

# METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT

Organizator: Towarzystwo Sportowe TRI-SPORT  
Data: 2022-08-21  
Miejsce: Bydgoszcz  
Dystans: 25.75 km  
Klasyfikacja wg czasów netto.



## METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ISKRA PAWEŁ	148	7PRO TEAM	ZIELENIEWO	POL	M30-39	1	M 1		00:10:54 (2)	00:02:05	00:30:03 (4)	00:00:26	00:19:34 (7)	01:03:02.73
2	BEDNARCZYK TOMASZ	41	BIKE U UP	GDYNIA	POL	M30-39	2	M 2		00:12:19 (8)	00:02:02	00:30:05 (5)	00:00:26	00:19:20 (6)	01:04:12.94
3	RYMER JAKUB	162	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 3	BOGMAR / ERPLAST	00:12:09 (5)	00:02:00	00:30:21 (6)	00:00:31	00:19:55 (10)	01:04:56.90
4	MŁYŃCZAK JAKUB	152	GVT	GLIWICE	POL	M18-29	1	M 4		00:12:16 (7)	00:01:59	00:31:20 (11)	00:00:42	00:18:52 (2)	01:05:09.87
5	ŁOPUSZYŃSKI KRZYSZTOF	61	LANGE TRI COACH/H2OSHOP.PL	BYDGOSZCZ	POL	M30-39	4	M 5		00:14:20 (23)	00:02:11	00:29:41 (1)	00:00:14	00:19:42 (8)	01:06:08.50
6	PTASZEK TOMASZ	157	WANIEWSKI COACHING	GDYNIA	POL	M30-39	5	M 6		00:12:11 (6)	00:02:03	00:31:09 (10)	00:00:55	00:20:30 (15)	01:06:48.22
7	BISKUPSKI CEZARY	27	TRISPACE/TREK			M30-39	6	M 7		00:14:12 (20)	00:02:01	00:29:46 (2)	00:00:47	00:20:41 (17)	01:07:27.30
8	NOWAK PAWEŁ	156		SIEKIERKI WIELKIE	POL	M40-49	1	M 8		00:15:34 (46)	00:02:10	00:30:35 (7)	00:00:58	00:19:04 (3)	01:08:21.60
9	ŚLIWIŃSKI ŁUKASZ	170	ERPLAST/BOGMAR	OSTROMECKO	POL	M30-39	7	M 9	BOGMAR / ERPLAST	00:15:35 (47)	00:02:00	00:30:01 (3)	00:01:03	00:19:48 (9)	01:08:27.50
10	FRUKACZ KAMIL	63	SPORTLEVEL TCZEW	TCZEW	POL	M18-29	2	M 10		00:11:47 (4)	00:02:17	00:32:40 (22)	00:01:07	00:20:42 (18)	01:08:33.94
11	KOWALIKOWSKI DANIEL	119	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	8	M 11	TM IRON TEAM	00:13:34 (16)	00:02:07	00:30:57 (8)	00:00:49	00:21:10 (23)	01:08:37.60
12	PLUTA GNIEWOMIR	118	UKS TRS SUSZ	BYDGOSZCZ	POL	M40-49	2	M 12		00:12:59 (13)	00:02:21	00:31:51 (15)	00:00:45	00:21:12 (25)	01:09:08.40
13	SUDZIŃSKI HUBERT	42		SĘPÓLNO KRAJEŃSKIE		M18-29	3	M 13	TRISPACE/TREK	00:15:31 (44)	00:02:04	00:31:37 (12)	00:01:00	00:19:10 (4)	01:09:22.00
14	PEKRUL WOJCIECH	153	DAWAJ KALACH TEAM / MIĘDZY TRENINGAMI	GDAŃSK	POL	M18-29	4	M 14		00:12:46 (12)	00:02:16	00:32:22 (21)	00:01:02	00:21:04 (20)	01:09:30.97
15	KARSKI KACPER	98		INOWROCLAW	POL	M18-29	5	M 15		00:11:32 (3)	00:02:34	00:33:34 (39)	00:00:47	00:21:12 (24)	01:09:39.65
