

1/4 IronMan

Organizator: Stowarzyszenie Bieg Lwa / Gmina Tarnowo Podgórne

Data: 18.06.2016

Dystans: (950m/45KM/10,5KM)

Miejscowość: Lusowo



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara	Rower pętla 1	Rower pętla 2	Rower pętla 3	Rower pętla 4
256	239	OKOŃ JANUSZ	PRZEŹMIEROWO	1979	POL	1979	M30	101	1	00:23:27 (246)	00:04:52	01:37:20 (260)	00:01:19	01:04:40 (246)	03:11:38	233			00:29:15	00:51:33	01:14:45	01:39:39
257	154	ZIĘTARA ADAM	POZNAŃ	POLSKA	POL	1986	M30	102	1	00:21:34 (202)	00:06:54	01:32:57 (233)	00:01:30	01:09:16 (263)	03:12:11	234			00:29:41	00:52:28	01:14:53	01:37:44
258	36	CHMIELEWSKI MICHAŁ	POZNAŃ	T.W.I.S.M	POL	1982	M30	103	1	00:18:25 (90)	00:05:27	01:33:33 (239)	00:01:26	01:13:39 (276)	03:12:30	235			00:24:55	00:46:43	01:09:20	01:32:39
259	89	PAKUŁA MAJA	ŁÓDŹ	TRINITY ŁÓDŹ	POL	1997	K1		1	00:21:15 (191)	00:04:38	01:38:12 (262)	00:01:17	01:07:33 (256)	03:12:55		24		00:27:02	00:50:01	01:14:07	01:38:19
260	104	SKRZYPEK DARIA	POZNAŃ	ZGRUPKA LUBOŃ	POL	1990	K20	10	1	00:23:19 (244)	00:04:38	01:33:34 (240)	00:01:50	01:09:47 (265)	03:13:08	25			00:28:58	00:51:03	01:13:16	01:36:26
261	92	ZARĘBA JULIA	POZNAŃ	NIE ZA DALEKO	POL	1994	K20	11	1	00:22:11 (217)	00:05:38	01:35:32 (251)	00:01:47	01:09:03 (261)	03:14:11		26		00:28:48	00:51:42	01:14:48	01:38:32
262	173	PUK KAMIL	POZNAŃ	PIKOPIKO	POL	1988	M20	44	1	00:19:56 (151)	00:04:45	01:34:55 (249)	00:01:09	01:13:37 (275)	03:14:22	236			00:25:40	00:47:50	01:10:23	01:33:36
263	159	WICHTOWSKI DARIUSZ	POZNAŃ		POL	1978	M30	104	1	00:22:07 (216)	00:06:06	01:38:25 (263)	00:02:11	01:05:51 (249)	03:14:40	237			00:29:16	00:52:15	01:15:50	01:40:31
264	302	PRYCIUK OSKAR	TOMASZÓW LUBELSKI	BADEJA DENTAL CLINIC	POL	1984	M30	105	1	00:23:16 (241)	00:08:49	01:41:54 (272)	00:01:47	00:59:17 (204)	03:15:03	238			00:33:18	00:58:35	01:23:37	01:48:30
265	234	BABIŃSKI RADOSŁAW	WŁOCLAWEK	FIT EXPERT TEAM	POL	1977	M30	106	1	00:22:49 (235)	00:07:56	01:34:36 (245)	00:01:59	01:10:45 (270)	03:18:05	239			00:31:58	00:54:24	01:17:42	01:40:53
266	121	KOCZEWSKI PAWEŁ	POZNAŃ	MALTAŃSKA GRUPA BIEGOWA	POL	1965	M50	15	1	00:22:44 (232)	00:07:24	01:46:41 (277)	00:01:32	01:01:01 (221)	03:19:22	240			00:31:16	00:55:46	01:22:15	01:49:02
267	300	KOPCZYŃSKI WALDEMAR	PUSZCZYKOWO		POL	1958	M50	16	1	00:26:22 (269)	00:06:21	01:35:49 (252)	00:01:02	01:10:24 (269)	03:19:58	241			00:33:57	00:56:33	01:19:58	01:43:37
268	235	SŁOWIŃSKI SZYMON	SWARZĘDZ	NAUTILUS POZNAŃ	POL	1971	M40	76	1	00:20:18 (169)	00:06:04	01:38:37 (264)	00:03:02	01:12:32 (273)	03:20:33	242			00:27:39	00:51:23	01:15:12	01:39:48
