

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

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
1	2	BODNAR MACIEJ	WARSZAWA	MBC TEAM	POL	1994	M18	1	00:00:01	00:11:37 (2)	00:01:56	01:05:08 (3)	00:00:43	00:37:08 (2)	<b>01:56:32</b>	1		
2	1	TYCZYŃSKI JACEK	GŁOGÓW	TRINERGY U JĘDRUSIA TRICLUB	POL	1996	M18	2	00:00:01	00:11:57 (6)	00:01:53	01:06:28 (6)	00:00:53	00:36:26 (1)	<b>01:57:37</b>	2		
3	6	GIECIEWICZ NORBERT	SZCZECIN	IRONMAN C/S POLSKA TRICARBON.PL	POL	1990	M25	1	00:00:02	00:11:55 (5)	00:01:56	01:04:53 (1)	00:00:58	00:38:49 (4)	<b>01:58:31</b>	3		
4	4	WILKOWIECKI ROBERT	TWARDOGÓRA	GVT BMC AZS-AWF KATOWICE	POL	1994	M18	3	00:00:01	00:11:50 (4)	00:02:01	01:07:13 (9)	00:00:49	00:37:36 (3)	<b>01:59:29</b>	4		
5	163	MAJCHRAZAK MICHAŁ	NOWY LUBOSZ	TGV CLUB	POL	1985	M30	1	00:00:16	00:13:08 (14)	00:02:19	01:04:55 (2)	00:00:54	00:39:53 (6)	<b>02:01:09</b>	5		
6	3	PRZYMUŚNIŃSKI FILIP	POZNAŃ	UAM TRIATHLON POZNAŃ UAM, NEW BALANCE, TRI	POL	1983	M35	1	00:00:02	00:11:39 (3)	00:01:58	01:07:52 (21)	00:01:24	00:39:43 (5)	<b>02:02:36</b>	6		
7	196	MITRUŚ PAWEŁ	WARSZAWA	NEON TEAM	POL	1992	M25	2	00:00:13	00:13:09 (15)	00:02:11	01:06:34 (7)	00:00:47	00:41:00 (11)	<b>02:03:41</b>	7		
8	5	DOMIRSKI DANIEL	KOBYŁKA	LABOSPORT TEAM	POL	1984	M30	2	00:00:21	00:14:55 (36)	00:02:20	01:05:39 (4)	00:01:07	00:40:58 (10)	<b>02:04:59</b>	8		
9	449	DĄBROWSKI DARIUSZ	PIASECZNO	LUFT TRI TEAM ILABO SPORT	POL	1974	M40	1	00:00:10	00:13:21 (17)	00:02:28	01:07:16 (10)	00:00:53	00:41:12 (12)	<b>02:05:10</b>	9		
10	268	WOJNAR ROBERT	TORUŃ		POL	1976	M40	2	00:00:28	00:16:08 (105)	00:02:21	01:06:13 (5)	00:01:09	00:39:59 (7)	<b>02:05:50</b>	10		
11	270	CIEŚLIK MATEUSZ	POZNAŃ	KS UAM TRIATHLON POZNAŃ TRICENTRE	POL	1998	M18	4	00:00:02	00:11:34 (1)	00:02:01	01:07:53 (22)	00:00:41	00:44:04 (39)	<b>02:06:13</b>	11		
12	309	KOŁAČIŃSKI MICHAŁ	KALISZ	INALFA WRZEŚNIA	POL	1981	M35	2	00:00:20	00:15:20 (57)	00:02:12	01:07:20 (11)	00:00:50	00:40:36 (8)	<b>02:06:18</b>	12		
13	443	DUDZIŃSKI PIOTR	WARSZAWA	CTS - CZAJATRININGSYSTEM ARGYLE SP. Z O. O.	POL	1968	M50	1	00:00:20	00:12:58 (10)	00:02:32	01:07:44 (17)	00:01:09	00:41:44 (17)	<b>02:06:22</b>	13		00:00:15
14	483	DOBRAŃSKI BARTOSZ	RADOM	DEMOPROJEKT TRI TEAM	POL	1973	M45	1	00:00:11	00:13:40 (21)	00:02:18	01:07:08 (8)	00:00:47	00:42:46 (25)	<b>02:06:39</b>	14		
15	12	DOWBOR MACIEJ	WARSZAWA	AIRBIKE TRINERGY TEAM	POL	1978	M40	3	00:00:10	00:13:34 (19)	00:02:24	01:07:24 (12)	00:00:51	00:43:46 (33)	<b>02:07:59</b>	15		
16	228	MAZUR PAWEŁ	SUSZ	UKS TRS SUSZ	POL	1989	M25	3	00:00:13	00:13:35 (20)	00:02:36	01:09:53 (38)	00:01:21	00:41:18 (14)	<b>02:08:43</b>	16		
17	377	TWAROWSKI MICHAŁ	STRASZYN	TRISPACE JEPPESEN	POL	1973	M45	2	00:00:24	00:15:29 (69)	00:02:49	01:08:13 (24)	00:01:05	00:42:10 (19)	<b>02:09:46</b>	17		
18	439	POKRYWIŃSKI MARCIN	WARSZAWA	DAREZTRI	POL	1981	M35	3	00:00:32	00:14:36 (31)	00:02:26	01:08:59 (26)	00:00:54	00:42:58 (29)	<b>02:09:53</b>	18		
19	82	STARZYK LUKASZ	WROCLAW	GVT	POL	1985	M30	3	00:00:20	00:14:21 (27)	00:02:43	01:07:47 (19)	00:01:24	00:43:38 (31)	<b>02:09:53</b>	19		
20	468	JĘDRZEJEWSKA ALEKSANDRA	WROCLAW	GVT BMC AZS-AWF KATOWICE	POL	1991	K25	1	00:00:06	00:13:05 (13)	00:02:02	01:13:39 (95)	00:00:51	00:40:45 (9)	<b>02:10:22</b>		1	
21	494	EPELBAUM DARIUSZ	WARSZAWA	CTS CZAJA TRAINING SYSTEM	POL	1977	M40	4	00:00:48	00:16:10 (106)	00:02:22	01:07:27 (13)	00:01:05	00:43:40 (32)	<b>02:10:44</b>	20		
22	123	WENGERSKI JĘDRZEJ	MAŁA NIESZAWKA	ROWERY KWIATKOWSKI TEAM	POL	1992	M25	4	00:00:10	00:12:24 (7)	00:02:26	01:09:47 (37)	00:01:01	00:45:14 (54)	<b>02:10:52</b>	21		
23	250	MALACZEWSKI LUKASZ	WROCLAW	FIZJOTRERIAPIA/GVT/GIANT GIANT/GVT	POL	1979	M35	4	00:00:06	00:12:48 (8)	00:02:52	01:07:49 (20)	00:01:10	00:46:34 (70)	<b>02:11:13</b>	22		
24	428	NAPOROWSKI RAFAŁ	NOWINY	WOŹNIAK TEAM PERSCHMANN	POL	1976	M40	5	00:00:28	00:15:52 (93)	00:02:41	01:09:30 (33)	00:01:37	00:41:56 (18)	<b>02:11:36</b>	23		
25	209	SZYDŁOWSKI MARCIN	MYSLENICE		POL	1979	M35	5	00:00:57	00:15:43 (83)	00:02:35	01:10:49 (53)	00:00:59	00:41:38 (16)	<b>02:11:44</b>	24		
26	376	MAYER LUKASZ	GOSTYŃ	CHOD-DRÓG TRI TEAM / BE3 CITYZEN	POL	1980	M35	6	00:00:32	00:15:37 (75)	00:02:45	01:07:58 (23)	00:00:57	00:44:39 (45)	<b>02:11:56</b>	25		
27	34	PUCH ROBERT	ELBLĄG	LABOSPORT TEAM	POL	1975	M40	6	00:00:46	00:15:15 (54)	00:02:31	01:07:39 (16)	00:01:07	00:45:26 (58)	<b>02:11:58</b>	26		
28	440	ZABEL PRZEMYSŁAW	TARNOWO PODGÓRNE		POL	1983	M35	7	00:00:24	00:15:22 (58)	00:02:40	01:10:05 (41)	00:01:03	00:42:55 (28)	<b>02:12:05</b>	27		
29	427	GIEDROJĆ TOMASZ	KWIDZYN	KTS IRONMAN	POL	1985	M30	4	00:00:14	00:14:58 (39)	00:02:32	01:09:24 (30)	00:01:15	00:44:23 (44)	<b>02:12:32</b>	28		
30	391	ZAWORSKI ADAM	RASZKÓW	IRON TRIATHLON PLESZEW	POL	1990	M25	5	00:01:05	00:16:17 (115)	00:02:27	01:10:42 (50)	00:00:51	00:42:23 (21)	<b>02:12:40</b>	29		
31	287	URBAŃSKI RAFAŁ	CZĘSTOCHOWA		POL	1981	M35	8	00:00:46	00:16:11 (107)	00:02:51	01:09:41 (36)	00:01:40	00:42:23 (20)	<b>02:12:46</b>	30		
32	500	KOSMALA MICHAŁ	MIEDZIANA GÓRA	LABOSPORT TEAM RADOŚĆ KUBUSIA SUNWARD POL	POL	1977	M40	7	00:00:35	00:15:29 (69)	00:03:09	01:07:39 (15)	00:01:03	00:45:34 (59)	<b>02:12:54</b>	31		
33	36	KOĆIOŁOWICZ JAKUB	WARSZAWA	KUŹNIA TRIATHLONU	POL	1983	M35	9	00:00:42	00:15:51 (91)	00:02:45	01:09:22 (29)	00:01:01	00:43:57 (36)	<b>02:12:56</b>	32		
34	459	CHMIELEWSKI MICHAŁ	POZNAŃ	METZINK MICHAŁ CHMIELEWSKI	POL	1982	M35	10	00:00:50	00:15:23 (59)	00:02:27	01:07:33 (14)	00:01:18	00:46:20 (68)	<b>02:13:01</b>	33		
35	138	BŁACHOWIAK JAKUB	LESZNO	STREFASPORTU.PL	POL	1989	M25	6	00:00:28	00:15:34 (74)	00:02:33	01:09:03 (27)	00:01:03	00:44:49 (50)	<b>02:13:02</b>	34		
36	167	PLUTA GNIEWOMIR	SUSZ	UKS TRS SUSZ	POL	1981	M35	11	00:00:13	00:13:50 (24)	00:02:51	01:10:18 (44)	00:01:15	00:44:51 (51)	<b>02:13:05</b>	35		
37	477	SIEKIERSKI MATEUSZ MAREK	GOŁDAP	NADAKTYWNI BIAŁYSTOK	POL	1993	M25	7	00:01:20	00:14:34 (30)	00:03:10	01:12:47 (74)	00:01:05	00:41:38 (15)	<b>02:13:14</b>	36		
38	118	LIGENZA KAMIL	ZGIERZ	GT RAT	POL	1990	M25	8	00:00:39	00:15:41 (81)	00:02:53	01:09:29 (32)	00:01:26	00:43:59 (37)	<b>02:13:28</b>	37		
39	229	KAPALA OSKAR	PRUSZKÓW	OB1-BOKI RUNNING CREW	POL	1982	M35	12	00:00:10	00:13:50 (24)	00:02:50	01:14:04 (102)	00:01:11	00:42:25 (22)	<b>02:14:20</b>	38		
40	48	SZKUTA MARCIN	PIASECZNO	KUŹNIA TRIATHLONU	POL	1976	M40	8	00:00:35	00:15:13 (50)	00:02:33	01:12:45 (73)	00:01:06	00:42:45 (24)	<b>02:14:22</b>	39		
41	14	CIEŚLAK AGNIESZKA	ŚLESIN	KS AZS-AWF KATOWICE	POL	1989	K25	2	00:00:06	00:13:04 (12)	00:02:13	01:13:29 (90)	00:00:44	00:45:14 (55)	<b>02:14:44</b>		2	
42	86	GRONDZIEWSKI DARIUSZ	SŁUPSK	GVT GVT	POL	1981	M35	13	00:00:10	00:12:58 (10)	00:02:30	01:10:27 (47)	00:01:20	00:47:30 (92)	<b>02:14:45</b>	40		
43	498	BRODOWSKI DOMINIK	GRODZISK MAZOWIECKI		POL	1982	M35	14	00:01:08	00:15:09 (45)	00:02:38	01:12:57 (78)	00:01:14	00:42:48 (26)	<b>02:14:46</b>	41		
44	487	ZAKRZEWSKI RAFAŁ	GDAŃSK	LABOSPORT TEAM ZG AZS HOTEL GALION	POL	1971	M45	3	00:00:48	00:15:14 (51)	00:02:43	01:09:54 (39)	00:01:26	00:45:36 (60)	<b>02:14:53</b>	42		
45	411	DAJCZ MICHAŁ	PIOTRKÓW TRYBUNALSKI	TRI AKTYWNY PIOTRKÓW	POL	1986	M30	5	00:00:53	00:14:57 (37)	00:02:38	01:11:34 (60)	00:01:31	00:44:48 (48)	<b>02:15:28</b>	43		
46	145	DUDEŁA ADRIAN	WARSZAWA	T-MOBILE TRIATHLON TEAM / MBC TEAM	POL	1980	M35	15	00:01:16	00:15:23 (59)	00:02:46	01:11:55 (64)	00:01:27	00:44:09 (41)	<b>02:15:40</b>	44		
47	222	KOSZAL KACPER	KONIN	ISKRA KONIN	POL	1994	M18	5	00:00:21	00:15:47 (86)	00:02:25	01:10:08 (42)	00:00:44	00:46:39 (72)	<b>02:15:43</b>	45		

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Dystans: 1/4 IM (0,95-45-10,55)

