Iwanicki Michał	Nowy Dwór Mazowiecki	Accelerating Poland.	M3-30 do 39 lat - 24	00:20:00 / 19	00:01:30 / 30	00:46:09 / 82	00:00:29 / 79	00:09:40 / 72	<u>01:17:48</u>	22.7	24	00:16:06
73	46	Kleczkowski Leszek	Ostrołęka	Klub Kolarski 24h.	M5-50 do 59 lat - 9	00:23:55 / 83	00:01:37 / 89	00:37:26 / 64	00:01:37 / 68	00:13:23 / 73	<u>01:18:00</u>	22.7	9	00:16:18
74	101	Wojtaluk Arkadiusz	warszawa	anku łanku team	M2-24 do 29 lat - 14	00:22:05 / 54	00:00:44 / 49	00:43:30 / 76	00:00:40 / 73	00:11:08 / 74	<u>01:18:09</u>	22.6	14	00:16:26
75	118	Brzostek Józef	Warszawa		M2-24 do 29 lat - 15	00:21:23 / 40	00:01:10 / 46	00:44:14 / 79	00:00:45 / 76	00:11:09 / 75	<u>01:18:43</u>	22.5	15	00:17:01
76	52	Czarnowski Robert	Nowy Dwór Mazowiecki	OXYGEN CYCLING PROJECT.	M4-40 do 49 lat - 15	00:25:09 / 96	00:01:04 / 98	00:39:56 / 74	00:00:53 / 74	00:12:36 / 76	<u>01:19:40</u>	22.2	15	00:17:58
77	33	Urbaniak Daniel	Rumia	K,F,M,-UDO	M3-30 do 39 lat - 25	00:23:32 / 78	00:01:14 / 80	00:41:26 / 75	00:01:21 / 77	00:12:17 / 77	<u>01:19:52</u>	22.2	25	00:18:10
78	114	Kukliński Paweł	Gdańsk	sport-evo	M3-30 do 39 lat - 26	00:25:26 / 99	00:01:11 / 100	00:41:14 / 83	00:00:48 / 81	00:11:22 / 78	<u>01:20:02</u>	22.1	26	00:18:20
79 / 5	108	Zemlak Magdalena	Warszawa	12tri.pl	K2-24 do 29 lat - 2	00:24:33 / 90	00:00:38 / 85	00:43:19 / 89	00:00:46 / 88	00:11:33 / 79	<u>01:20:50</u>	21.9	2	00:19:08
80	100	Cierliński Zbigniew	Grądy Powiat	Szkoła Językowa BEST Maków Maz	M5-50 do 59 lat - 10	00:24:00 / 85	00:00:55 / 82	00:41:50 / 78	00:00:42 / 75	00:13:23 / 80	<u>01:20:51</u>	21.9	10	00:19:09
81	113	Wiertel Piotr	Warszawa	Accelerating Poland.	M3-30 do 39 lat - 27	00:23:27 / 77	00:00:46 / 71	00:44:14 / 88	00:00:35 / 85	00:12:06 / 81	<u>01:21:11</u>	21.8	27	00:19:28
82	71	Krawczak Mateusz	Warszawa		M1-16 do 23 lat - 9	00:24:49 / 92	00:00:39 / 87	00:42:54 / 85	00:00:36 / 83	00:12:28 / 82	<u>01:21:29</u>	21.7	9	00:19:46

Miejsce	Nr	Nazwisko / Imię	Miejscowość	Klub/Drużyna	Kategoria	Okr. 1	Okr. 2	Okr. 3	Okr. 4	Okr. 5	Czas sum.	Vór	Miejsce w kat.	Różnica
83	79	Nec Sebastian	Warszawa	www.boksklubwarszawa.pl	M3-30 do 39 lat - 28	00:23:56 / 84	00:00:45 / 79	00:43:44 / 87	00:00:38 / 86	00:12:36 / 83	<u>01:21:41</u>	21.7	28	00:19:58
84	87	Lipiński Piotr	Grójec		M4-40 do 49 lat - 16	00:24:12 / 88	00:01:30 / 92	00:41:24 / 81	00:01:38 / 82	00:12:57 / 84	<u>01:21:43</u>	21.7	16	00:20:01
85 / 6	88	Urbańska Anna	Warszawa	Progress Triathlon Team	K3-30 do 39 lat - 3	00:22:54 / 70	00:01:32 / 76	00:44:08 / 92	00:01:49 / 92	00:11:22 / 85	<u>01:21:47</u>	21.6	3	00:20:04
86	53	Bałoś Andrzej	Warszawa		M6-60+ - 2	00:24:48 / 91	00:00:51 / 91	00:42:53 / 91	00:00:44 / 89	00:12:31 / 86	<u>01:21:49</u>	21.6	2	00:20:07