16	SZEWCIK PATRYK	55	SPORT ZDROWIE KONDYCJA	ŚWIECIE	POL	M30-39	9	M 16		00:14:34 (28)	00:01:46	00:31:03 (9)	00:00:57	00:21:33 (28)	01:09:53.28
17	ZIELINSKI NICOLAS	91	ELENSPORT.PL SKLEPY SPORTOWE	OSIELSKO	POL	M18-29	6	M 17	ELENSPORT.PL	00:14:00 (19)	00:01:55	00:32:58 (25)	00:00:48	00:20:29 (14)	01:10:10.21
18	FÓRMANIAK PIOTR	104	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	3	M 18	TM IRON TEAM	00:13:13 (14)	00:02:08	00:32:05 (17)	00:01:13	00:21:41 (30)	01:10:20.10
19	KOTŁOWSKI BARTOSZ	165	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	BYDGOSZCZ	POL	M30-39	10	M 19	BOGMAR / ERPLAST	00:15:43 (51)	00:02:00	00:34:29 (49)	00:01:02	00:17:24 (1)	01:10:38.25
20	LICZNIERSKI MAREK	10	OWOCBIEGATEAM	PLEWISKA	POL	M30-39	11	M 20	OWOCBIEGATEAM	00:13:43 (17)	00:02:35	00:32:14 (19)	00:01:03	00:21:08 (21)	01:10:43.52
21	BARTKOWIAK DAWID	130		PIŁA	POL	M40-49	4	M 21		00:14:33 (27)	00:02:01	00:31:48 (14)	00:00:47	00:21:52 (33)	01:11:01.82
22	MAZUR WOJCIECH	158		BYDGOSZCZ	POL	M30-39	12	M 22		00:13:16 (15)	00:02:30	00:31:59 (16)	00:01:07	00:22:10 (35)	01:11:02.47
23	WIĘCKOWSKI DARIUSZ	72	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	5	M 23	AKADEMIA MISTRZÓW SPORTU	00:12:41 (11)	00:02:19	00:33:05 (28)	00:00:56	00:22:42 (47)	01:11:43.88

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
24	GACKA RAFAL	116	LUPUS TEAM	STRZELEWO	POL	M40-49	6	M 24	LUPUS TEAM	00:15:44 (52)	00:02:33	00:31:46 (13)	00:01:28	00:20:22 (13)	01:11:53.65
25	DEPTUŁA GRZEGORZ	35	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	OSIELSKO	POL	M40-49	7	M 25		00:15:10 (38)	00:02:34	00:33:14 (32)	00:01:06	00:20:02 (11)	01:12:06.15
26	PRADZYŃSKI MARCIN	89	AKADEMIAMISTRZOWSPORTU	BYDGOSZCZ	POL	M40-49	8	M 26	AKADEMIA MISTRZÓW SPORTU	00:14:40 (30)	00:02:28	00:33:21 (34)	00:00:52	00:21:19 (26)	01:12:40.05
27	GOŁATA WOJCIECH	163	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	M40-49	9	M 27	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:15:07 (37)	00:01:57	00:33:54 (41)	00:01:09	00:20:39 (16)	01:12:46.85
28	MAAS OLIVER	159	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29	7	M 28		00:12:36 (10)	00:02:25	00:37:48 (101)	00:00:45	00:19:17 (5)	01:12:51.78
29	DROBINSKI DANIEL	33		BYDGOSZCZ	POL	M30-39	13	M 29		00:15:40 (50)	00:03:06	00:32:53 (24)	00:01:09	00:20:22 (12)	01:13:10.25