Miejsowość: Ślesin

M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
48	311	SOSNOWSKI JAROSŁAW	PŁOCK	PTT DELTA	POL	1980	M35	16	00:00:45	00:12:54 (9)	00:03:01	01:10:26 (46)	00:01:13	00:48:32 (108)	02:16:06	46		
49	223	KOZŁOWSKI DANIEL	KWIDZYN	KTS IRONMAN KWIDZYN	POL	1976	M40	9	00:00:17	00:17:17 (176)	00:02:45	01:10:40 (49)	00:01:12	00:44:16 (43)	02:16:10	47		
50	19	GARDENER JACEK	ŁOWICZ	LKS VICTORIA ZABOSTÓW	POL	1964	M50	2	00:00:20	00:15:49 (89)	00:02:20	01:07:46 (18)	00:00:55	00:49:50 (135)	02:16:40	48		
51	405	BEDNAREK ŁUKASZ	NOWA WIEŚ	PLAY / MIKKELLER RUNNING CLUB	POL	1981	M35	17	00:01:05	00:15:55 (95)	00:02:54	01:09:39 (35)	00:01:31	00:46:54 (80)	02:16:53	49		
52	29	NAROŹNIK MACIEJ	RADOM	DEMOPROJEKT TRI TEAM	POL	1986	M30	6	00:00:17	00:13:44 (22)	00:02:36	01:12:06 (66)	00:00:58	00:47:40 (97)	02:17:04	50		
53	115	SWĘDRÓWSKI JACEK	KONIN	PROGRESS DESIGN	POL	1977	M40	10	00:01:26	00:17:35 (189)	00:03:15	01:11:44 (61)	00:00:49	00:43:51 (35)	02:17:14	51		
54	292	KRUMPLEWSKI SŁAWOMIR	WRZEŚNIA		POL	1976	M40	11	00:01:39	00:16:06 (104)	00:03:44	01:13:30 (91)	00:01:07	00:42:52 (27)	02:17:19	52		
55	40	KUTER KRZYSZTOF	PIASECZNO	KUŹNIA TRIATHLONU	POL	1982	M35	18	00:01:32	00:15:25 (62)	00:02:49	01:13:23 (87)	00:01:15	00:44:48 (47)	02:17:40	53		
56	466	PANASIUK PAWEŁ	BIAŁYSTOK	NADAKTYWNI	POL	1980	M35	19	00:01:08	00:16:13 (110)	00:02:15	01:13:07 (83)	00:00:59	00:45:14 (55)	02:17:48	54		
57	392	DRYJA KRZYSZTOF	ŁÓDŹ		POL	1979	M35	20	00:01:17	00:15:59 (100)	00:02:47	01:13:32 (92)	00:01:19	00:44:15 (42)	02:17:52	55		
58	187	KALWASIŃSKI MATEUSZ	WARSZAWA	TRINERGY TEAM	POL	1987	M30	7	00:02:15	00:17:14 (171)	00:03:10	01:10:35 (48)	00:01:09	00:45:52 (63)	02:18:00	56		
59	89	RUDNIK TOMASZ	ŻARÓW	GVT	POL	1979	M35	21	00:01:56	00:17:47 (207)	00:03:02	01:11:47 (62)	00:01:30	00:44:03 (38)	02:18:09	57		
60	239	LITAWA JACEK	WARSZAWA		POL	1970	M45	4	00:00:24	00:15:30 (71)	00:02:55	01:11:23 (58)	00:01:51	00:46:46 (75)	02:18:25	58		
61	193	ZNAJDEK TOMASZ	INOWROCŁAW	SPORT4LIFE SPORT4LIFE	POL	1981	M35	22	00:00:56	00:15:03 (43)	00:02:52	01:15:11 (123)	00:00:57	00:44:42 (46)	02:18:45	59		
62	393	WIRA MARIUSZ	BOREK WIELKOPOLSKI	KB MIŚ BOREK WLKP.	POL	1973	M45	5	00:03:02	00:17:02 (155)	00:03:41	01:15:27 (132)	00:01:20	00:41:18 (13)	02:18:48	60		
63	45	LEŚNIAK TOMASZ	OTWOCK	KUŹNIA TRIATHLONU	POL	1973	M45	6	00:01:02	00:14:52 (35)	00:03:20	01:09:20 (28)	00:01:04	00:50:17 (148)	02:18:53	61		
64	463	ŁOŚ ADAM	MAREZA	KTS IRONMAN	POL	1985	M30	8	00:01:59	00:18:35 (247)	00:02:55	01:11:22 (57)	00:00:58	00:45:06 (53)	02:18:56	62		
65	183	GEBHARDT JAKUB	GDYŃNIA	SMARUJ NA TRENING TEAM / FUNDACJA GEBHARDT	POL	1979	M35	23	00:00:54	00:15:14 (51)	00:02:42	01:10:02 (40)	00:01:17	00:49:51 (136)	02:19:06	63		
66	257	GRÓDZIŃSKI MARCIN	GOSTYŃ	PÓŁ-AIRONMEN	POL	1984	M30	9	00:02:36	00:16:52 (145)	00:03:36	01:10:59 (54)	00:01:22	00:46:46 (76)	02:19:35	64		
67	27	HERMELIN WOJCIECH	BYDGOSZCZ	LABOSPORT TEAM KANCELARIA HMM	POL	1979	M35	24	00:00:35	00:15:25 (63)	00:02:33	01:12:51 (75)	00:01:12	00:47:36 (95)	02:19:37	65		
68	351	DZIEZYC TOMASZ	KLESZCZEWÓ	SMARUJ NA TRENING TEAM	POL	1978	M40	12	00:00:46	00:15:11 (48)	00:03:07	01:12:43 (72)	00:01:11	00:47:39 (96)	02:19:51	66		
69	151	DĄBROWSKI ŁUKASZ	OSTRÓW WIELKOPOLSKI		POL	1982	M35	25	00:02:28	00:17:12 (169)	00:03:06	01:14:25 (109)	00:01:06	00:44:08 (40)	02:19:57	67		
70	50	BRZÓWOWSKI CZAREK	WARSZAWA	KUŹNIA TRIATHLONU	POL	1966	M50	3	00:03:09	00:17:19 (177)	00:03:14	01:10:45 (52)	00:01:21	00:47:19 (88)	02:19:58	68		
71	16	GORLO KATARZYNA	WARSZAWA		POL	1988	K30	1	00:00:51	00:15:51 (91)	00:02:46	01:16:19 (159)	00:01:22	00:43:51 (34)	02:20:09		3	
72	150	JAROCHOWICZ NORBERT	NOWOGARD	NTS KONA	POL	1971	M45	7	00:01:36	00:16:58 (148)	00:02:51	01:09:26 (31)	00:01:32	00:49:26 (127)	02:20:13	69		
73	73	KAŻMIERCZAK MARCIN	ŁÓDŹ	CELIRONMAN	POL	1974	M40	13	00:01:00	00:15:24 (61)	00:02:29	01:13:00 (81)	00:01:12	00:48:14 (104)	02:20:19	70		
74	484	WAGEMANN ŁUKASZ	WROCŁAW	GVT ADSYSTEM	POL	1979	M35	26	00:00:17	00:14:27 (28)	00:02:58	01:11:09 (55)	00:01:23	00:50:39 (158)	02:20:36	71		
75	291	KRAWCZYK BERNARD	WARSZAWA	MACIEJ BODNAR COUCHING	POL	1977	M40	14	00:00:32	00:15:33 (73)	00:03:13	01:14:01 (101)	00:01:27	00:46:40 (73)	02:20:54	72		
76	33	ZDUNEK MACIEJ	GDAŃSK	LABOSPORT TEAM	POL	1979	M35	27	00:00:49	00:15:43 (84)	00:02:43	01:11:25 (59)	00:01:06	00:49:59 (141)	02:20:56	73		
77	76	MAZGAJ BARTŁOMIEJ	ALEKSANDRÓW ŁÓDZKI	CELIRONMAN	POL	1986	M30	10	00:03:12	00:16:17 (114)	00:03:11	01:11:51 (63)	00:01:12	00:48:34 (109)	02:21:05	74		
78	68	FILIPOWSKI ZDZISŁAW	KONSTANTYNÓW ŁÓDZKI	CELIRONMAN	POL	1970	M45	8	00:00:39	00:15:30 (71)	00:02:51	01:12:52 (76)	00:00:59	00:48:57 (115)	02:21:09	75		
79	179	HAWROT SYLWESTER	GOLENIÓW	CROWN GOLENIÓW	POL	1968	M50	4	00:00:59	00:15:37 (75)	00:02:50	01:15:28 (134)	00:01:31	00:45:50 (62)	02:21:16	76		
80	92	SZUKAŁSKI KAMIL	ŁÓDŹ	GVT BIKETIMETEAM.PL	POL	1988	M30	11	00:02:12	00:15:14 (53)	00:03:52	01:13:24 (88)	00:01:15	00:47:35 (93)	02:21:20	77		
81	423	ŚWIDA ADAM	BYDLIN	PERFECT E-LINE TRIATHLON TEAM P.H.U.P. PERFECT I	POL	1978	M40	15	00:01:26	00:18:04 (223)	00:03:04	01:10:44 (51)	00:01:55	00:47:46 (99)	02:21:33	78		
82	396	SZCZEPAŃSKI DAWID	DOBZYCA	CPRYZMAT.PL	POL	1989	M25	9	00:00:56	00:14:30 (29)	00:02:37	01:15:20 (127)	00:00:56	00:48:15 (105)	02:21:38	79		
83	88	PAJOR BARTOSZ	WROCŁAW	GVT GVT PM RIDER ADSYSTEM	POL	1984	M30	12	00:00:39	00:16:41 (135)	00:02:45	01:09:31 (34)	00:00:54	00:51:57 (183)	02:21:48	80		
84	422	KIJAK ARTUR	DĄBROWA GÓRNICZA		POL	1976	M40	16	00:02:05	00:14:57 (37)	00:03:19	01:16:32 (162)	00:01:18	00:45:47 (61)	02:21:53	81		
85	371	JEDRZEJCZYK PIOTR	PIASECZNO		POL	1973	M45	9	00:01:23	00:17:46 (206)	00:03:34	01:12:09 (68)	00:01:31	00:47:14 (86)	02:22:14	82		
86	279	SWINIARSKI JAROSŁAW	GDYŃNIA	TRIDEA - TRI EAGLES GDYŃNIA	POL	1958	M60	1	00:01:14	00:19:02 (273)	00:02:54	01:10:18 (44)	00:01:30	00:48:50 (112)	02:22:34	83		
87	314	JASZUK JAROSŁAW	ELBLĄG		POL	1987	M30	13	00:01:08	00:16:34 (129)	00:03:03	01:14:47 (114)	00:01:23	00:46:50 (79)	02:22:37	84		
88	31	MISIASZEK JANUSZ	KĘDZIERZYN-KOŹLE	LABOSPORT TEAM	POL	1958	M60	2	00:01:44	00:18:18 (232)	00:02:42	01:14:22 (107)	00:01:18	00:46:08 (64)	02:22:48	85		
89	56	HOŁUB ANDRZEJ	WARSZAWA	KUŹNIA TRIATHLONU	POL	1980	M35	28	00:01:46	00:20:27 (335)	00:03:20	01:13:07 (82)	00:01:16	00:44:49 (49)	02:22:59	86		
90	444	KWIATKOWSKI RAFAŁ	TORUŃ	RAFAŁ KWIATKOWSKI	POL	1974	M40	17	00:01:03	00:17:57 (219)	00:03:23	01:10:16 (43)	00:01:32	00:49:56 (139)	02:23:04	87		
91	85	GRYSZKIEWICZ PAWEŁ	WROCŁAW	GVT	POL	1987	M30	14	00:01:55	00:16:12 (109)	00:02:45	01:13:44 (96)	00:01:28	00:48:55 (113)	02:23:04	88		
92	491	POGODZIŃSKI GRZEGORZ	KRAKÓW		POL	1974	M40	18	00:00:51	00:15:28 (67)	00:03:58	01:14:45 (112)	00:01:44	00:47:10 (83)	02:23:05	89		
93	32	DUK JANUSZ	ŁÓDŹ	LABOSPORT TEAM	POL	1966	M50	5	00:01:59	00:16:59 (150)	00:02:55	01:13:11 (84)	00:00:57	00:49:03 (119)	02:23:05	90		
94	90	WIŚNIEWSKI PIOTR	WILKZYN	GVT	POL	1972	M45	10	00:00:32	00:15:39 (80)	00:03:13	01:14:21 (106)	00:01:08	00:48:48 (111)	02:23:09	91		