87	124	Kochanowski Marcin	Zegrze	Pegas	M3-30 do 39 lat - 29	00:25:57 / 105	00:01:10 / 105	00:39:49 / 80	00:01:19 / 80	00:13:37 / 87	<u>01:21:54</u>	21.6	29	00:20:11
88 / 7	125	Piecuska Ilona	Maków Mazowiecki Powiat	KS MAKÓW BIEGA 1	K3-30 do 39 lat - 4	00:25:12 / 97	00:00:46 / 93	00:42:32 / 90	00:00:48 / 90	00:13:05 / 88	<u>01:22:26</u>	21.5	4	00:20:44
89	128	Narożniak Robert	Ząbki	9 BWD DG RSZ	M4-40 do 49 lat - 17	00:23:24 / 75	00:01:32 / 83	00:43:43 / 93	00:00:42 / 91	00:13:27 / 89	<u>01:22:50</u>	21.4	17	00:21:07
90 / 8	26	Brzeškiewicz Dorota	Mińsk Mazowiecki	Mińsk Team	K3-30 do 39 lat - 5	00:23:04 / 72	00:01:15 / 73	00:46:26 / 96	00:00:54 / 95	00:12:01 / 90	<u>01:23:41</u>	21.1	5	00:21:59
91	27	Niciński Sławek	Otwock	Shut Up Legs	M3-30 do 39 lat - 30	00:26:56 / 110	00:01:40 / 116	00:38:08 / 77	00:01:01 / 78	00:15:56 / 91	<u>01:23:42</u>	21.1	30	00:21:59
92	99	Chmielewski Maciej	Przasnysz		M1-16 do 23 lat - 10	00:25:08 / 94	00:00:54 / 94	00:43:51 / 94	00:01:03 / 93	00:13:13 / 92	<u>01:24:11</u>	21	10	00:22:29
93	57	Łacheta Hubert	Warszawa		M1-16 do 23 lat - 11	00:23:33 / 79	00:00:44 / 72	00:44:05 / 84	00:00:40 / 84	00:15:11 / 93	<u>01:24:15</u>	21	11	00:22:33
94	106	Bialek Andrzej	Sulejów k. Jadowa	Bóbr Tłuszcz	M3-30 do 39 lat - 31	00:25:09 / 95	00:01:02 / 97	00:43:46 / 95	00:01:08 / 94	00:14:44 / 94	<u>01:25:51</u>	20.6	31	00:24:08
95	92	Długokęcki Maciej	Przasnysz		M1-16 do 23 lat - 12	00:23:22 / 74	00:01:03 / 75	00:43:58 / 86	00:00:47 / 87	00:17:48 / 95	<u>01:27:00</u>	20.3	12	00:25:18
96 / 9	60	Jarco Aleksandra	Pruszków		K2-24 do 29 lat - 3	00:26:06 / 107	00:00:44 / 103	00:46:17 / 100	00:00:42 / 98	00:13:22 / 96	<u>01:27:13</u>	20.3	3	00:25:31
97 / 10	103	Wójcicka Olga	Wegorzyno Powiat		K1-16 do 23 lat - 1	00:25:43 / 103	00:00:57 / 101	00:46:26 / 99	00:00:37 / 97	00:13:41 / 97	<u>01:27:25</u>	20.2	1	00:25:43
98	80	Bolimowski Andrzej	Warszawa	www.boksklubwarszawa.pl	M2-24 do 29 lat - 16	00:25:17 / 98	00:00:50 / 95	00:47:39 / 101	00:00:54 / 100	00:13:01 / 98	<u>01:27:43</u>	20.2	16	00:26:00
99	36	Vuco Ivo	Jaktorów	1000w30	M3-30 do 39 lat - 32	00:25:50 / 104	00:00:58 / 102	00:45:48 / 97	00:00:50 / 96	00:14:51 / 99	<u>01:28:19</u>	20	32	00:26:37
100 / 11	21	Kołodziejczak Beata	Sochaczew	Socho Team	K4-40 do 49 lat - 2	00:25:35 / 100	00:00:47 / 99	00:48:08 / 103	00:00:40 / 101	00:13:28 / 100	<u>01:28:40</u>	20	2	00:26:58
101	55	Zduński Wiktor	Płock		M6-60+ - 3	00:23:12 / 73	00:02:56 / 96	00:47:48 / 102	00:02:04 / 102	00:13:12 / 101	<u>01:29:13</u>	19.8	3	00:27:31