30	BINKOWSKI ADRIAN	135	CTS/CB163	GZIN	POL	M40-49	10	M 30		00:15:39 (49)	00:01:56	00:32:13 (18)	00:01:10	00:22:34 (43)	01:13:32.89
31	BRZEZINSKI ŁUKASZ	173	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	14	M 31	ASSECO ACTIVE TEAM	00:14:47 (32)	00:02:37	00:33:28 (35)	00:01:00	00:21:49 (32)	01:13:41.43
32	NOWICKI BARTOSZ	106	AQUA+	BYDGOSZCZ	POL	M30-39	15	M 32		00:14:44 (31)	00:02:32	00:32:53 (23)	00:00:56	00:22:45 (49)	01:13:50.64
33	WARGACKI PIOTR	124	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	11	M 33	TM IRON TEAM	00:14:47 (33)	00:02:23	00:32:21 (20)	00:01:09	00:23:15 (59)	01:13:55.60
34	ŻMICH-FÓRMANIAK JOANNA	107	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	1	K 1	TM IRON TEAM	00:14:28 (25)	00:02:46	00:33:00 (26)	00:01:01	00:22:43 (48)	01:13:58.00
35	DULIŃSKI BARTOSZ	140	TRISPACE/TREK	NIEMCZ	POL	M18-29	8	M 34	TRISPACE/TREK	00:15:20 (42)	00:02:13	00:33:41 (40)	00:01:56	00:21:10 (22)	01:14:20.30
36	NOWAK MARTYNA	121	3 GRAVITY	BYDGOSZCZ	POL	K18-29	1	K 2		00:12:30 (9)	00:02:43	00:35:23 (59)	00:00:56	00:22:49 (51)	01:14:21.42
37	NOWAK ANIA	155		SIEKIERKI WIELKIE	POL	K30-39	1	K 3		00:17:13 (74)	00:02:09	00:33:06 (29)	00:01:08	00:21:38 (29)	01:15:14.46
38	AUGUSTYNIAK GRZEGORZ	132	PTTDELTA	SŁUPNO	POL	M50-59	1	M 35		00:14:29 (26)	00:03:07	00:33:55 (42)	00:01:30	00:22:35 (44)	01:15:36.60
39	SKORECKI ALEKSANDER	168	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	BYDGOSZCZ	POL	M30-39	16	M 36	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	00:14:34 (29)	00:02:41	00:35:22 (58)	00:01:01	00:22:25 (40)	01:16:03.83
40	GÓRNY BARTOSZ	133	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	17	M 37		00:15:26 (43)	00:02:43	00:33:59 (43)	00:01:48	00:22:15 (38)	01:16:11.82
41	SOBCZAK MARCIN	174	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	18	M 38		00:15:11 (39)	00:02:08	00:34:04 (44)	00:01:05	00:24:06 (74)	01:16:34.80
42	GIERES WALDEMAR	5	PTT DELTA	PŁOCK	POL	M50-59	2	M 39	PTT DELTA	00:17:31 (85)	00:02:07	00:33:02 (27)	00:00:59	00:23:04 (56)	01:16:43.76
43	CHODKIEWICZ TOMASZ	31	GARDENFLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	12	M 40		00:17:26 (80)	00:03:27	00:33:10 (30)	00:01:19	00:21:31 (27)	01:16:53.41
44	LEWANDOWSKI OSKAR	29		KRUSZWICA	POL	M18-29	9	M 41		00:15:53 (54)	00:02:24	00:35:09 (53)	00:01:30	00:22:40 (46)	01:17:36.39