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

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
95	26	WIERZBICKI ARTUR	KĘDZIERZYN-KOŹŁE	LABOSPORT TEAM	POL	1967	M50	6	00:01:56	00:17:03 (156)	00:03:05	01:12:59 (80)	00:01:28	00:48:37 (110)	<b>02:23:12</b>	92		
96	157	KULIK JACEK	GDYNIA	KULIK&KUREK	POL	1976	M40	19	00:00:42	00:15:53 (94)	00:02:55	01:12:09 (67)	00:01:38	00:50:41 (159)	<b>02:23:16</b>	93		
97	434	MATUSIAK MATEUSZ	ZGIERZ	SNG WILD DUCKS STACJA NOWA GDYNIA	POL	1987	M30	15	00:01:56	00:16:25 (123)	00:03:55	01:13:33 (93)	00:01:17	00:48:11 (103)	<b>02:23:21</b>	94		
98	61	OTTO MARTA	GRODZISK MAZOWIECKI	KUŹNIA TRIATHLONU	POL	1983	K35	1	00:00:51	00:15:39 (79)	00:02:46	01:14:50 (115)	00:01:00	00:49:09 (122)	<b>02:23:24</b>		4	
99	490	WILJEWICZ KONRAD	ŁÓDŹ	CELIRONMAN	POL	1974	M40	20	00:00:59	00:16:16 (113)	00:02:41	01:11:13 (56)	00:02:04	00:51:19 (169)	<b>02:23:33</b>	95		
100	51	PROROK TOMASZ	WARSZAWA	KUŹNIA TRIATHLONU	POL	1979	M35	29	00:02:19	00:17:30 (184)	00:02:42	01:15:29 (135)	00:01:08	00:46:44 (74)	<b>02:23:33</b>	96		
101	416	WAWRZYNIAK MAREK	GDYNIA		POL	1972	M45	11	00:02:39	00:20:36 (342)	00:02:51	01:12:18 (70)	00:01:09	00:46:49 (78)	<b>02:23:43</b>	97		
102	160	BRUKWIŃSKA MARTA	KOŚCIAN	TGV CLUB	POL	1990	K25	3	00:00:35	00:16:30 (126)	00:02:47	01:13:28 (89)	00:01:14	00:49:50 (134)	<b>02:23:49</b>		5	
103	74	JAGAS RADEK	GRABINA	CELIRONMAN	POL	1972	M45	12	00:01:23	00:16:12 (108)	00:02:56	01:16:30 (161)	00:01:17	00:46:59 (81)	<b>02:23:54</b>	98		
104	93	DANIELSKI KAMIL	WARSZAWA	AT TEAM	POL	1985	M30	16	00:01:14	00:15:48 (88)	00:02:55	01:14:08 (103)	00:01:02	00:50:04 (142)	<b>02:23:57</b>	99		
105	264	NOWACKI ŁUKASZ	JAROCIN		POL	1992	M25	10	00:01:46	00:16:23 (117)	00:02:54	01:15:54 (151)	00:01:08	00:47:41 (98)	<b>02:24:00</b>	100		
106	23	MOŹDŻONEK MICHAŁ	WARSZAWA	LABOSPORT TEAM HUB.LU	POL	1977	M40	21	00:00:45	00:16:33 (128)	00:02:49	01:12:10 (69)	00:01:31	00:51:05 (166)	<b>02:24:08</b>	101		
107	334	OSTROWSKI GRZEGORZ	ŁÓDŹ		POL	1973	M45	13	00:02:26	00:17:15 (173)	00:04:42	01:18:14 (199)	00:01:31	00:42:33 (23)	<b>02:24:15</b>	102		
108	366	NOWAK SŁAWOMIR	WARSZAWA	EXATEL RUNNING TEAM EXATEL S.A.	POL	1970	M45	14	00:01:02	00:14:49 (34)	00:03:07	01:15:08 (120)	00:01:30	00:49:42 (131)	<b>02:24:16</b>	103		
109	28	BOROWIAK MARIUSZ	JARY	LABOSPORT TEAM	POL	1976	M40	22	00:02:09	00:17:11 (167)	00:03:14	01:16:35 (163)	00:01:21	00:46:20 (66)	<b>02:24:41</b>	104		
110	124	KOWALEWSKI MACIEJ	SŁUPSK	ENDURE TEAM	POL	1978	M40	23	00:00:13	00:13:32 (18)	00:02:22	01:15:36 (140)	00:01:36	00:51:40 (175)	<b>02:24:46</b>	105		
111	214	KACPERSKI OLAF	WARSZAWA		POL	1973	M45	15	00:01:20	00:17:16 (175)	00:02:38	01:17:10 (178)	00:01:26	00:46:20 (65)	<b>02:24:50</b>	106		
112	252	NASKRĘT DARIUSZ	PIASKI	TRPIASKI / PIASKI BIEGAJĄ	POL	1984	M30	17	00:02:33	00:17:27 (181)	00:03:15	01:13:19 (85)	00:01:20	00:49:32 (129)	<b>02:24:53</b>	107		
113	375	WYŁĘGŁY WITOLD	ŁÓDŹ		POL	1992	M25	11	00:00:42	00:15:55 (95)	00:03:15	01:16:14 (157)	00:01:38	00:47:57 (100)	<b>02:24:59</b>	108		
114	202	SZLASKI IGOR	ZGIERZ	PROTRI	POL	1989	M25	12	00:00:54	00:17:32 (186)	00:02:47	01:15:42 (142)	00:01:02	00:48:09 (101)	<b>02:25:12</b>	109		
115	149	SWIANIEWICZ ANTONI	WARSZAWA	AKS POLONIA WARSZAWA	POL	1985	M30	18	00:01:32	00:15:27 (66)	00:03:18	01:13:22 (86)	00:01:31	00:51:36 (173)	<b>02:25:14</b>	110		
116	199	LIS SEBASTIAN	ŁÓDŹ		POL	1990	M25	13	00:00:39	00:14:41 (32)	00:03:29	01:12:58 (79)	00:01:04	00:53:02 (204)	<b>02:25:14</b>	111		
117	64	ŚLIŹ LUCYNA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1977	K40	1	00:02:09	00:18:07 (226)	00:02:52	01:13:51 (98)	00:01:37	00:49:01 (117)	<b>02:25:28</b>		6	
118	119	DRAPELLA DARIUSZ	GDĄŃSK	CTS - CZAJATRAININGSYSTEM	POL	1957	M60	3	00:02:36	00:17:43 (201)	00:02:33	01:13:53 (99)	00:01:09	00:50:11 (145)	<b>02:25:29</b>	112		
119	359	KOROL MAREK	GDĄŃSK	SMARUJ NA TRENING TEAM	POL	1977	M40	24	00:00:59	00:15:16 (55)	00:02:39	01:15:29 (136)	00:01:06	00:51:00 (164)	<b>02:25:30</b>	113		
120	410	SKRZYŃSKI PATRYK	MALBORK	WANIEWSKI COACHING	POL	1977	M40	25	00:00:54	00:15:28 (67)	00:02:30	01:13:38 (94)	00:01:06	00:52:53 (199)	<b>02:25:35</b>	114		
121	67	PAWIŃSKI MACIEJ	ŁÓDŹ	CELIRONMAN	POL	1984	M30	19	00:00:51	00:15:10 (47)	00:02:33	01:08:20 (25)	00:01:01	00:58:33 (306)	<b>02:25:37</b>	115		
122	378	KALISKI KAMIL	GOLUB-DOBRZYŃ	AGROLOK SPORT TEAM AGROLOK	POL	1983	M35	30	00:02:09	00:16:48 (141)	00:02:36	01:15:24 (131)	00:01:32	00:49:22 (125)	<b>02:25:42</b>	116		
123	446	POL BARTOSZ	RAWICZ	WANIEWSKI COACHING	POL	1981	M35	31	00:01:05	00:17:59 (221)	00:03:22	01:15:13 (124)	00:01:04	00:48:10 (102)	<b>02:25:48</b>	117		
124	21	SIKORA JULITA	LIGOTA PIĘKNA	GVT	POL	1973	K45	1	00:01:26	00:17:41 (196)	00:02:40	01:15:08 (120)	00:01:10	00:49:27 (128)	<b>02:26:06</b>		7	
125	135	SOBCZAK MARCIN	ŻÓŁĘDOWO	TRISPACE	POL	1975	M40	26	00:00:45	00:16:24 (121)	00:02:42	01:15:48 (146)	00:01:13	00:50:13 (146)	<b>02:26:20</b>	118		
126	493	KOPACZ GRZEGORZ	BLACHOWNIA	XTERRA POLSKA/SPORTSTUFF.COM.PL	POL	1985	M30	20	00:00:59	00:15:19 (56)	00:03:30	01:16:16 (158)	00:01:19	00:49:57 (140)	<b>02:26:21</b>	119		
127	413	KACZMAREK DARIUSZ	KONIN	GEO-TECH	POL	1969	M45	16	00:02:58	00:17:40 (195)	00:03:08	01:15:27 (133)	00:01:09	00:49:00 (116)	<b>02:26:24</b>	120		
128	66	CYBULSKI KONRAD	KUTNO	CELIRONMAN	POL	1973	M45	17	00:03:02	00:19:19 (287)	00:03:29	01:19:23 (223)	00:01:24	00:43:06 (30)	<b>02:26:41</b>	121		
129	489	MARCINIAK PAWEŁ	ŁÓDŹ	CELIRONMAN CELIRONMAN	POL	1981	M35	32	00:01:29	00:16:23 (117)	00:03:15	01:14:39 (110)	00:01:50	00:51:04 (165)	<b>02:27:11</b>	122		
130	44	POPŁAWSKI MICHAŁ	WARSZAWA	KUŹNIA TRIATHLONU TRI-MAMA TRI-TATA	POL	1980	M35	33	00:03:20	00:17:03 (156)	00:03:40	01:17:24 (184)	00:01:37	00:47:29 (91)	<b>02:27:13</b>	123		
131	30	DESSEMBERGER ANDRZEJ	WŁOCŁAWEK	LABOSPORT TEAM TRI WŁOCŁAWEK / ENERGO-SPEC	POL	1969	M45	18	00:01:13	00:16:47 (140)	00:02:38	01:13:47 (97)	00:01:14	00:52:57 (202)	<b>02:27:23</b>	124		
132	172	SZCZESNY FILIP	SZUKALICE	TRI SZUKALICE	POL	1975	M40	27	00:02:15	00:17:50 (209)	00:03:47	01:17:35 (188)	00:01:58	00:46:20 (67)	<b>02:27:30</b>	125		
133	247	ZAWADZKI ADRIAN	TORUŃ		POL	1981	M35	34	00:00:20	00:15:38 (78)	00:03:13	01:15:51 (148)	00:01:09	00:51:47 (181)	<b>02:27:38</b>	126		
134	308	KITA MACIEJ	WITASZYCE		POL	1983	M35	35	00:01:32	00:17:41 (196)	00:03:19	01:12:23 (71)	00:00:59	00:53:19 (211)	<b>02:27:41</b>	127		
135	480	GOMONOVYCH VASYL	WROCŁAW	NOKIA NOKIA	POL	1988	M30	21	00:02:46	00:17:36 (191)	00:02:51	01:17:08 (177)	00:00:51	00:49:20 (124)	<b>02:27:46</b>	128		
136	435	WRÓBLEWSKI WOJCIECH	ZGIERZ	SNG WILD DUCKS STACJA NOWA GDYNIA	POL	1979	M35	36	00:04:24	00:20:02 (315)	00:03:02	01:16:12 (156)	00:01:23	00:47:13 (85)	<b>02:27:52</b>	129		
137	455	SASIM JORDAN	WARSZAWA		POL	1981	M35	37	00:00:43	00:17:43 (200)	00:04:45	01:15:21 (128)	00:01:24	00:48:56 (114)	<b>02:28:09</b>	130		
138	39	JONIO KATARZYNA	SZELIGI	KUŹNIA TRIATHLONU	POL	1981	K35	2	00:00:51	00:15:50 (90)	00:03:01	01:14:09 (104)	00:01:09	00:54:02 (227)	<b>02:28:11</b>		8	
139	125	MUCHA ALEKSANDER	WŁOCŁAWEK	SALAMANDER TEAM WŁOCŁAWEK	POL	1986	M30	22	00:03:01	00:17:28 (182)	00:03:51	01:17:14 (180)	00:02:27	00:47:20 (89)	<b>02:28:20</b>	131		
140	78	KLEPACZ JACEK	ŁÓDŹ	CELIRONMAN	POL	1971	M45	19	00:03:33	00:17:01 (152)	00:03:15	01:15:41 (141)	00:01:52	00:50:32 (155)	<b>02:28:21</b>	132		
141	300	PIĄTKOWSKI ANDRZEJ	ZŁOTOKŁOS	DREAM RUN AP CONSULTING ANDRZEJ PIĄTKOWSKI	POL	1967	M50	7	00:01:52	00:18:22 (234)	00:03:44	01:18:13 (198)	00:01:19	00:46:48 (77)	<b>02:28:26</b>	133		