269	85	KONIECZKA MAREK	BIEDRUSKO		POL	1960	M50	17	1	00:23:10 (239)	00:06:55	01:39:14 (267)	00:02:03	01:09:13 (262)	03:20:35	243			00:31:49	00:55:26	01:19:17	01:43:36
270	44	PIĘTA TOMASZ	LUBOŃ	TOPFARM	POL	1977	M30	107	1			01:35:20 (250)	00:02:00	01:13:28 (274)	03:21:14	244			00:31:28	00:54:35	01:17:04	01:40:34
271	55	TYLCZYŃSKI DOMINIK	POZNAŃ		POL	1971	M40	77	1	00:20:08 (165)	00:07:04	01:37:57 (261)	00:02:30	01:14:55 (277)	03:22:34	245			00:28:15	00:51:21	01:15:15	01:39:31
272	188	SZYKOWNY TOMASZ	POZNAŃ	EJBRY	POL	1980	M30	108	1	00:14:29 (6)	00:22:20	01:33:27 (238)	00:02:38	01:09:52 (266)	03:22:46	246			00:37:59	01:00:46	01:23:27	01:46:37
273	75	PRZYBYŁAK MARCIN	POZNAŃ		POL	1985	M30	109	1	00:21:56 (211)	00:05:23	01:45:08 (275)	00:01:07	01:09:17 (264)	03:22:51	247			00:28:32	00:53:27	01:19:26	01:45:47
274	25	DĄBROWSKI DANIEL	SWARZĘDZ		POL	1975	M40	78	1	00:22:29 (225)	00:07:18	01:46:08 (276)	00:02:46	01:04:55 (247)	03:23:36	248			00:31:05	00:56:02	01:21:47	01:48:07
275	200	GALLUS MICHAŁ	WŁOCLAWEK	ANWIL TEAM	POL	1972	M40	79	1	00:25:07 (263)	00:06:27	01:49:11 (280)	00:01:41	01:03:15 (235)	03:25:41	249			00:32:46	00:58:56	01:25:08	01:51:52
276	15	LEMBICZ PAWEŁ	POZNAŃ	DRUŻYNA MOCARZY	POL	1975	M40	80	1	00:25:16 (265)	00:06:09	01:43:26 (274)	00:01:50	01:10:48 (271)	03:27:29	250			00:32:45	00:58:05	01:23:17	01:48:18
277	225	LASOŃ KRZYSZTOF	RADOMSKO	UKS DZIESIĄTKA RADOMSKO	POL	1959	M50	18	1	00:20:42 (177)	00:05:09	01:41:19 (271)	00:01:31	01:19:49 (280)	03:28:30	251			00:26:46	00:50:07	01:15:07	01:40:37
278	291	WRZECIAN ADAM	POZNAŃ	NIGHT RUNNERS	POL	1986	M30	110	1	00:24:18 (260)	00:04:50	01:47:30 (278)	00:02:02	01:12:01 (272)	03:30:41	252			00:30:05	00:55:18	01:21:14	01:45:39
279	130	MIELCAREK PRZEMYSŁAW	POZNAŃ	HERBALIFE- B12 TEAM	POL	1966	M50	19	1	00:28:10 (274)	00:04:40	01:38:56 (265)	00:01:54	01:17:21 (278)	03:31:01	253			00:33:41	00:56:58	01:20:53	01:45:16
280	99	NIEMYT PAWEŁ	TARNOWO PODGÓRNE	WUEF TRI TEAM	POL	1982	M30	111	1	00:22:25 (222)	00:06:10	01:53:13 (281)	00:01:51	01:07:48 (258)	03:31:27	254			00:29:52	00:56:40	01:23:34	01:51:51
281	299	BADEJA KAROL	LUSOWO	BADEJA DENTAL CLINIC	POL	1985	M30	112	1	00:24:48 (261)	00:07:26	01:48:42 (279)	00:02:44	01:06:02 (250)	03:31:42	255		00:02:00	00:33:19	01:00:00	01:26:08	01:53:29
282	162	SKWIERCZYŃSKA MAŁGORZATA	POZNAŃ		POL	1993	K20	12	1	00:22:51 (237)	00:06:26	01:40:16 (270)	00:01:52	01:20:27 (281)	03:31:52		27		00:30:28	00:53:43	01:17:37	01:43:11