45	DUDKOWIAK MICHAŁ	178	DUDKOWIAK ADWOKACI	POZNAŃ	POL	M30-39	19	M 42		00:14:14 (21)	00:02:31	00:35:07 (52)	00:00:42	00:25:19 (96)	01:17:53.01
46	GILL DANIEL	167	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	13	M 43		00:16:47 (67)	00:03:00	00:33:31 (38)	00:01:26	00:23:13 (58)	01:17:57.08
47	ZIELIŃSKI MACIEJ	88	ELENSPORT.PL	BYDGOSZCZ	POL	M30-39	20	M 44	ELENSPORT.PL	00:17:23 (78)	00:02:58	00:33:30 (37)	00:01:12	00:22:55 (53)	01:17:58.81
48	DAWIDOWSKI MAREK	144	POMIMO TEAM / KARTUZY	KARTUZY	POL	M30-39	21	M 45		00:16:10 (58)	00:02:16	00:36:09 (75)	00:01:15	00:22:12 (36)	01:18:02.72
49	KARCZEWSKI FILIP	20		BYDGOSZCZ	POL	M30-39	22	M 46		00:18:14 (106)	00:02:54	00:33:13 (31)	00:00:52	00:23:26 (62)	01:18:39.43
50	BOHDANOWICZ PATRYCJA	141		BYDGOSZCZ	POL	K30-39	2	K 4		00:15:17 (41)	00:02:28	00:35:26 (61)	00:01:10	00:24:42 (84)	01:19:03.74

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
51	KNYPIŃSKI WOJCIECH	45		BYDGOSZCZ	POL	M30-39	23	M 47		00:16:41 (65)	00:03:11	00:35:40 (66)	00:01:47	00:21:54 (34)	01:19:13.81
52	BUDZIK IRENEUSZ	129	PETNER TEAM	BYDGOSZCZ	POL	M50-59	3	M 48		00:18:31 (113)	00:02:53	00:33:20 (33)	00:01:14	00:23:20 (61)	01:19:18.15
53	WARCZAK KATARZYNA	67	FCNB/TEAMOCHAL	BYDGOSZCZ	POL	K40-49	2	K 5	TEAMOCHAL	00:15:49 (53)	00:02:40	00:36:07 (74)	00:00:52	00:24:05 (73)	01:19:33.48
54	OZOROWSKI LUKASZ	120		SZEMBEKOWO	POL	M40-49	14	M 49		00:16:53 (69)	00:03:54	00:35:14 (55)	00:01:21	00:22:22 (39)	01:19:44.80
55	ZALEWSKI MARCIN	100		ŻYRARDÓW	POL	M30-39	24	M 50		00:16:15 (61)	00:02:41	00:35:37 (65)	00:01:06	00:24:08 (75)	01:19:47.43
56	WASILEWSKA MARTYNA	93	AMS BYDGOSZCZ	BYDGOSZCZ	POL	K30-39	3	K 6	AKADEMIA MISTRZÓW SPORTU	00:16:07 (55)	00:02:46	00:37:22 (95)	00:01:03	00:22:38 (45)	01:19:56.29
57	HIGSON ALEKSANDRA	94	DURHAM UNIVERSITY	BYDGOSZCZ	POL	K18-29	2	K 7		00:14:25 (24)	00:02:51	00:38:42 (112)	00:00:28	00:23:49 (66)	01:20:15.47
58	PUZIAK MARCIN	76		BYDGOSZCZ	POL	M40-49	15	M 51		00:15:04 (35)	00:02:50	00:37:18 (94)	00:01:05	00:24:04 (72)	01:20:21.11
59	GIEDRYS ROMAN	145		TUCHOLA	POL	M50-59	4	M 52		00:17:57 (100)	00:03:18	00:34:19 (46)	00:01:02	00:23:51 (68)	01:20:27.28
60	CIUPA JAROSŁAW	80	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	5	M 53		00:18:01 (102)	00:03:24	00:33:29 (36)	00:02:00	00:23:51 (67)	01:20:45.24
61	LICHOCKA PATRYCJA	154	BS TRI	POZNAŃ	POL	K18-29	3	K 8		00:17:33 (86)	00:02:33	00:37:15 (91)	00:01:07	00:22:25 (41)	01:20:53.35