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

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
142	236	KUBICKI LESZEK	WŁOCŁAWEK	NIEZRZESZONY	POL	1953	M65	1	00:01:03	00:14:47 (33)	00:03:06	01:14:56 (116)	00:01:30	00:54:08 (230)	02:28:27	134		
143	379	KRZAN GRZEGORZ	NYSA	GIANT POLSKA	POL	1962	M55	1	00:01:05	00:17:22 (179)	00:03:43	01:17:01 (172)	00:01:21	00:49:03 (118)	02:28:30	135		
144	384	KORZENIEWSKI MICHAŁ	WARSZAWA	TEAM BIEGĄC POD OKIEM TRENERA	POL	1989	M25	14	00:01:52	00:17:56 (216)	00:03:15	01:16:36 (165)	00:01:41	00:49:08 (121)	02:28:36	136		
145	130	BRIGGS SEAN	LIPKÓW		POL	1966	M50	8	00:03:02	00:18:33 (244)	00:03:08	01:20:38 (243)	00:01:07	00:45:17 (57)	02:28:43	137		
146	169	WŁODARCZAK WITOLD	BYDGOSZCZ	TRISPACE	POL	1963	M55	2	00:01:43	00:18:58 (264)	00:02:45	01:15:56 (152)	00:01:09	00:50:09 (143)	02:28:57	138		
147	244	WARGACKA PAULINA	KOŁO		POL	1995	K18	1	00:00:06	00:13:11 (16)	00:02:34	01:20:17 (236)	00:01:05	00:51:56 (182)	02:29:03		9	
148	207	GLEB ANDRZEJ	MALBORK		POL	1970	M45	20	00:01:26	00:17:39 (193)	00:03:16	01:15:22 (129)	00:00:56	00:52:00 (186)	02:29:13	139		
149	485	STOCKI ŁUKASZ	SZCZECIN	DERMADENT.EU	POL	1978	M40	28	00:01:32	00:18:33 (244)	00:03:53	01:15:29 (137)	00:02:07	00:49:14 (123)	02:29:16	140		
150	395	SZUT DARIUSZ	SZCZECIN	KS IRONMAN CS POLSKA	POL	1975	M40	29	00:01:29	00:17:45 (203)	00:04:18	01:18:46 (207)	00:01:17	00:47:11 (84)	02:29:17	141		
151	451	KASZTELAN RADOŚLAW	KWIDZYN	KWIDZYN BIKE RACING TEAM KWIDZYN	POL	1977	M40	30	00:02:51	00:18:48 (259)	00:03:53	01:14:47 (113)	00:01:23	00:50:26 (152)	02:29:17	142		
152	17	WŁODARCZAK AGATA	BYDGOSZCZ	TRISPACE	POL	1992	K25	4	00:01:20	00:17:01 (153)	00:02:47	01:18:20 (201)	00:01:19	00:49:52 (137)	02:29:19		10	
153	52	STUKANOV OLEKSII	WARSZAWA	KUŹNIA TRIATHLONU KOZMIŃSKI UNIVERSITY	POL	1993	M25	15	00:02:40	00:17:56 (216)	00:02:54	01:19:52 (233)	00:01:12	00:47:35 (94)	02:29:29	143		
154	218	WOJCIECHOWSKI NORBERT	GNIEZNO	ALTOM GNIEZNO	POL	1980	M35	38	00:03:24	00:18:17 (231)	00:04:00	01:18:20 (201)	00:01:38	00:47:18 (87)	02:29:33	144		
155	24	CHYŁAK KAMIL	WARSZAWA	LABOSPORT TEAM	POL	1980	M35	39	00:03:33	00:17:31 (185)	00:03:03	01:21:32 (264)	00:01:08	00:46:24 (69)	02:29:38	145		
156	470	STALICA WOJCIECH	CZĘSTOCHOWA		POL	1969	M45	21	00:01:29	00:17:35 (189)	00:03:29	01:14:25 (108)	00:01:10	00:53:11 (207)	02:29:50	146		
157	70	BRZEZIŃSKI ŁUKASZ	ŁÓDŹ	CELIRONMAN	POL	1987	M30	23	00:01:02	00:16:03 (102)	00:02:37	01:14:13 (105)	00:00:50	00:56:24 (271)	02:30:07	147		
158	246	LEWANDOWSKI KAROL	TORUŃ	TORUŃSKI KLUB TRIATHLONOWY	POL	1984	M30	24	00:01:20	00:18:03 (222)	00:03:52	01:15:54 (150)	00:01:17	00:51:41 (178)	02:30:47	148		
159	265	CZAJKOWSKI KRZYSZTOF	POWIERCIE KOLONIA		POL	1975	M40	31	00:01:35	00:16:59 (149)	00:04:05	01:15:46 (144)	00:01:35	00:52:34 (195)	02:30:59	149		
160	13	PUPKA ARTUR	LIGOTA PIĘKNA	GVT	POL	1964	M50	9	00:00:42	00:18:05 (224)	00:02:47	01:14:41 (111)	00:01:31	00:54:01 (226)	02:31:05	150		
161	38	SACHMATA JACEK	PIASECZNO	KUŹNIA TRIATHLONU MOTO-PARTNER	POL	1990	M25	16	00:02:32	00:17:07 (159)	00:02:51	01:16:47 (168)	00:01:13	00:53:07 (206)	02:31:05	151		
162	336	JURKOWSKI SŁAWOMIR	BUK		POL	1974	M40	32	00:03:27	00:17:09 (162)	00:02:52	01:19:26 (224)	00:01:31	00:50:19 (149)	02:31:17	152		
163	312	WASZAK JACEK	KONIN	WASZAK TEAM FUH STEFAN WASZAK	POL	1980	M35	40	00:01:05	00:17:50 (209)	00:03:32	01:16:50 (170)	00:01:26	00:51:58 (185)	02:31:36	153		
164	226	MYTKO MICHAŁ	POZNAŃ	ART-ROD ART-ROD	POL	1981	M35	41	00:03:37	00:15:11 (48)	00:04:40	01:14:59 (117)	00:01:39	00:55:09 (249)	02:31:38	154		
165	456	PANUŚ MARCIN	ŁÓDŹ	PULS TRI TEAM	POL	1977	M40	33	00:04:03	00:20:38 (344)	00:02:56	01:15:47 (145)	00:01:07	00:51:14 (168)	02:31:42	155		
166	215	WIJAS ANDRZEJ	KIELCE		POL	1984	M30	25	00:02:58	00:18:44 (253)	00:03:30	01:18:52 (209)	00:00:58	00:49:44 (132)	02:31:48	156		
167	355	BROEKERE KRZYSZTOF	ZABRZE	MYCENTER MULTIMEDIA AGD RTV	POL	1959	M55	3	00:02:58	00:18:46 (257)	00:03:25	01:17:16 (181)	00:01:28	00:50:53 (162)	02:31:48	157		
168	55	NOWAKOWSKI RAFAŁ	WARSZAWA	KUŹNIA TRIATHLONU	POL	1973	M45	22	00:00:24	00:15:01 (41)	00:03:56	01:19:08 (215)	00:01:50	00:52:01 (187)	02:31:56	158		
169	275	SIEMIŃSKI BARTEK	KONIN	DRUŻYNA SZPIKU	POL	1980	M35	42	00:03:05	00:16:49 (144)	00:03:30	01:15:58 (154)	00:01:27	00:52:15 (190)	02:31:58	159		00:02:00
170	281	SZEWCZYK ROBERT	JAROCIN		POL	1978	M40	34	00:01:49	00:16:54 (146)	00:03:10	01:19:11 (218)	00:01:07	00:51:41 (179)	02:32:03	160		
171	497	LEWANDOWSKI JACEK	PIASECZNO	TKKF NON IRON	POL	1972	M45	23	00:01:56	00:20:03 (316)	00:04:05	01:17:55 (192)	00:01:47	00:48:29 (107)	02:32:19	161		
172	47	SACHMATA ROBERT	PIASECZNO	KUŹNIA TRIATHLONU	POL	1967	M50	10	00:03:13	00:20:10 (321)	00:02:57	01:16:55 (171)	00:01:12	00:51:40 (177)	02:32:54	162		
173	285	KMIN PIOTR	ŁÓDŹ	SAWO TRI	POL	1980	M35	43	00:01:43	00:19:51 (305)	00:04:21	01:15:17 (126)	00:01:42	00:51:45 (180)	02:32:56	163		
174	476	KWIATKOWSKA KAJA	KRAKÓW	TRIWISE	POL	1996	K18	2	00:00:06	00:13:46 (23)	00:02:31	01:20:29 (239)	00:01:09	00:55:32 (254)	02:33:27		11	
175	94	GRUCHALSKI WOJCIECH	KONIN		POL	1983	M35	44	00:03:09	00:20:14 (327)	00:03:01	01:19:30 (228)	00:01:39	00:49:08 (120)	02:33:32	164		
176	242	ŻARCZYŃSKI PAWEŁ	WITASZYCE	VICTORIA JAROCIN	POL	1977	M40	35	00:00:24	00:15:09 (45)	00:03:28	01:15:06 (119)	00:01:21	00:58:41 (309)	02:33:45	165		
177	369	BEDNARCZYK ARKADIUSZ	RADMSKO		POL	1972	M45	24	00:02:32	00:19:00 (269)	00:03:34	01:17:25 (185)	00:02:19	00:51:29 (171)	02:33:47	166		
178	267	ŁAWNICZAK KRZYSZTOF	KAZIMIERZ BISKUPI		POL	1986	M30	26	00:01:46	00:16:45 (137)	00:03:47	01:11:56 (65)	00:01:33	00:59:49 (323)	02:33:50	167		
179	116	HOJAN JAROSŁAW	POZNAŃ	WZDW POZNAŃ	POL	1962	M55	4	00:03:24	00:21:44 (371)	00:04:20	01:15:34 (139)	00:01:21	00:50:58 (163)	02:33:57	168		
180	499	KOTOWSKI NORBERT	WROCŁAW		POL	1984	M30	27	00:03:24	00:17:09 (162)	00:03:43	01:19:08 (216)	00:01:27	00:50:31 (154)	02:33:58	169		00:02:00
181	297	GRONOWSKI MACIEJ	SUCHY LAS		POL	1999	M18	6	00:02:02	00:18:16 (229)	00:02:55	01:19:30 (227)	00:01:41	00:51:37 (174)	02:33:59	170		
182	62	DANIEL KRZYSZTOF	WARSZAWA	KUŹNIA TRIATHLONU	POL	1981	M35	45	00:02:54	00:18:43 (252)	00:03:54	01:15:31 (138)	00:01:57	00:53:58 (223)	02:34:02	171		
183	380	CIESZYŃSKI SZYMON	TORUŃ	WIEŚNIACKI KLUB BIEGACKI	POL	1998	M18	7	00:02:35	00:15:01 (41)	00:03:36	01:24:03 (306)	00:01:34	00:50:25 (151)	02:34:39	172		
184	381	ZALEWSKI PAWEŁ	WARSZAWA	PZU SPORT TEAM	POL	1977	M40	36	00:02:05	00:18:44 (254)	00:03:18	01:20:53 (254)	00:01:36	00:50:11 (144)	02:34:42	173		
185	363	BRUSKI TOMASZ	BYDGOSZCZ	MBC TEAM	POL	1988	M30	28	00:03:36	00:21:34 (367)	00:02:44	01:12:56 (77)	00:01:08	00:56:26 (275)	02:34:48	174		
186	344	MIKRUT DAMIAN	GRUDZIĄDZ	AZS WSL POZNAŃ / ROSSMANN SDP	POL	1992	M25	17	00:02:09	00:17:11 (167)	00:03:15	01:22:21 (278)	00:01:23	00:50:43 (160)	02:34:53	175		
187	317	STRÓŻYCKI JAKUB	POZNAŃ	WRONIECKI KLUB BIEGACZA	POL	1982	M35	46	00:02:54	00:20:42 (347)	00:04:26	01:15:04 (118)	00:01:39	00:53:11 (208)	02:35:02	176		
188	42	FJOŁEK-WARSZEWSKA AGNIESZKA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1972	K45	2	00:02:12	00:19:38 (294)	00:03:10	01:18:32 (204)	00:01:42	00:52:10 (189)	02:35:12		12	