102	43	Pachowski Marcin	Warszawa	Wybieganie Poranne	M3-30 do 39 lat - 33	00:24:29 / 89	00:01:00 / 88	00:50:51 / 107	00:00:50 / 104	00:12:56 / 102	<u>01:30:08</u>	19.6	33	00:28:25
103	81	Żurawiński Bogumił	Bieniewice	www.boksklubwarszawa.pl	M3-30 do 39 lat - 34	00:23:55 / 82	00:00:57 / 81	00:50:57 / 104	00:01:00 / 103	00:14:05 / 103	<u>01:30:56</u>	19.5	34	00:29:14
104 / 12	72	Gasowska Renata	Warszawa		K3-30 do 39 lat - 6	00:27:46 / 119	00:01:35 / 119	00:46:44 / 106	00:01:41 / 106	00:14:13 / 104	<u>01:32:00</u>	19.2	6	00:30:18
105	97	Czupryn Wojciech	WARSZAWA	WMT	M5-50 do 59 lat - 11	00:28:25 / 123	00:01:51 / 123	00:45:46 / 105	00:01:31 / 105	00:14:55 / 105	<u>01:32:30</u>	19.1	11	00:30:48
106 / 13	8	Zaremba Marlena	Warszawa		K2-24 do 29 lat - 4	00:27:40 / 118	00:00:53 / 114	00:49:26 / 109	00:00:39 / 108	00:14:22 / 106	<u>01:33:01</u>	19	4	00:31:18
107	3	Grabowski Andrzej	Maków Mazowiecki Powiat	KS MAKÓW BIEGA 2	M3-30 do 39 lat - 35	00:27:02 / 111	00:00:50 / 108	00:44:50 / 98	00:01:11 / 99	00:19:28 / 107	<u>01:33:23</u>	19	35	00:31:40
108 / 14	61	Sadowska Marta	Warszawa		K3-30 do 39 lat - 7	00:28:23 / 122	00:01:03 / 120	00:48:07 / 108	00:00:53 / 107	00:15:49 / 108	<u>01:34:17</u>	18.8	7	00:32:35
109	6	Laskowski Maciej	BYDGOSZCZ	Bydgoszcz	M2-24 do 29 lat - 17	00:27:19 / 113	00:01:04 / 111	00:50:44 / 110	00:00:49 / 109	00:14:41 / 109	<u>01:34:39</u>	18.7	17	00:32:56
110	122	Meuś Tomasz	Warszawa		M5-50 do 59 lat - 12	00:25:41 / 102	00:01:40 / 107	00:52:43 / 115	00:00:51 / 113	00:13:44 / 110	<u>01:34:41</u>	18.7	12	00:32:58
111 / 15	45	Piersa Dorota	Ostrołęka	Klub Kolarski 24H	K5-50 do 59 lat - 1	00:28:34 / 124	00:00:56 / 121	00:49:56 / 111	00:00:35 / 110	00:14:43 / 111	<u>01:34:46</u>	18.7	1	00:33:03
112	1	Tartanus Andrzej	Maków Mazowiecki Powiat	KS MAKÓW BIEGA 2	M3-30 do 39 lat - 36	00:27:35 / 116	00:00:48 / 112	00:51:22 / 113	00:00:39 / 111	00:14:26 / 112	<u>01:34:52</u>	18.7	36	00:33:10
113 / 16	5	Kraszewska Lidia	Maków Mazowiecki Powiat	KS MAKÓW BIEGA 2	K3-30 do 39 lat - 8	00:27:35 / 117	00:00:49 / 113	00:51:22 / 114	00:00:38 / 112	00:14:26 / 113	<u>01:34:53</u>	18.7	8	00:33:10
114 / 17	39	Piekarska Sandra	Bydgoszcz	Region Wsparcia Teleinformatycznego w Bydgoszczy	K1-16 do 23 lat - 2	00:26:36 / 109	00:00:42 / 106	00:53:57 / 120	00:00:29 / 117	00:13:08 / 114	<u>01:34:53</u>	18.7	2	00:33:11
115	32	Dolistowski Michał	Gdynia	K.F.M.-UDO	M3-30 do 39 lat - 37	00:28:41 / 125	00:01:40 / 124	00:49:21 / 112	00:01:37 / 116	00:14:03 / 115	<u>01:35:23</u>	18.6	37	00:33:41
116 / 18	12	Komorowska Olga	Warszawa		K1-16 do 23 lat - 3	00:25:40 / 101	00:01:14 / 104	00:53:14 / 117	00:01:10 / 115	00:14:05 / 116	<u>01:35:24</u>	18.6	3	00:33:42