62	PALETA ELŻBIETA	2	TM IRON TEAM	KATOWICE	POL	K18-29	4	K 9	TM IRON TEAM	00:16:10 (57)	00:03:03	00:38:50 (114)	00:01:24	00:21:48 (31)	01:21:15.93
63	LICZNIERSKA ALINA	150	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	3	K 10		00:19:24 (119)	00:02:06	00:36:44 (82)	00:00:53	00:22:15 (37)	01:21:22.31
64	RUCIŃSKI RAFAŁ	8	SELEKCJA NATURALNA	MAŁE RUDY	POL	M30-39	25	M 54	SELEKCJA NATURALNA	00:18:28 (112)	00:02:24	00:34:56 (51)	00:01:33	00:24:14 (77)	01:21:35.27
65	PACZKOWSKI MIROSŁAW	32		BYDGOSZCZ	POL	M50-59	6	M 55		00:17:13 (75)	00:04:00	00:36:05 (73)	00:01:46	00:22:33 (42)	01:21:37.24
66	KLONOWSKI MARIUSZ	179	PRIMIGENIUS	ŁOCHOWO	POL	M40-49	16	M 56		00:18:18 (108)	00:02:57	00:35:23 (60)	00:01:26	00:23:46 (65)	01:21:50.50
67	MALINOWSKI ARTUR	115		MAKSYMILIANOWO	POL	M50-59	7	M 57		00:17:40 (88)	00:03:34	00:35:11 (54)	00:01:27	00:24:02 (71)	01:21:54.91
68	CABAJ MARTYNA	11	IM INSPIRATION	BYDGOSZCZ	POL	K18-29	5	K 11		00:14:19 (22)	00:02:42	00:35:28 (62)	00:01:29	00:27:59 (125)	01:21:57.64
69	WASILEWSKA AGATA	92	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	K40-49	4	K 12	AKADEMIA MISTRZÓW SPORTU	00:17:01 (72)	00:02:51	00:36:28 (78)	00:01:09	00:24:34 (81)	01:22:03.69
70	GÓRNY BARTŁOMIEJ	13		KOŚCIELECZKI	POL	M40-49	17	M 58		00:18:07 (103)	00:02:27	00:35:29 (63)	00:01:19	00:24:42 (83)	01:22:04.95
71	NOWOTNIK MARIUSZ	169		BYDGOSZCZ	POL	M40-49	18	M 59		00:17:51 (93)	00:02:46	00:36:01 (71)	00:01:09	00:24:20 (78)	01:22:07.57
72	MALINOWSKA EWELINA	86		WARSZAWA	POL	K40-49	5	K 13		00:15:36 (48)	00:02:18	00:37:50 (102)	00:01:23	00:25:13 (94)	01:22:20.66
73	STRYCZYŃSKI MAREK	71				M30-39	26	M 60		00:17:18 (76)	00:03:16	00:35:41 (67)	00:01:44	00:24:29 (80)	01:22:28.66
74	ŻYCHLIŃSKI MIŁOSZ	17	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M40-49	19	M 61		00:20:41 (132)	00:02:52	00:34:17 (45)	00:01:50	00:22:55 (52)	01:22:35.58
75	TROŚCIANIEC TOMASZ	139	GRAJAN TEAM OŁAWA	OŁAWA	POL	M30-39	27	M 62		00:16:15 (60)	00:03:12	00:36:10 (76)	00:01:56	00:25:10 (93)	01:22:43.18
76	GALICKI JAKUB	171	AKADEMIA MISTRZÓW SPORTU	BRZOZA	POL	M40-49	20	M 63		00:17:07 (73)	00:03:03	00:37:16 (93)	00:01:26	00:24:02 (70)	01:22:54.66
77	KUŻMA WOJCIECH	28		BYDGOSZCZ	POL	M50-59	8	M 64		00:17:51 (92)	00:02:46	00:35:20 (56)	00:01:11	00:25:48 (104)	01:22:56.05