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

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
189	178	CHOJNOWSKI ANDRZEJ	ŁAWA		POL	1969	M45	25	00:01:24	00:18:23 (237)	00:03:40	01:15:44 (143)	00:02:09	00:55:17 (252)	<b>02:35:13</b>			177
190	332	PROTASIEWICZ PIOTR	KONIN	IMAGECYCLINGTEAM	POL	1970	M45	26	00:03:37	00:21:57 (376)	00:03:06	01:15:13 (125)	00:01:34	00:53:36 (218)	<b>02:35:26</b>			178
191	412	SZCZEPAŃSKI GRZEGORZ	RZESZOW	MAJSTER SPORT TEAM MAJSTER S.A.	POL	1975	M40	37	00:03:28	00:18:50 (262)	00:04:10	01:17:18 (182)	00:02:15	00:52:56 (201)	<b>02:35:29</b>			179
192	216	OCHMAŃSKI MARIUSZ	ZDUŃSKA WOLA	BRUBECK TRIATHLON TEAM	POL	1973	M45	27	00:03:54	00:21:51 (374)	00:04:14	01:15:57 (153)	00:01:28	00:52:05 (188)	<b>02:35:35</b>			180
193	181	SZYCH MARCIN	INOWROCŁAW	SPORT4LIFE	POL	1980	M35	47	00:00:59	00:16:30 (126)	00:03:46	01:24:04 (307)	00:01:27	00:49:53 (138)	<b>02:35:40</b>			181
194	173	HRYSZKO KAZIMIERZ	TYCHY	KLUB BIEGOWY 40 LATEK TYCHY	POL	1963	M55	5	00:03:21	00:21:17 (359)	00:03:37	01:21:11 (259)	00:01:12	00:48:24 (106)	<b>02:35:41</b>			182
195	318	OSET PIOTR	SIERADZ		POL	1963	M55	6	00:01:20	00:18:23 (237)	00:03:05	01:21:07 (257)	00:01:39	00:51:40 (176)	<b>02:35:54</b>			183
196	299	BICZKOWSKI KAJETAN	POZNAŃ	TEAM AIOFIN	POL	1991	M25	18	00:01:11	00:16:16 (112)	00:03:52	01:18:18 (200)	00:01:07	00:56:24 (272)	<b>02:35:57</b>			184
197	102	KAZMIERCZAK OSKAR	JAROCIN	ROCKRUN JAROCIN	POL	1991	M25	19	00:01:43	00:16:23 (117)	00:03:25	01:18:05 (196)	00:01:12	00:55:10 (250)	<b>02:36:15</b>			185
198	386	MROZIŃSKI JULIUSZ	JAROCIN		POL	1990	M25	20	00:02:15	00:17:52 (211)	00:03:39	01:21:41 (266)	00:01:42	00:51:23 (170)	<b>02:36:17</b>			186
199	75	DYLIK MARCIN	ALEKSANDRÓW ŁÓDZKI	CELIRONMAN	POL	1981	M35	48	00:01:23	00:17:10 (165)	00:03:40	01:21:45 (268)	00:01:24	00:52:23 (192)	<b>02:36:22</b>			187
200	478	LOREK KINGA	ELBLĄG	MKS TRUSO ELBLĄG	POL	1998	K18	3	00:00:32	00:14:15 (26)	00:02:15	01:25:06 (322)	00:01:10	00:53:40 (220)	<b>02:36:26</b>		13	
201	356	RADKO KRYSZTIAN	PONIATOWICE GM. OLEŚI GT		POL	1976	M40	38	00:01:59	00:18:22 (234)	00:03:27	01:13:56 (100)	00:01:29	00:59:23 (319)	<b>02:36:37</b>			188
202	361	SOBOCZYŃSKI ADAM	BYDGOSZCZ		POL	1983	M35	49	00:03:41	00:17:09 (162)	00:04:03	01:23:38 (301)	00:01:38	00:50:14 (147)	<b>02:36:42</b>			189
203	481	MENDELEWSKI ARTUR	PASŁĘK		POL	1971	M45	28	00:02:47	00:19:13 (278)	00:03:14	01:17:05 (173)	00:01:21	00:55:53 (260)	<b>02:36:46</b>			190
204	276	CICHY BARTOSZ	AUGUSTÓW	ATP AUGUSTÓW	POL	1983	M35	50	00:01:49	00:17:07 (159)	00:03:18	01:17:06 (174)	00:01:33	00:57:44 (290)	<b>02:36:48</b>			191
205	403	BIELSKI BARTEK	GDYNIA	TORUS TRIATHLON TEAM	POL	1977	M40	39	00:01:14	00:16:03 (102)	00:03:38	01:17:11 (179)	00:01:55	00:58:02 (296)	<b>02:36:49</b>			192
206	450	KOWALCZYK PAWEŁ	SIEMIATYCZE	NADAKTYWNI	POL	1982	M35	51	00:01:50	00:21:36 (369)	00:03:32	01:23:08 (293)	00:01:33	00:47:06 (82)	<b>02:36:55</b>			193
207	143	JARMOŁOWICZ ARTUR	DALESZYCE	JARMOŁOWICZ TEAM TRI SCYZORY CK	POL	1975	M40	40	00:03:13	00:20:05 (318)	00:03:16	01:17:34 (187)	00:01:36	00:54:44 (239)	<b>02:37:15</b>			194
208	224	ZEMAN GRZEGORZ	MAZAŃCOWICE	EKG TEAM	POL	1973	M45	29	00:01:32	00:18:31 (243)	00:04:41	01:17:43 (190)	00:01:54	00:54:26 (233)	<b>02:37:15</b>			195
209	186	MEIER MARKUS	KOŁO	MLUKS TRIATHLON KOŁO	POL	1964	M50	11	00:03:05	00:19:10 (277)	00:03:01	01:22:51 (287)	00:01:33	00:50:45 (161)	<b>02:37:20</b>			196
210	206	PASTECKI ROBERT	INOWROCŁAW		POL	1976	M40	41	00:02:12	00:20:10 (321)	00:03:35	01:15:24 (130)	00:01:21	00:54:51 (242)	<b>02:37:21</b>			197
211	189	JAKUBCZYK RAFAŁ	LUBOŃ		POL	1981	M35	52	00:01:39	00:18:14 (227)	00:03:37	01:22:11 (275)	00:03:53	00:47:27 (90)	<b>02:37:22</b>			198
212	132	WALCZAK KRYSZTIAN	PRUSZKÓW	BIEGAJĄCE WALCZAKI BIEGAJACEWALCZAKI.BLOGSP	POL	1982	M35	53	00:03:58	00:20:09 (320)	00:03:45	01:20:50 (250)	00:02:03	00:50:35 (157)	<b>02:37:22</b>			199
213	358	KWIATKOWSKI SZYMON	ŁÓDŹ		POL	1983	M35	54	00:01:49	00:19:44 (299)	00:03:20	01:20:43 (244)	00:01:12	00:52:23 (193)	<b>02:37:22</b>			200
214	49	UUSISAARI ANNA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1978	K40	2	00:02:09	00:17:55 (214)	00:02:52	01:19:15 (220)	00:01:23	00:56:02 (266)	<b>02:37:27</b>		14	
215	201	WOJCIECHOWSKI TOMASZ	TORUŃ	TORUŃSKI KLUB TRIATHLONOWY	POL	1971	M45	30	00:01:20	00:15:43 (84)	00:03:28	01:17:06 (174)	00:01:36	00:59:35 (321)	<b>02:37:28</b>			201
216	346	GÓRSKI HENRYK	ŁÓDŹ	TRI LDZ	POL	1979	M35	55	00:01:36	00:17:00 (151)	00:04:14	01:23:21 (297)	00:01:47	00:51:11 (167)	<b>02:37:33</b>			202
217	401	PIETRYKA SYLWESTER	KIELCE	WOZNIAK RUNING TEAM	POL	1983	M35	56	00:02:55	00:17:29 (183)	00:04:25	01:19:06 (214)	00:01:56	00:54:45 (240)	<b>02:37:41</b>			203
218	432	JĘŻ PAWEŁ	JÓZEFOSŁAW	ANDRA	POL	1973	M45	31	00:01:05	00:18:16 (228)	00:05:31	01:19:12 (219)	00:01:35	00:53:11 (209)	<b>02:37:45</b>			204
219	18	CHODKIEWICZ TOMASZ	PIASECZNO	PEUGEOT POLSKA PEUGEOT	POL	1974	M40	42	00:03:46	00:20:12 (325)	00:03:20	01:18:38 (206)	00:01:23	00:54:15 (231)	<b>02:37:48</b>			205
220	71	GRABOWSKA JUSTYNA	ŁÓDŹ	CELIRONMAN	POL	1977	K40	3	00:02:54	00:17:32 (187)	00:02:56	01:21:54 (270)	00:01:24	00:54:04 (228)	<b>02:37:50</b>		15	
221	84	ANDRZEWI MARIUSZ	WROCŁAW	GVT	POL	1970	M45	32	00:04:24	00:20:58 (351)	00:03:14	01:15:53 (149)	00:03:06	00:54:47 (241)	<b>02:37:58</b>			206
222	191	BOROWIAK MACIEJ	KALISZ	WOZIMYSIE.PL / TRENERTRIATHLONU.PL BREWA	POL	1981	M35	57	00:02:22	00:19:08 (275)	00:03:20	01:19:11 (217)	00:02:01	00:54:27 (234)	<b>02:38:07</b>			207
223	139	BŁACHOWIAK MARIUSZ JÓZEF	LESZNO	MARATON LESZNO	POL	1964	M50	12	00:03:23	00:20:40 (345)	00:03:45	01:20:48 (248)	00:02:49	00:50:21 (150)	<b>02:38:23</b>			208
224	245	WOŹNIAK MARIUSZ	POWIERCIE		POL	1977	M40	43	00:01:43	00:17:54 (212)	00:03:31	01:16:23 (160)	00:01:46	00:58:54 (313)	<b>02:38:28</b>			209
225	469	SIBINSKI MARCIN	LUTOMIERSK		POL	1974	M40	44	00:01:14	00:17:39 (194)	00:04:20	01:19:04 (212)	00:01:39	00:55:56 (262)	<b>02:38:38</b>			210
226	220	MILLER MICHAŁ	GŁOWNO		POL	1978	M40	45	00:00:35	00:16:35 (130)	00:04:18	01:17:59 (193)	00:01:58	00:57:50 (292)	<b>02:38:40</b>			211
227	180	STWERTETSCHKA DARIUSZ	KUDOWA-ZDRÓJ	KUDOWIANKA CYKLON PROAL TEAM KUDOWA - ZDR	POL	1967	M50	13	00:02:46	00:19:13 (280)	00:03:05	01:20:25 (237)	00:01:57	00:54:08 (229)	<b>02:38:48</b>			212
228	133	SZCZEPAŃSKI KRZYSZTOF	POZNAŃ	ŚWISTAKI	POL	1988	M30	29	00:02:09	00:16:24 (121)	00:03:05	01:22:46 (285)	00:01:19	00:55:21 (253)	<b>02:38:55</b>			213
229	398	PURÓŁ MALGORZATA	WRZEŚNIA		POL	1988	K30	2	00:03:30	00:19:26 (290)	00:03:59	01:21:06 (256)	00:01:21	00:53:05 (205)	<b>02:38:57</b>		16	
230	370	MIKOŁAJCZYK KUBA	ZABRZE	ACCENT BIKES	POL	1992	M25	21	00:00:17	00:15:05 (44)	00:02:51	01:16:50 (169)	00:00:59	01:03:23 (368)	<b>02:39:08</b>			214
231	368	KUCAL RYSZARD	KOŁO	MLUKS TRIATHLON KOŁO	POL	1965	M50	14	00:04:03	00:20:16 (329)	00:04:56	01:22:20 (277)	00:02:15	00:49:23 (126)	<b>02:39:10</b>			215
232	457	FILARECKA AGNIESZKA	BYDGOSZCZ	TRISPACE ATHLETICOMED/SPORTFACTORY	POL	1986	K30	3	00:01:46	00:23:16 (407)	00:03:07	01:18:36 (205)	00:01:29	00:53:00 (203)	<b>02:39:28</b>			17
233	235	WALASIEWICZ PIOTR	ŁÓDŹ	SUPER-SPORT	POL	1970	M45	33	00:00:29	00:14:59 (40)	00:04:34	01:15:10 (122)	00:02:11	01:02:37 (364)	<b>02:39:31</b>			216
234	321	SADOWNICZYK PAWEŁ	SKIERNIEWICE	KLUB SZUFLADA	POL	1976	M40	46	00:04:08	00:20:55 (349)	00:04:26	01:20:12 (235)	00:02:06	00:51:57 (184)	<b>02:39:36</b>			217
235	303	ZALEWSKI JAROSŁAW	ELBLĄG	OPEN BALANCE GIT ELBLĄG	POL	1986	M30	30	00:01:46	00:16:42 (136)	00:03:34	01:21:09 (258)	00:01:26	00:56:52 (278)	<b>02:39:43</b>			218

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

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
236	65	ZWIERZCHOWSKI MACIEJ	WARSZAWA	KUŹNIA TRIATHLONU	POL	1978	M40	47	00:02:46	00:17:13 (170)	00:03:57	01:20:32 (240)	00:01:18	00:56:46 (277)	02:39:46	219		
237	137	WÓJCIK EWA	KRAKÓW	WM TRISELF	POL	1961	K55	1	00:01:43	00:18:58 (264)	00:03:30	01:19:29 (226)	00:01:51	00:56:00 (264)	02:39:48		18	
238	354	JAGLA MARCIN	CHELM ŚLĄSKI		POL	1975	M40	48	00:03:13	00:21:31 (366)	00:04:36	01:18:48 (208)	00:02:08	00:52:46 (198)	02:39:49	220		
239	192	HERBIG STEPHAN	WARSZAWA		POL	1984	M30	31	00:04:03	00:19:48 (302)	00:03:57	01:18:11 (197)	00:01:46	00:55:55 (261)	02:39:52	221		00:00:15
240	159	MAĆZYŃSKI CZESŁAW	PŁOCK		POL	1952	M65	2	00:03:50	00:23:16 (407)	00:03:26	01:16:45 (167)	00:01:18	00:55:08 (247)	02:39:53	222		
241	441	SZAFRAŃSKI MAREK	MOSTY, GMINA KOSAKOV STARY CZŁOWIEK I MOŻE		POL	1961	M55	7	00:02:51	00:16:46 (139)	00:03:24	01:25:18 (326)	00:02:07	00:52:21 (191)	02:39:56	223		
242	438	MIKOŁAJCZYK MACIEJ	WRZEŚNIA		POL	1978	M40	49	00:04:34	00:19:22 (289)	00:04:06	01:19:28 (225)	00:02:24	00:54:37 (237)	02:39:57	224		
243	263	SMĘTEK MICHAŁ	OSTRÓW WIELKOPOLSKI	ZIAJA TEAM	POL	1973	M45	34	00:02:19	00:19:56 (310)	00:04:12	01:19:44 (231)	00:01:22	00:54:52 (243)	02:40:06	225		
244	452	RUBAJ ADAM	KWIDZYN	KTS IRONMAN	POL	1974	M40	50	00:02:02	00:17:01 (153)	00:03:25	01:16:08 (155)	00:02:16	01:01:20 (343)	02:40:10	226		
245	495	MIKA AMELIA	PIASECZNO	KONDYCJA	POL	1978	K40	4	00:03:05	00:19:44 (300)	00:03:39	01:20:26 (238)	00:01:50	00:54:33 (236)	02:40:12		19	
246	417	BIELAWSKI ROBERT	DOBROSZYCE	KANCELARIA BIELAWSKI SP. Z O.O. SP. K. KANCELARI/	POL	1971	M45	35	00:01:53	00:19:28 (293)	00:03:45	01:22:00 (272)	00:02:09	00:52:54 (200)	02:40:16	227		
247	190	PAKUŁSKI MARCIN	WARSZAWA		POL	1984	M30	32	00:03:54	00:20:04 (317)	00:03:22	01:16:37 (166)	00:01:08	00:59:15 (317)	02:40:26	228		
248	114	CHOJNACKI ARTUR	STARIE MIASTO	PROARTI.PL	POL	1979	M35	58	00:01:53	00:19:06 (274)	00:03:09	01:24:14 (311)	00:01:13	00:52:44 (197)	02:40:26	229		
249	475	SŁOMKA MATEUSZ	TOMASZÓW MAZOWIECK		POL	1989	M25	22	00:00:32	00:15:42 (82)	00:04:01	01:22:42 (282)	00:01:38	00:56:26 (274)	02:40:29	230		
250	72	ŻYCHLIŃSKI MIŁOŚZ	ŁÓDŹ	CELIRONMAN	POL	1973	M45	36	00:04:24	00:22:52 (399)	00:03:43	01:19:34 (229)	00:01:49	00:52:37 (196)	02:40:35	231		
251	122	ZAKRZEWSKI MICHAŁ	ŁÓDŹ	SNG WILD DUCKS	POL	1977	M40	51	00:01:17	00:15:57 (98)	00:04:23	01:21:45 (269)	00:02:47	00:55:58 (263)	02:40:50	232		
252	134	OBŁĄKOWSKI STEFAN	PRUSZKÓW	PROJEKT#1025	POL	1984	M30	33	00:03:21	00:19:13 (281)	00:03:35	01:20:50 (249)	00:01:41	00:55:35 (255)	02:40:54	233		
253	255	JANIAK PIOTR	OSTRÓW WIELKOPOLSKI	ORANGE POLSKA	POL	1980	M35	59	00:02:29	00:20:17 (331)	00:03:38	01:19:15 (221)	00:01:31	00:56:23 (270)	02:41:04	234		
254	298	HORNIK ARTUR	WODZISŁAW	BRAK SILESIA MESTO	POL	1981	M35	60	00:00:48	00:17:54 (212)	00:03:01	01:20:52 (252)	00:01:25	00:58:06 (297)	02:41:18	235		
255	278	KĄCKI KAROL	WARSZAWA		POL	1979	M35	61	00:01:59	00:18:46 (258)	00:04:52	01:22:32 (280)	00:01:29	00:53:45 (221)	02:41:24	236		
256	205	MARKOWICZ GRZEGORZ	WROCŁAW		POL	1962	M55	8	00:02:06	00:20:14 (326)	00:03:33	01:24:46 (318)	00:01:29	00:51:30 (172)	02:41:32	237		
257	319	PROKOP ARTUR	WARSZAWA	PROKOP CONSULTING GROUP	POL	1970	M45	37	00:03:49	00:20:11 (324)	00:03:24	01:24:16 (312)	00:01:26	00:52:31 (194)	02:41:48	238		
258	106	WIECH ROMAN	OLSZTYN		POL	1970	M45	38	00:01:03	00:15:26 (65)	00:03:20	01:17:37 (189)	00:01:21	01:04:07 (375)	02:41:51	239		
259	120	DE GROOT JAN	PIASECZNO		POL	1969	M45	39	00:02:50	00:17:45 (205)	00:02:59	01:23:39 (302)	00:01:28	00:56:01 (265)	02:41:52	240		
260	424	KOWALSKI RAFAŁ	CHRZAŚTOWICE	PERFECT E-LINE TEAM	POL	1979	M35	62	00:01:46	00:21:12 (357)	00:05:45	01:17:59 (193)	00:02:00	00:55:09 (248)	02:42:05	241		
261	373	KOWALCZUK TOMASZ	BELCHATÓW	VISA VISA	POL	1989	M25	23	00:00:39	00:15:37 (75)	00:03:44	01:19:15 (221)	00:01:31	01:02:10 (359)	02:42:17	242		
262	260	SZAKOŁA MARCIN	ŻŁOTNIKI		POL	1979	M35	63	00:03:09	00:18:41 (250)	00:03:23	01:18:53 (210)	00:01:27	00:59:55 (324)	02:42:19	243		
263	307	ZARĘBA PAVEŁ	KOŁO		POL	1987	M30	34	00:00:28	00:16:35 (130)	00:03:15	01:19:06 (213)	00:01:05	01:02:22 (363)	02:42:23	244		
264	329	KUCZYŃSKA IZA	PRUSZKÓW	TRINERGY TEAM	POL	1970	K45	3	00:04:24	00:22:23 (389)	00:03:37	01:20:56 (255)	00:02:13	00:53:15 (210)	02:42:24		20	
265	232	TWARDOWSKI PIOTR	PABIANICE		POL	1983	M35	64	00:01:29	00:15:59 (99)	00:03:39	01:20:11 (234)	00:01:14	01:01:24 (345)	02:42:27	245		
266	442	ŁUCZAK ZACHARIASZ	TUREK		POL	1989	M25	24	00:02:12	00:16:25 (123)	00:04:03	01:21:25 (263)	00:01:30	00:59:19 (318)	02:42:42	246		
267	261	BIBIK ŁUKASZ	SIEDLCE	TRIATHLON SIEDLCE CLUB	POL	1995	M18	8	00:02:05	00:16:26 (125)	00:03:51	01:29:47 (373)	00:02:11	00:50:29 (153)	02:42:44	247		
268	253	BRZUSKA LESŁAW	ŁÓDŹ		POL	1979	M35	65	00:02:32	00:18:21 (233)	00:04:54	01:22:45 (284)	00:02:55	00:53:59 (224)	02:42:54	248		
269	155	CNOTA JANUSZ	GDYNIA	PAPUNIS TEAM GDYNIA	POL	1955	M60	4	00:02:51	00:18:48 (259)	00:04:28	01:20:45 (246)	00:02:17	00:56:57 (281)	02:43:15	249		
270	208	MODELSKI RAFAL	SWARZEDZ		POL	1982	M35	66	00:04:28	00:19:17 (285)	00:06:15	01:21:16 (261)	00:02:42	00:53:38 (219)	02:43:23	250		00:00:15
271	91	KUBIS PIOTR	WROCŁAW	GVT	POL	1969	M45	40	00:02:26	00:19:19 (288)	00:04:07	01:23:07 (292)	00:03:26	00:53:25 (212)	02:43:24	251		
272	472	GLONEK DARIUSZ	WŁOCLAWEK		POL	1970	M45	41	00:02:36	00:20:28 (336)	00:04:00	01:23:25 (299)	00:01:58	00:54:01 (225)	02:43:52	252		
273	194	LIZIK WALDEMAR	POŚADA	TRI POWER TEAM KONIN	POL	1972	M45	42	00:01:16	00:16:48 (143)	00:03:38	01:26:02 (330)	00:01:34	00:55:51 (258)	02:43:53	253		
274	492	MIĄSIK-POGODZIŃSKA AGNIESZKA	KRAKÓW	WM TRISELF	POL	1976	K40	5	00:03:45	00:20:54 (348)	00:04:17	01:23:15 (296)	00:01:59	00:53:32 (216)	02:43:57		21	
275	284	PŁUCIENNIK GRZEGORZ	JANIKOWO	JANIKOWO NA SPORTOWO	POL	1971	M45	43	00:03:34	00:18:34 (246)	00:04:45	01:23:47 (303)	00:01:58	00:54:55 (244)	02:43:59	254		
276	327	BUDKOWSKI PAVEŁ	WARSZAWA		POL	1963	M55	9	00:01:08	00:16:36 (132)	00:03:32	01:18:00 (195)	00:01:19	01:04:48 (383)	02:44:15	255		
277	165	RĄCZKOWSKI ADAM	WŁOCLAWEK	SALAMANDER TEAM WŁOCLAWEK	POL	1966	M50	15	00:03:09	00:22:25 (390)	00:04:19	01:20:37 (242)	00:01:46	00:55:14 (251)	02:44:21	256		
278	330	WITCZAK MACIEJ	KALISZ		POL	1978	M40	52	00:01:56	00:23:05 (403)	00:05:01	01:24:19 (313)	00:02:20	00:49:44 (133)	02:44:29	257		
279	331	MLAK KAZIMIERZ	MILIKOWICE		POL	1958	M60	5	00:03:05	00:19:58 (311)	00:04:05			01:20:58 (426)	02:44:34	258		
280	415	SZCZEREK PIOTR	BŁASZKI	DROG BRUK	POL	1975	M40	53	00:02:54	00:19:48 (302)	00:05:05	01:20:48 (247)	00:03:05	00:55:49 (257)	02:44:35	259		
281	126	KOWALSKA ANETA	WARSZAWA		POL	1989	K25	5	00:02:12	00:18:39 (249)	00:03:15	01:23:33 (300)	00:01:25	00:57:53 (294)	02:44:45		22	
282	166	TAFŁOWSKI ROBERT	KROBIA	RTEAM	POL	1975	M40	54	00:03:02	00:21:53 (375)	00:02:59	01:19:35 (230)	00:01:51	00:58:32 (305)	02:44:50	260		