117 / 19	93	Nicgorska Aleksandra	Ciechanów		K1-16 do 23 lat - 4	00:27:30 / 115	00:01:15 / 117	00:51:20 / 116	00:01:01 / 114	00:14:59 / 117	<u>01:36:07</u>	18.4	4	00:34:25
118 / 20	63	Jarosz Anna	Warszawa	ZabiegAnna Drużyna	K3-30 do 39 lat - 9	00:26:03 / 106	00:02:07 / 109	00:52:43 / 119	00:01:21 / 119	00:13:54 / 118	<u>01:36:10</u>	18.4	9	00:34:27
119	11	Kiliński Aleksander	Warszawa		M1-16 do 23 lat - 13	00:27:17 / 112	00:01:01 / 110	00:53:36 / 121	00:01:02 / 120	00:14:24 / 119	<u>01:37:21</u>	18.2	13	00:35:39
120 / 21	84	Strusińska Katarzyna	Mińsk Mazowiecki	Mińska Grupa Rowerowa	K3-30 do 39 lat - 10	00:28:15 / 120	00:02:17 / 125	00:50:12 / 118	00:01:07 / 118	00:16:30 / 120	<u>01:38:24</u>	18	10	00:36:41
121 / 22	102	Parzonka Anna	warszawa	anku łanku team	K2-24 do 29 lat - 5	00:29:10 / 126	00:01:32 / 126	00:56:14 / 122	00:00:55 / 121	00:15:15 / 121	<u>01:43:09</u>	17.2	5	00:41:26
122 / 23	31	Krajewska Natalia	Aleksandrów Łódzki	Accelerating Poland.	K3-30 do 39 lat - 11	00:27:24 / 114	00:01:11 / 115	00:58:29 / 123	00:01:06 / 122	00:15:12 / 122	<u>01:43:24</u>	17.1	11	00:41:42
123	133	Stawicki Kamil	Warszawa	Biegam Na Tarchominie	M3-30 do 39 lat - 38	00:26:14 / 108	00:02:55 / 118	00:59:33 / 125	00:01:59 / 124	00:14:30 / 123	<u>01:45:14</u>	16.8	38	00:43:32
124 / 24	77	Nec Urszula	Warszawa	www.boksklubwarszawa.pl	K3-30 do 39 lat - 12	00:28:17 / 121	00:01:30 / 122	00:58:40 / 124	00:00:43 / 123	00:16:15 / 124	<u>01:45:27</u>	16.8	12	00:43:44
125	83	Niszcza Paweł	Przasnysz	KS MAKÓW BIEGA	M2-24 do 29 lat - 18	00:36:05 / 128	00:00:41 / 128	00:53:22 / 126	00:00:37 / 125	00:19:08 / 125	<u>01:49:56</u>	16.1	18	00:48:14
126 / 25	109	Pietruczuk Anna	Warszawa	Nobliwne Damsy	K3-30 do 39 lat - 13	00:37:02 / 129	00:01:14 / 129	01:00:23 / 128	00:00:48 / 127	00:21:33 / 126	02:01:01	14.6	13	00:59:19

Miejsce	Nr	Nazwisko / Imię	Miejscowość	Klub/Drużyna	Kategoria	Okr. 1	Okr. 2	Okr. 3	Okr. 4	Okr. 5	Czas sum.	Vśr	Miejsce w kat.	Różnica
127	75	Kłos Mariusz	Warszawa	Ruchliwi Geriatricy	M4-40 do 49 lat - 18	00:34:31 / 127	00:01:16 / 127	00:56:24 / 127	00:00:44 / 126	00:28:06 / 127	02:01:02	14.6	18	00:59:20
128	112	Filipczyk Przemysław	Warszawa	Accelerating Poland.	M3-30 do 39 lat - 39	00:22:11 / 59	00:00:35 / 48	00:41:31 / 71			01:04:19	16.5	39	-2 okr.
129	105	Barszcz Marcin	Baranów Sandomierski	Tri2Live	M3-30 do 39 lat - 40	00:21:22 / 39	00:01:53 / 61				00:23:15	30.4	40	-3 okr.
Nie ukończył 1 uczestnik														
DNF*	96	Więcki Michał	Warszawa	Miejska Wysyłka Team	M3-30 do 39 lat - DNF*						DNF*	DNF*	DNF*	DNF*

Ukończyło:	129	Przygotowanie i pomiar czasu ProTimer (www.ProTimer.pl), wydrukowano 2024-04-27
Wystartowało:	130	
Zapisało się:	133	