78	SOŁDYGA PAWEŁ	96	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	21	M 65		00:20:03 (127)	00:02:50	00:35:54 (68)	00:01:40	00:22:58 (54)	01:23:25.82
79	BRYLL ŁUKASZ	77	BKK TRI TEAM	KRUSZYN KRAJEŃSKI	POL	M30-39	28	M 66		00:17:00 (71)	00:03:15	00:36:58 (86)	00:01:26	00:24:47 (88)	01:23:26.42

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
80	GABRYCH MACIEJ	34	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	22	M 67		00:17:54 (96)	00:03:05	00:37:02 (88)	00:01:06	00:24:21 (79)	01:23:28.28
81	FABROWSKI DAWID	125				M40-49	23	M 68	CTS	00:15:07 (36)	00:03:20	00:36:55 (84)	00:01:36	00:26:32 (109)	01:23:30.11
82	PEZACKI SZYMON	57	NIEMCZ BIKE ACADEMY	NIEMCZ	POL	M18-29	10	M 69		00:15:12 (40)	00:03:47	00:36:38 (80)	00:02:16	00:25:44 (103)	01:23:37.17
83	ZAMOYSKI PIOTR	56		BRWINÓW	POL	M30-39	29	M 70		00:17:26 (79)	00:02:43	00:37:09 (89)	00:01:20	00:25:01 (92)	01:23:39.42
84	TOMASZ MARIUSZ	23	GRAJAN OŁAWA	OŁAWA	POL	M40-49	24	M 71		00:21:36 (140)	00:03:11	00:34:22 (47)	00:01:47	00:22:47 (50)	01:23:43.27
85	WOŹNIAK RADEK	143		BYDGOSZCZ	POL	M30-39	30	M 72		00:19:24 (120)	00:02:33	00:34:27 (48)	00:01:08	00:26:35 (111)	01:24:07.16
86	BOROWSKI RADOSŁAW	40	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39	31	M 73		00:18:19 (109)	00:02:58	00:36:21 (77)	00:01:11	00:25:21 (97)	01:24:10.42
87	CZACHOWSKI JACEK	176	KS OPLAWIEC	BYDGOSZCZ	POL	M30-39	32	M 74		00:18:21 (110)	00:02:57	00:37:32 (97)	00:00:43	00:24:39 (82)	01:24:12.15
88	DOROTA DULIŃSKA	82	TRISPACE/TREK	NIEMCZ	POL	K40-49	6	K 14		00:17:52 (94)	00:02:50	00:35:36 (64)	00:01:05	00:26:56 (115)	01:24:19.37
89	REPKA MAREK	66	LUPUS TEAM	BYDGOSZCZ	POL	M40-49	25	M 75		00:21:20 (138)	00:02:28	00:34:35 (50)	00:01:23	00:24:48 (89)	01:24:34.51
90	SKÓRCZEWSKI MARCIN	25				M18-29	11	M 76		00:16:31 (63)	00:03:13	00:36:03 (72)	00:01:43	00:27:20 (117)	01:24:50.92
91	FIGLER IWONA	151	TRISPACE/TREK	NIEMCZ	POL	K50-59	1	K 15		00:21:03 (137)	00:02:39	00:35:58 (69)	00:01:16	00:23:58 (69)	01:24:54.00
92	KOLASSA ROBERT	95		MUROWANIEC	POL	M30-39	33	M 77		00:18:27 (111)	00:03:29	00:39:24 (119)	00:00:29	00:23:17 (60)	01:25:06.92
93	STAŃCZYK KAMIL	79	83 BLP	BAŁTÓW	POL	M30-39	34	M 78		00:19:02 (117)	00:04:23	00:38:41 (111)	00:02:07	00:20:54 (19)	01:25:07.68
94	BOIŃSKI BARTOSZ	60		BYDGOSZCZ	POL	M30-39	35	M 79		00:17:30 (84)	00:03:14	00:37:35 (98)	00:02:13	00:24:50 (91)	01:25:22.42
95	SOBCZYŃSKI MICHAŁ	99		TRYSZCZYN	POL	M30-39	36	M 80		00:16:12 (59)	00:03:01	00:37:56 (104)	00:01:39	00:26:44 (113)	01:25:32.22