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

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
283	436	ANTCZAK BARTOSZ	PLEWISKA	ENERGOTHERM TRIGROUP	POL	1976	M40	55	00:02:22	00:18:24 (239)	00:03:33	01:24:02 (305)	00:02:20	00:56:32 (276)	02:44:51	261		
284	334	KĘSZKA PIOTR	KALISZ		POL	1978	M40	56	00:01:49	00:21:22 (362)	00:05:46	01:25:24 (327)	00:01:56	00:50:32 (156)	02:45:00	262		
285	395	PAPIERZ PIOTR	BERLIN	SISU BERLIN	POL	1962	M55	10	00:01:17	00:19:38 (294)				01:00:58 (337)	02:45:04	263		
286	367	SZORKIN JANUSZ	KALISZ		POL	1978	M40	57	00:02:50	00:21:06 (355)	00:03:45	01:20:53 (253)	00:03:07	00:56:24 (273)	02:45:15	264		
287	156	JANYGA-KULIK KAROLINA	GDYNIA	KULIK&KUREK	POL	1976	K40	6	00:01:11	00:17:44 (202)	00:04:07	01:22:20 (276)	00:01:56	00:59:08 (315)	02:45:15		23	
288	402	KOŚCIELAK MACIEJ	BYDGOSZCZ	ODDZIAŁ ŻANDARMERII WOJSKOWEJ	POL	1978	M40	58	00:01:09	00:21:03 (354)	00:04:09	01:20:34 (241)	00:01:49	00:57:47 (291)	02:45:22	265		
289	238	KRUPOWICZ MARCIN	WARSZAWA		POL	1964	M50	16	00:03:19	00:18:54 (263)	00:04:26	01:23:09 (294)	00:01:57	00:57:04 (284)	02:45:30	266		
290	254	KAMINSKA-OLCZAK MARTA	GDANSK	KEMIRA SPORT TEAM	POL	1981	K35	3	00:03:33	00:21:20 (360)	00:03:32	01:29:53 (374)	00:01:18	00:49:35 (130)	02:45:38		24	
291	100	STANKOWSKI TOMASZ	WARSZAWA		POL	1987	M30	35	00:02:26	00:20:18 (332)	00:04:00	01:24:23 (314)	00:01:10	00:55:47 (256)	02:45:38	267		
292	283	REPKA MAREK	BYDGOSZCZ	LUPUS TEAM	POL	1973	M45	44	00:03:16	00:23:29 (411)	00:03:23	01:19:00 (211)	00:01:48	00:58:10 (298)	02:45:50	268		
293	79	WRZESZCZ ADRIAN	ŁÓDŹ	CELIRONMAN ADRIAN! BŁAGAM WOLNIEJ	POL	1974	M40	59	00:01:59	00:16:55 (147)	00:03:24	01:26:18 (333)	00:01:25	00:57:52 (293)	02:45:54	269		
294	407	RUDYK SEBASTIAN	WROCŁAW	SEBASTIAN RUDYK TRIATHLON CLUB WROCŁAW	POL	1975	M40	60	00:01:49	00:17:07 (159)	00:04:09	01:18:26 (203)	00:02:31	01:03:47 (372)	02:46:00	270		
295	185	KOZŁOWSKI PIOTR	WARSZAWA		POL	1980	M35	67	00:02:25	00:15:55 (95)	00:03:37	01:17:18 (183)	00:01:52	01:07:22 (395)	02:46:04	271		
296	154	BARTKOWIAK DARIUSZ	OSTRÓW WIELKOPOLSKI	NAVIGARE	POL	1965	M50	17	00:03:55	00:24:25 (420)	00:04:16	01:29:06 (368)	00:01:54	00:46:38 (71)	02:46:19	272		
297	57	JAMRÓŻ ROBERT	WARSZAWA	KUŹNIA TRIATHLONU	POL	1979	M35	68	00:03:27	00:17:11 (166)	00:03:57	01:22:06 (274)	00:02:33	01:00:41 (332)	02:46:28	273		
298	306	KOSICKI BARTŁOMIEJ	WROCŁAW		POL	1983	M35	69	00:02:40	00:20:25 (333)	00:04:15	01:23:23 (298)	00:01:28	00:56:58 (282)	02:46:29	274		
299	304	KUREK WOJCIECH	GDYNIA		POL	1985	M30	36	00:02:16	00:21:59 (378)	00:04:29	01:24:32 (317)	00:01:32	00:53:57 (222)	02:46:29	275		
300	197	GÓRALSKI PIOTR	PŁOCK	AIR BIKE	POL	1971	M45	45	00:02:16	00:18:42 (251)	00:04:37	01:21:44 (267)	00:01:39	00:59:58 (325)	02:46:40	276		
301	37	SAWICKI SEBASTIAN	WARSZAWA	KUŹNIA TRIATHLONU	POL	1985	M30	37	00:00:48	00:16:00 (101)	00:03:47	01:26:33 (337)	00:01:16	00:59:27 (320)	02:47:03	277		
302	465	WNUK JAN	WARSZAWA		POL	1990	M25	25	00:00:35	00:19:38 (294)	00:03:53	01:22:43 (283)	00:02:08	00:59:09 (316)	02:47:31	278		
303	188	DZIEDZIC MAŁGORZATA	GDĄŃSK	DREAM TRI TEAM LUFTHANSA SYSTEMS POLAND	POL	1990	K25	6	00:02:43	00:17:42 (199)	00:03:06	01:22:53 (289)	00:01:33	01:02:18 (361)	02:47:32		25	
304	273	GRYMIN JAN	PABIANICE		POL	1982	M35	70	00:02:02	00:18:45 (255)	00:04:27	01:25:17 (325)	00:02:12	00:57:00 (283)	02:47:41	279		
305	296	GACKA RAFAŁ	SICIENKO	LUPUS TEAM	POL	1976	M40	61	00:00:42	00:17:36 (191)	00:02:55	01:39:43 (420)	00:02:09	00:45:03 (52)	02:47:41	280		00:00:15
306	272	WOJTANOWICZ MARCIN	ZDUŃSKA WOLA		POL	1976	M40	62	00:03:50	00:24:19 (418)	00:03:37	01:17:06 (174)	00:01:54	01:00:48 (333)	02:47:44	281		
307	153	STARZYŃSKI RAFAŁ	KLECZEW		POL	1990	M25	26	00:04:07	00:21:09 (356)	00:03:54	01:26:56 (341)	00:01:30	00:54:19 (232)	02:47:48	282		
308	420	ROGALA JACEK	WROCŁAW		POL	1961	M55	11	00:01:40	00:17:05 (158)	00:03:38	01:23:07 (291)	00:01:51	01:02:09 (358)	02:47:50	283		
309	144	KUCZYŃSKI DANIEL	WARSZAWA	PREŻNE VACKY	POL	1975	M40	63	00:03:17	00:22:19 (385)	00:03:31	01:22:46 (285)	00:01:49	00:57:35 (289)	02:48:00	284		
310	171	SOJA PAWEŁ	TULISZKÓW	MVM	POL	1995	M18	9	00:03:16	00:20:36 (341)	00:05:26	01:27:02 (342)	00:01:31	00:53:25 (213)	02:48:00	285		
311	15	OKLEJ AGATA	WARSZAWA		POL	1980	K35	4	00:02:06	00:18:26 (241)	00:03:16	01:26:07 (331)	00:01:29	00:58:46 (310)	02:48:04		26	
312	290	WCISŁY JAROSŁAW	WARSZAWA	EUROCASH	POL	1980	M35	71	00:04:24	00:19:56 (309)	00:04:14	01:22:23 (279)	00:02:37	00:59:04 (314)	02:48:14	286		
313	277	OLEJNICZAK ELWIRA	ŁÓDŹ	PULS TRI TEAM	POL	1984	K30	4	00:02:59	00:20:10 (321)	00:04:34	01:23:14 (295)	00:02:02	00:58:19 (299)	02:48:19		27	
314	348	ŚWIECH KRYSZTIAN	WŁOCŁAWEK	KRYSTIAN ŚWIECH	POL	1980	M35	72	00:02:19	00:20:16 (329)	00:04:34	01:24:11 (309)	00:02:57	00:56:54 (279)	02:48:52	287		
315	212	ROSZUK JAKUB	OZIMEK	GRUPA TRIATHLONOWA KONA OPOLE	POL	1979	M35	73	00:00:56	00:16:45 (137)	00:04:01	01:26:01 (329)	00:01:27	01:00:59 (338)	02:49:13	288		
316	443	POPLAWSKA ANNA	WARSZAWA	KUŹNIA TRIATHLONU	POL	1981	K35	5	00:02:39	00:19:26 (290)	00:03:16	01:26:21 (334)	00:01:54	00:58:32 (303)	02:49:29		28	
317	383	SZATKOWSKI GRZEGORZ	GRODZISK MAZOWIECKI	DOGOŃ GRODZISK MAZOWIECKI	POL	1972	M45	46	00:03:27	00:19:54 (308)	00:04:08	01:22:01 (273)	00:01:20	01:02:08 (357)	02:49:31	289		
318	240	WITCZAK JAKUB	BIELAJSTOK	NADAKTYWNI	POL	1987	M30	38	00:03:44	00:19:17 (286)	00:04:59	01:29:27 (369)	00:02:17	00:53:32 (214)	02:49:32	290		
319	210	KABAT-KOPERSKA JOANNA	KLINISKA WIELKIE		POL	1973	K45	4	00:02:39	00:18:22 (234)	01:32:55			00:56:56 (280)	02:49:53		29	
320	77	MARCINIAK IZABELA	ŁÓDŹ	CELIRONMAN	POL	1982	K35	6	00:01:29	00:16:23 (117)	00:03:29	01:20:51 (251)	00:01:24	01:08:01 (397)	02:50:08		30	
321	388	NAROŻNIK PIOTR	WARSZAWA		POL	1973	M45	47	00:02:58	00:17:50 (208)	00:05:02	01:27:56 (356)	00:02:16	00:57:24 (287)	02:50:28	291		
322	142	BAGDZIŃSKI DANIEL	WŁOCŁAWEK		POL	1980	M35	74	00:03:23	00:19:09 (276)	00:04:18	01:24:11 (310)	00:02:19	01:00:21 (328)	02:50:33	292		00:00:15
323	365	PTAK JACEK	WARSZAWA	PROJEKT AK	POL	1984	M30	39	00:01:11	00:15:26 (64)	00:03:43	01:16:35 (164)	00:04:26	01:10:23 (412)	02:50:33	293		
324	195	SZYMCZAK PAWEŁ	ŁÓDŹ		POL	1984	M30	40	00:02:32	00:19:43 (298)	00:03:57	01:15:50 (147)	00:01:57	01:09:23 (406)	02:50:50	294		
325	360	KUJAWSKI MARCIN	ŁODZ		POL	1977	M40	64	00:03:30	00:20:00 (313)	00:04:07	01:24:04 (307)	00:01:56	01:00:58 (336)	02:51:05	295		
326	96	STĘPLEWSKI RAFAŁ	GŁOWNO		POL	1979	M35	75	00:00:39	00:16:17 (115)	00:04:29	01:22:40 (281)	00:01:51	01:05:48 (389)	02:51:05	296		
327	433	TRYPUĆ-MAGDZIARZ ALEKSANDRA	BYDGOSZCZ	OLADENTAL TRIDEA OLADENTAL	POL	1975	K40	7	00:02:22	00:23:22 (409)	00:03:14	01:22:52 (288)	00:01:39	01:00:05 (327)	02:51:12		31	
328	404	ŁĘCKI MICHAŁ	WARSZAWA		POL	1986	M30	41	00:03:30	00:20:32 (339)	00:04:10	01:31:03 (380)	00:00:59	00:54:28 (235)	02:51:12	297		
329	353	BRYL MARCIN	ŚLESIN / SOMPOLNO	CENTRUM SPORTU I REKREACJI ŚLESIN	POL	1973	M45	48	00:02:02	00:18:28 (242)	00:04:22	01:24:32 (316)	00:02:13	01:01:53 (355)	02:51:28	298		

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejsowość: Ślesin

M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Pływanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
330	445	KORNATKA KAROL	ZDUŃSKA WOLA		POL	1986	M30	42	00:02:26	00:19:14 (282)	00:04:23	01:21:57 (271)	00:01:47	01:04:30 (379)	02:51:51	299		
331	131	MICHALEWSKI MATEUSZ	OLSZOWICE	DRUŻYNA GRUBEGO MISIA	POL	1976	M40	65	00:02:47	00:18:46 (256)	00:05:59	01:23:03 (290)	00:03:11	01:01:01 (339)	02:52:00	300		
332	448	SOBIECKI TOMASZ	GOSTYNIN		POL	1981	M35	76	00:02:54	00:19:13 (278)	00:04:53	01:27:02 (342)	00:02:16	00:58:48 (311)	02:52:12	301		
333	426	KULIŃSKI PIOTR	BELCHATÓW	IRON FIGHTERS	POL	1990	M25	27	00:03:34	00:18:37 (248)	00:03:45	01:25:16 (324)	00:01:37	01:03:10 (367)	02:52:25	302		
334	141	GOŁKOWSKI RADOŚLAW	ZAWIERCIE		POL	1984	M30	43	00:03:59	00:23:36 (413)	00:03:00	01:28:29 (364)	00:01:15	00:56:15 (268)	02:52:35	303		
335	315	ŚWIĄTEK MACIEJ	OSTRÓW WIELKOPOLSKI		POL	1977	M40	66	00:02:59	00:17:45 (203)	00:04:48	01:23:55 (304)	00:01:53	01:04:18 (377)	02:52:39	304		
336	390	KURZACZ ORFEUSZ	PIŁA		POL	1972	M45	49	00:03:02	00:19:01 (271)	00:04:27	01:25:03 (321)	00:01:53	01:02:19 (362)	02:52:43	305		
337	341	JANUS PIOTR	ZABRZE		POL	1972	M45	50	00:03:16	00:23:40 (414)	00:04:46	01:27:11 (346)	00:02:19	00:55:03 (245)	02:52:59	306		
338	408	CZUBA KRZYSZTOF	OZORKÓW		POL	1971	M45	51	00:04:33	00:21:23 (365)	00:05:40	01:21:40 (265)	00:02:42	01:01:37 (351)	02:53:02	307		
339	471	NUNES PEDRO	WARSZAWA		POL	1985	M30	44	00:01:39	00:16:37 (133)	00:02:40	01:31:24 (383)	00:01:26	01:01:09 (340)	02:53:16	308		
340	488	WŁODARCZYK MARIUSZ	ŁÓDŹ		POL	1980	M35	77	00:04:07	00:19:27 (292)	00:04:25	01:32:34 (391)	00:02:19	00:54:43 (238)	02:53:28	309		
341	343	DOMAŃSKI KRZYSZTOF	ZABRZE		POL	1972	M45	52	00:01:53	00:18:06 (225)	00:04:14	01:27:09 (345)	00:02:54	01:01:16 (342)	02:53:39	310		
342	147	KRZEWIŃSKI SEBASTIAN	WITKOWO		POL	1989	M25	28	00:03:54	00:19:14 (283)	00:04:30	01:28:57 (367)	00:01:46	00:59:40 (322)	02:54:07	311		
343	184	KOWALIK RAFAŁ	ZAWIERCIE	DRUŻYNA GRUBEGO MISIA	POL	1975	M40	67	00:04:15	00:20:01 (314)	00:04:40	01:26:39 (338)	00:01:36	01:01:39 (352)	02:54:35	312		
344	22	OPIŁOWSKI PAWEŁ	MODŁA	LABOSPORT TEAM	POL	1975	M40	68	00:02:22	00:19:39 (297)	00:04:17	01:17:55 (191)	00:01:39	01:11:23 (415)	02:54:53	313		
345	326	MYSZKIEWICZ BARTOSZ	MIŁOŚLAW		POL	1972	M45	53	00:04:11	00:23:07 (405)	00:04:55	01:27:34 (352)	00:01:34	00:57:55 (295)	02:55:05	314		
346	467	MADZIAĞ MARCIN	ŁÓDŹ	ISS RFID	POL	1977	M40	69	00:03:08	00:19:16 (284)	00:06:42	01:25:13 (323)	00:01:58	01:01:51 (354)	02:55:15	315		00:00:15
347	425	WINKLER MARCIN	KONIN		POL	1979	M35	78	00:02:43	00:21:49 (373)	00:04:41	01:24:31 (315)	00:02:14	01:02:01 (356)	02:55:16	316		
348	46	ŻOŃNOWSKA MAGDALENA	STARA IWICZNA	KUŹNIA TRIATHLONU	POL	1981	K35	7	00:00:53	00:16:38 (134)	00:04:15	01:20:44 (245)	00:02:03	01:11:44 (417)	02:55:24	32		
349	340	WIŚNIEWSKI JAKUB	KONIN		POL	1982	M35	79	00:01:52	00:22:38 (394)	00:03:58	01:19:45 (232)	00:02:41	01:06:53 (393)	02:55:55	317		
350	429	ROGACEWICZ MICHAŁ	WARSZAWA		POL	1982	M35	80	00:01:11	00:19:00 (269)	00:06:15	01:26:41 (339)	00:02:28	01:01:32 (348)	02:55:56	318		
351	230	LIŚKIEWICZ MACIEJ	WARSZAWA	TRI-LISKI	POL	1971	M45	54	00:03:50	00:22:16 (384)	00:03:58	01:30:22 (376)	00:02:08	00:57:22 (286)	02:56:06	319		
352	107	WIECH EWA	OLSZTYN		POL	1970	K45	5	00:04:20	00:22:06 (381)	00:03:36	01:31:20 (382)	00:01:43	00:57:13 (285)	02:56:14	33		00:00:15
353	357	KRYGIER RAFAŁ	ŻYCHLIN	KB WARTKO NZOZ GEMINI	POL	1973	M45	55	00:02:43	00:20:16 (328)	00:04:35	01:28:10 (359)	00:01:47	01:01:29 (346)	02:56:17	320		
354	231	ZGORZELESI BARTOSZ	GNIEZNO	SŁYNNI KENIJCZYCY	GNIEZNO	1979	M35	81	00:04:11	00:21:34 (367)	00:04:34	01:32:34 (390)	00:01:48	00:55:51 (259)	02:56:21	321		
355	53	SŁABOSZ GRZEGORZ	WARSZAWA	KUŹNIA TRIATHLONU	POL	1979	M35	82	00:04:11	00:22:40 (396)	00:03:56	01:33:52 (398)	00:02:33	00:53:32 (215)	02:56:33	322		
356	447	WIEWIÓRA ROBERT	KOBYŁKA	TRIROB TEAM	POL	1979	M35	83	00:01:35	00:20:31 (337)	00:04:19	01:21:22 (262)	00:02:02	01:08:30 (403)	02:56:44	323		
357	227	ZAWADZKI ARTUR	WARSZAWA	TRI ALON 42	POL	1975	M40	70	00:01:26	00:17:55 (214)	00:04:22	01:27:20 (348)	00:01:43	01:05:33 (387)	02:56:53	324		
358	460	PRZYBOROWSKI RADOŚLAW	KOŁO	RADEK - SOBIE	POL	1971	M45	56	00:03:41	00:22:31 (393)	00:03:59	01:27:55 (355)	00:01:54	01:00:40 (331)	02:56:59	325		
359	461	DOMINIĄK IGOR	KALISZ		POL	1999	M18	10	00:02:02	00:21:13 (358)	00:03:57	01:21:15 (260)	00:01:44	01:09:08 (404)	02:57:17	326		
360	350	GAWROŃSKA KAROLINA	WROCŁAW		POL	1989	K25	7	00:03:27	00:18:59 (268)	00:03:49	01:38:09 (416)	00:01:48	00:55:04 (246)	02:57:49	34		
361	301	KULBIJ ADAM	TRZCIANKA	KOCHAM KAŚKĘ!	POL	1990	M25	29	00:02:51	00:22:21 (387)	00:03:33	01:27:16 (347)	00:01:32	01:01:41 (353)	02:58:23	327		00:02:00
362	262	MĄDRZAK SŁAWOMIR	OSTRÓW WIELKOPOLSKI		POL	1974	M40	71	00:02:19	00:21:45 (372)	00:04:44	01:27:04 (344)	00:01:40	01:03:23 (369)	02:58:36	328		
363	302	GRZECZKA MACIEJ	SKIERNIEWICE	SKIERNIEWICKIE PORANKI BIEGOWE	POL	1976	M40	72	00:03:20	00:22:28 (391)	00:06:02	01:28:00 (357)	00:04:42	00:57:29 (288)	02:58:41	329		
364	256	AUGUSTOWSKA IZABELA	WARTKOWICE	KB GEOTERMIA UNIEJÓW	POL	1976	K40	8	00:04:11	00:24:23 (419)	00:03:18	01:32:05 (386)	00:01:11	00:58:22 (301)	02:59:19	35		
365	389	WASIAK MARCIN	KOŁO	MARZENIE WASIAKÓW GABINET PSYCHOLOGICZNY N	POL	1973	M45	57	00:02:22	00:20:38 (343)	00:04:52	01:30:15 (375)	00:02:25	01:01:13 (341)	02:59:23	330		
366	128	GRUBA JACEK	BRZOZA	TRIATHLON BRZOZA NIEZRZESZONY	POL	1960	M55	12	00:02:29	00:20:40 (345)	00:04:42	01:28:27 (362)	00:01:55	01:03:45 (371)	02:59:29	331		
367	110	SZCZYGIEL MATEUSZ	ŁÓDŹ	DELL RUNNING TEAM	POL	1978	M40	73	00:03:17	00:17:14 (171)	00:05:20	01:34:20 (400)	00:01:13	01:01:31 (347)	02:59:38	332		
368	217	WYSOCKI KRZYSZTOF	SOMPOLNO		POL	1984	M30	45	00:01:30	00:17:57 (219)	00:04:57	01:33:50 (397)	00:01:21	01:01:35 (350)	02:59:55	333		00:00:15
369	372	JĘDRZEJCZYK LESZEK	PIASECZNO		POL	1965	M50	18	00:03:31	00:23:28 (410)	00:04:54	01:28:23 (361)	00:02:23	01:00:48 (334)	03:00:11	334		00:00:15
370	397	NOWAK GRZEGORZ	SZCZYTNIKI		POL	1975	M40	74	00:04:29	00:22:21 (387)	00:04:24	01:27:46 (353)	00:01:48	01:03:53 (373)	03:00:12	335		
371	97	LISIAK PATRYK	POZNAŃ	FRASTAŚ POZNAŃ	POL	1975	M40	75	00:04:15	00:17:22 (180)	00:04:19	01:33:18 (394)	00:01:36	01:03:56 (374)	03:00:31	336		
372	501	KOWALSKI EDMUND	RYBNO	SAMURAI	POL	1973	M45	58	00:02:30	00:20:25 (333)	00:03:57	01:24:55 (320)	00:01:46	01:09:29 (407)	03:00:32	337		
373	454	BIAŁOBLOCKI JACEK	RYPIN	KB LECH RYPIN	POL	1961	M55	13	00:03:13	00:22:30 (392)	00:03:55	01:32:09 (388)	00:01:30	01:00:30 (329)	03:00:34	338		
374	59	WINNICKI MARCIN	WARSZAWA	KUŹNIA TRIATHLONU	POL	1974	M40	76	00:01:11	00:16:48 (141)	00:04:55	01:33:29 (395)	00:02:33	01:03:00 (366)	03:00:45	339		
375	136	RIVAT EMMANUEL	BIAŁE BLOTA		FRA	1979	M35	84	00:01:39	00:20:31 (337)	00:04:28	01:26:22 (335)	00:02:19	01:07:13 (394)	03:00:53	340		
376	313	MARSZAŁSKI MATEUSZ	KRAKÓW	STASZOWSKIE ORLY	POL	1984	M30	46	00:04:20	00:21:20 (360)	00:04:24	01:34:26 (402)	00:01:52	00:58:51 (312)	03:00:53	341		



# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Start	Plywanie	T1	Rower	T2	Bieg	Wynik	M	K	Kara
377	98	KAMIŃSKI MICHAŁ	ŁÓDŹ	DELL RUNNING TEAM	POL	1991	M25	30	00:01:26	00:17:20 (178)	00:03:56	01:28:14 (360)	00:01:51	01:09:35 (409)	03:00:56	342		
378	374	PYTLAK PIOTR	MILANÓWEK		POL	1969	M45	59	00:01:08	00:16:14 (111)	00:04:00	01:29:34 (370)	00:01:58	01:09:18 (405)	03:01:04	343		
379	164	TOMCZUK BARTOSZ	KALISZ		POL	1984	M30	47	00:02:15	00:18:25 (240)	00:05:22	01:35:37 (408)	00:02:48	00:58:40 (308)	03:01:07	344		00:00:15
380	437	MIKOŁAJCZYK ELŻBIETA	ORZECHOWO		POL	1978	K40	9	00:04:32	00:26:25 (430)	00:03:31	01:30:53 (379)	00:01:53	00:58:31 (302)	03:01:13		36	
381	174	PATYŃOWSKI SŁAWOMIR	MYSIADŁO		POL	1972	M45	60	00:02:29	00:21:02 (353)	00:05:33	01:33:14 (393)	00:03:25	00:58:35 (307)	03:01:49	345		
382	364	SZCZĘŚNY ROBERT	KAZIMIERZ BISKUPI		POL	1973	M45	61	00:02:19	00:23:01 (402)	00:03:48	01:27:31 (350)	00:04:42	01:02:49 (365)	03:01:51	346		
383	418	ADAMEK MARCIN	PLESZEW	IRON TRIATHLON PLESZEW	POL	1978	M40	77	00:00:57	00:17:16 (174)	00:03:27	01:37:40 (415)	00:03:04	01:00:38 (330)	03:02:05	347		
384	251	CAPUTA ANDRZEJ	STRZELNO		POL	1979	M35	85	00:03:37	00:23:11 (406)	00:05:30	01:27:20 (349)	00:01:19	01:05:04 (384)	03:02:24	348		
385	129	ŁUKASZEWSKI BARTOSZ	POZNAŃ		POL	1984	M30	48	00:03:05	00:17:57 (218)	00:04:08	01:25:25 (328)	00:01:56	01:13:07 (422)	03:02:33	349		
386	345	WODICZKO TOMASZ	DĘBNIAŁKI KALISKIE	SUPERMARATON KALISZ	POL	1975	M40	78	00:01:23	00:18:58 (266)	00:04:11	01:32:48 (392)	00:02:18	01:04:26 (378)	03:02:41	350		
387	258	PAWLAK JAKUB	WARSZAWA - POLSKA	HOLO	POL	1983	M35	86	00:00:54	00:15:47 (86)	00:06:38	01:33:35 (396)	00:03:02	01:03:37 (370)	03:02:54	351		00:00:15
388	328	ŚWISTAK MATEUSZ	PIASTÓW	QUASARS MATEUSZ ŚWISTAK	POL	1985	M30	49	00:02:05	00:17:34 (188)	00:05:17	01:29:44 (372)	00:02:24	01:08:12 (400)	03:03:11	352		
389	241	WEŁNICKI PRZEMYSŁAW	BRZEŻNO	BRAK KLUBU BRAK	POL	1977	M40	79	00:02:47	00:18:59 (267)	00:05:26	01:32:05 (387)	00:02:18	01:01:34 (349)	03:03:18	353		
390	462	MADZIARZ RAFAŁ	ŁÓDŹ		POL	1977	M40	80	00:02:43	00:18:16 (229)	00:05:32	01:28:27 (362)	00:03:32	01:07:38 (396)	03:03:25	354		
391	152	PŁONKA ARKADIUSZ	KALISZ	AKADEMIA TRIATHLONU	POL	1964	M50	19	00:02:54	00:19:01 (272)	00:04:00	01:26:51 (340)	00:02:59	01:10:38 (413)	03:03:29	355		
392	101	KOKOT DARIUSZ	KONIN	KB AKTYWNI KONIN	POL	1988	M30	50	00:03:24	00:21:22 (364)	00:04:26	01:35:10 (405)	00:01:42	01:01:22 (344)	03:04:02	356		
393	146	KODZIS PIOTR	BOKSZE STARE		POL	1974	M40	81	00:03:59	00:22:39 (395)	00:07:06	01:35:13 (407)	00:03:26	00:56:03 (267)	03:04:27	357		
394	352	GRABAREK KONRAD	WROCŁAW		POL	1975	M40	82	00:04:16	00:20:32 (340)	00:05:24	01:28:43 (365)	00:02:18	01:08:02 (398)	03:04:59	358		
395	271	WIŚNIEWSKI TOMASZ	WARSZAWA	KPMG RUNNING TEAM	POL	1970	M45	62	00:02:43	00:19:48 (301)	00:05:26	01:32:05 (387)	00:02:18	01:05:28 (386)	03:05:05	359		
396	234	MAGDALENA GIEŁDA	OSTRÓW WIELKOPOLSKI	MADLEN	POL	1972	K45	6	00:03:55	00:26:20 (429)	00:03:57	01:32:22 (389)	00:02:38	01:00:02 (326)	03:05:19		37	
397	175	GRZELA IRENEUSZ	OSTRÓW WLKP		POL	1976	M40	83	00:02:19	00:19:58 (311)	00:04:19	01:34:53 (404)	00:02:34	01:04:10 (376)	03:05:54	360		
398	103	NOWAK JAROSŁAW	KONIN		POL	1981	M35	87	00:03:13	00:21:22 (362)	00:05:17	01:26:11 (332)	00:02:13	01:10:53 (414)	03:05:56	361		
399	409	WIATROWSKI JAKUB	KONIN		POL	1979	M35	88	00:04:07	00:22:51 (398)	00:05:14	01:38:54 (417)	00:01:13	00:58:32 (304)	03:06:44	362		
400	338	WOŹNIAKOWSKI OLGIERD	NOWA IWICZNA		POL	1971	M45	63	00:03:41	00:21:02 (352)	00:05:34	01:28:51 (366)	00:02:03	01:09:37 (410)	03:07:07	363		
401	109	DOBROWOLSKI BARTOSZ	WARSZAWA	BILLENNIUM TEAM	POL	1976	M40	84	00:04:20	00:21:41 (370)	00:06:39	01:39:38 (419)	00:02:52	00:56:23 (269)	03:07:13	364		
402	69	DZIWIŃSKI KRZYSZTOF	KONSTANTYNÓW ŁÓDZKI	CELIRONMAN	POL	1982	M35	89	00:03:05	00:22:49 (397)	00:05:19	01:26:28 (336)	00:02:29	01:10:12 (411)	03:07:17	365		
403	259	SOJA KAROL	TULISZKÓW	MVM	POL	1990	M25	31	00:04:03	00:22:13 (383)	00:04:14	01:36:56 (413)	00:03:22	01:00:53 (335)	03:07:38	366		
404	105	PTAK MACIEJ	JÓZEFOSŁAW		POL	1977	M40	85	00:02:13	00:19:52 (306)	00:05:12	01:28:04 (358)	00:02:35	01:11:58 (420)	03:07:41	367		
405	80	KŁYSZEJKO SYLWIA	ŁÓDŹ	CELIRONMAN	POL	1977	K40	10	00:03:45	00:22:06 (382)	00:06:03	01:43:34 (426)	00:02:25	00:53:36 (217)	03:07:44		38	
406	458	TOMPOROWSKA MONIKA	WARSZAWA	PEUGEOT POLSKA	POL	1978	K40	11	00:03:09	00:22:02 (380)	00:04:34	01:31:58 (385)	00:01:30	01:08:10 (399)	03:08:14		39	
407	221	NOWAK ROMAN	SIERADZ	SCANFIL SCANFIL	POL	1980	M35	90	00:04:28	00:27:01 (432)	00:03:43	01:31:12 (381)	00:01:39	01:05:21 (385)	03:08:56	368		
408	324	JASIULEWICZ IZABELA	ELBLĄG	ETT ELBLĄG TRIATHLON TEAM	POL	1983	K35	8	00:04:07	00:23:35 (412)	00:03:58	01:36:40 (411)	00:01:10	01:04:34 (380)	03:09:57		40	
409	288	RZĄDKIEWICZ MARIUSZ	ŁÓDŹ	INMEDIA ULOTKI	POL	1981	M35	91	00:04:15	00:24:00 (416)	00:06:15	01:39:45 (421)	00:02:04	00:58:19 (300)	03:10:23	369		
410	269	KAWKA PAWEŁ	KONIN		POL	1973	M45	64	00:04:11	00:22:21 (386)	00:07:24	01:31:54 (384)	00:04:00	01:04:45 (382)	03:10:24	370		
411	294	ULACHA PIOTR	ŁÓDŹ		POL	1984	M30	51	00:03:20	00:19:52 (306)	00:06:34	01:29:39 (371)	00:02:34	01:11:47 (419)	03:10:26	371		
412	406	KRAJEWSKI PIOTR	WARSZAWA		POL	1970	M45	65	00:00:57	00:18:48 (259)	00:05:06	01:17:25 (185)	00:02:56	01:27:05 (432)	03:11:20	372		
413	161	KOCIK ARKADIUSZ	ŁÓDŹ		POL	1968	M50	20	00:03:16	00:22:01 (379)	00:05:48	01:34:10 (399)	00:03:37	01:05:53 (390)	03:11:29	373		
414	320	WOJCIECHOWSKI MICHAŁ	ŁÓDŹ		POL	1974	M40	86	00:04:20	00:23:05 (403)	00:06:54	01:37:17 (414)	00:03:20	01:02:15 (360)	03:12:51	374		
415	349	MŁYNARCZYK KRZYSZTOF	KALISZ	KOMANDO FOKI	POL	1980	M35	92	00:02:00	00:25:56 (427)	00:06:35	01:27:53 (354)	00:03:06	01:09:32 (408)	03:13:02	375		
416	305	WIŚNIEWSKA KATARZYNA	WARSZAWA	INDYWIDUALISTKA	POL	1971	K45	7	00:04:19	00:25:55 (426)	00:04:53	01:34:31 (403)	00:02:45	01:06:35 (391)	03:14:39		41	
417	213	KAPALA SŁAWOMIR	ŚWIĘCIECHOWA	BIURO PODRÓŻY LAGUNA WWW.E-LAGUNA.PL	POL	1970	M45	66	00:04:25	00:21:57 (376)	00:05:33	01:27:31 (350)	00:02:31	01:17:21 (425)	03:14:53	376		
418	266	SZYMALA PAWEŁ	ŁÓDŹ		POL	1979	M35	93	00:04:03	00:24:05 (417)	00:04:52	01:35:11 (406)	00:01:49	01:11:45 (418)	03:17:42	377		
419	323	KARP JAKUB	ZIELONKA	INNE SPACERY	POL	1974	M40	87	00:03:59	00:24:46 (422)	00:04:57	01:34:25 (401)	00:02:19	01:11:37 (416)	03:18:04	378		
420	108	ŁĘGOWSKI JAROSŁAW	KOŚCIELNA WIEŚ		POL	1973	M45	67	00:04:00	00:25:45 (425)	00:05:59	01:35:42 (409)	00:02:41	01:08:12 (401)	03:18:19	379		
421	219	ŁANEK DARIUSZ	WŁOCŁAWEK	FIT EXPERT GYM	POL	1961	M55	14	00:02:32	00:17:41 (196)	00:04:45	01:30:31 (377)	00:02:37	01:23:16 (429)	03:18:50	380		
422	473	JĘDRZEJEWSKI ARKADIUSZ	WŁOCŁAWEK		POL	1968	M50	21	00:04:15	00:20:57 (350)	00:05:42	01:24:48 (319)	00:02:07	01:25:50 (431)	03:19:24	381		
423	225	JARECKI STANISŁAW	KONIN	MPEC KONIN - AKTYWNI KONIN	POL	1952	M65	3	00:03:41	00:25:20 (424)	00:06:25	01:36:21 (410)	00:03:34	01:08:26 (402)	03:20:06	382		

# Garmin Iron Triathlon Ślesin 2018 1/4 IM

Organizator: Urząd Miasta i Gminy Ślesin; LABOSPORT Polska

Data: 3 czerwca 2018 r.

Dystans: 1/4 IM (0,95-45-10,55)

Miejscowość: Ślesin

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
424	274	SZYMAŁA TOMASZ	ŁÓDŹ		POL	1979	M35	94	00:04:03	00:26:44 (431)	00:06:15	01:41:15 (423)	00:01:19	01:05:34 (388)	03:21:07	383		
425	430	KOBYLIŃSKI ARKADIUSZ	SZCZECIN		POL	1976	M40	88	00:04:11	00:19:50 (304)	00:06:04	01:46:44 (428)	00:04:17	01:04:39 (381)	03:21:34	384		
426	479	ŚWIETLIŃSKI KRZYSZTOF	SOPÓT		POL	1974	M40	89	00:04:29	00:23:57 (415)	00:03:28	01:30:47 (378)	00:02:35	01:22:00 (427)	03:22:47	385		
427	111	CHADAJ ALEKSANDER	KONIN	MPEC KONIN	POL	1966	M50	22	00:03:41	00:24:36 (421)	00:04:47	01:38:55 (418)	00:03:32	01:13:03 (421)	03:24:53	386		
428	337	RZĄDKIEWICZ JAROSŁAW	ŁÓDŹ		POL	1978	M40	90	00:04:19	00:20:06 (319)	00:05:48	01:42:35 (425)	00:04:11	01:14:52 (424)	03:27:32	387		
429	121	LEWANDOWSKI JAROSŁAW	KONIN		POL	1985	M30	52	00:03:59	00:25:58 (428)	00:05:28	01:46:10 (427)	00:03:47	01:13:57 (423)	03:35:20	388		
430	333	KAMIŃSKI GRZEGORZ	PŁOCK	MAŁACHOWIANKA	POL	1965	M50	23	00:03:50	00:22:52 (399)	00:04:11	02:01:34 (429)	00:01:23	01:06:45 (392)	03:36:45	389		
431	385	SZYMAŃSKI MARCIN	WARSZAWA		POL	1981	M35	95	00:04:29	00:22:58 (401)	00:07:17	01:40:31 (422)	00:03:44	01:23:49 (430)	03:38:19	390		
432	382	ŻERUCHA MACIEJ	ŁÓDŹ		POL	1971	M45	68	00:04:08	00:25:04 (423)	00:07:59	01:41:45 (424)	00:04:42	01:23:13 (428)	03:42:43	391		
433	482	ZWOLINSKI SZYMON	ZAPOLICE	OSOBA PRYWATNA	POL	1974	M40	91	00:04:33	00:27:17 (433)	00:05:24	01:36:44 (412)	00:02:43	01:31:18 (433)	03:43:26	392		