96	PRZYBYŁA AGNIESZKA	83		BYDGOSZCZ	POL	K40-49	7	K 16		00:16:38 (64)	00:03:23	00:39:45 (124)	00:00:30	00:25:28 (98)	01:25:44.26
97	PIETRZAK AGATA	142		BYDGOSZCZ	POL	K30-39	4	K 17		00:14:57 (34)	00:02:57	00:38:56 (115)	00:01:28	00:27:27 (119)	01:25:45.78
98	RUTKOWSKI TOMASZ	110	OLIMPIA SPORT	POZNAŃ	POL	M30-39	37	M 81		00:19:54 (125)	00:03:42	00:37:15 (90)	00:01:56	00:23:38 (63)	01:26:25.39
99	TOMASZEWSKI MARCIN	147		ŁOCHOWICE	POL	M40-49	26	M 82		00:20:57 (136)	00:03:22	00:37:39 (99)	00:01:22	00:23:09 (57)	01:26:29.08
100	LICA GRZEGORZ	103		BYDGOSZCZ	POL	M40-49	27	M 83		00:17:54 (97)	00:03:55	00:35:21 (57)	00:01:58	00:27:42 (123)	01:26:50.75
101	MOJSIEWICZ NATALIA	87		WARSZAWA	POL	K18-29	6	K 18		00:17:29 (83)	00:02:56	00:36:41 (81)	00:01:25	00:28:40 (129)	01:27:11.68
102	ŻEGLICZ MAREK	84	SPÓJNIA BIAŁE BŁOTA	BIAŁE BŁOTA	POL	M18-29	12	M 84		00:18:38 (114)	00:04:56	00:37:15 (92)	00:01:43	00:24:46 (86)	01:27:18.15
103	GARBIEC MIROŚŁAW	16		BYDGOSZCZ	POL	M60-69	1	M 85		00:20:46 (134)	00:03:37	00:35:59 (70)	00:02:11	00:24:47 (87)	01:27:20.62
104	URBAŃSKI DAWID	97		BYDGOSZCZ	POL	M40-49	28	M 86		00:17:50 (91)	00:03:35	00:38:12 (106)	00:01:46	00:26:04 (106)	01:27:27.75
105	PAPIEROWSKI PIOTR	50	ATOS	OSIELSKO	POL	M30-39	38	M 87		00:18:12 (105)	00:04:13	00:36:53 (83)	00:01:25	00:26:46 (114)	01:27:29.94
106	CHMURA MACIEJ	14	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	29	M 88		00:17:52 (95)	00:04:40	00:36:58 (85)	00:01:43	00:26:33 (110)	01:27:46.12
107	MODZELEWSKA MARIA	108	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	5	K 19	TM IRON TEAM	00:20:10 (128)	00:02:46	00:39:03 (117)	00:00:27	00:25:31 (99)	01:27:57.28

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
108	ZEVALLOS ROBERT	58		BIGGIN HILL	GBR	M18-29	13	M 89		00:17:36 (87)	00:03:15	00:39:44 (123)	00:00:59	00:26:25 (108)	01:27:59.68
109	LUDWINIAK BOGDAN	65		BYDGOSZCZ	POL	M50-59	9	M 90		00:17:55 (98)	00:02:50	00:36:32 (79)	00:01:35	00:29:25 (134)	01:28:17.63
110	TOMASZEWSKI MATEUSZ	134	GRAJAN OŁAWA	OŁAWA	POL	M30-39	39	M 91		00:17:49 (90)	00:03:17	00:43:11 (137)	00:01:04	00:23:00 (55)	01:28:21.00
111	MONTOWSKI JAKUB	49		BYDGOSZCZ	POL	M40-49	30	M 92		00:18:07 (104)	00:03:45	00:37:57 (105)	00:01:10	00:27:22 (118)	01:28:21.31
112	FRAĆKOWSKI ŁUKASZ	4	THE TRI DOCTOR	BYDGOSZCZ	POL	M30-39	40	M 93		00:13:59 (18)	00:03:27	00:37:24 (96)	00:01:44	00:32:07 (144)	01:28:41.28
113	RIINA EDOARDO	39		ZGORZAŁA	ITA	M40-49	31	M 94		00:16:10 (56)	00:04:35	00:39:41 (121)	00:01:31	00:26:59 (116)	01:28:56.96
114	GOŁATA AGNIESZKA	164	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	K40-49	8	K 20	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:18:17 (107)	00:02:58	00:38:28 (109)	00:01:29	00:27:48 (124)	01:29:00.00
115	LISEWSKI PIOTR	43				M50-59	10	M 95		00:19:52 (124)	00:03:15	00:38:48 (113)	00:01:47	00:25:19 (95)	01:29:01.80
116	WŁUDARSKI MARCIN	128		BYDGOSZCZ	POL	M30-39	41	M 96		00:03:51 (1)	00:17:26	00:41:15 (130)	00:00:43	00:26:16 (107)	01:29:31.38
117	ŁATKA MARCIN	12		MYŚLECINEK	POL	M40-49	32	M 97		00:16:50 (68)	00:03:00	00:40:52 (129)	00:01:28	00:27:41 (121)	01:29:51.00
118	BOHDANOWICZ JAROSŁAW	149	OLIMPIASPORT.PL	NIEMCZ	POL	M60-69	2	M 98		00:16:57 (70)	00:03:30	00:38:18 (108)	00:01:39	00:29:32 (135)	01:29:56.91
119	KLIMEK PRZEMYSŁAW	59	TOYOTA JAWORSKI AUTO	BYDGOSZCZ	POL	M18-29	14	M 99		00:17:23 (77)	00:02:59	00:39:35 (120)	00:01:03	00:29:45 (136)	01:30:45.45
120	STĘPSKA MAŁGOSIA	18	B3T	KRAKÓW	POL	K50-59	2	K 21		00:20:25 (130)	00:03:12	00:38:14 (107)	00:00:59	00:28:03 (126)	01:30:53.25
121	OSIŃSKI ADAM	46	CHŁOPAKI TO MY	BYDGOSZCZ	POL	M50-59	11	M 100		00:21:33 (139)	00:05:00	00:37:50 (103)	00:01:56	00:24:44 (85)	01:31:03.49
122	GUMIŃSKI SZYMON	160		NIWY	POL	M30-39	42	M 101		00:16:46 (66)	00:04:13	00:42:46 (135)	00:02:40	00:24:49 (90)	01:31:14.92
123	BŁĄŻEJEWSKA AGNIESZKA	175	TM IRON TEAM	ŁOCHOWO	POL	K30-39	6	K 22		00:20:45 (133)	00:03:22	00:40:17 (125)	00:00:35	00:26:37 (112)	01:31:36.05
124	SADKIEWICZ JACEK	172	RACING TEAM	OSIELSKO	POL	M50-59	12	M 102		00:17:56 (99)	00:03:40	00:36:59 (87)	00:01:39	00:31:32 (142)	01:31:46.51
125	MISZTELA DARIUSZ	73	PTT DELTA	PLOCK	POL	M60-69	3	M 103	PTT DELTA	00:19:27 (121)	00:03:25	00:39:18 (118)	00:02:01	00:27:41 (122)	01:31:52.45
126	SURWIŁO-RUTKOWSKA JUSTYNA	109	OLIMPIA SPORT	POZNAŃ	POL	K30-39	7	K 23		00:17:42 (89)	00:04:14	00:40:48 (128)	00:01:10	00:28:24 (128)	01:32:18.64
127	DWOJACZNA-CHRAPKOWSKA ANNA	9	IRON HOUSE TRIATHLON WŁOCŁAWEK	WŁOCŁAWEK	POL	K30-39	8	K 24	IRON HOUSE TRIATHLON WŁOCŁAWEK	00:20:01 (126)	00:04:32	00:40:40 (127)	00:01:59	00:25:41 (102)	01:32:53.58
128	KOWALSKI MAREK	85	REKINY OSIELSKO	NIEMCZ	POL	M50-59	13	M 104		00:17:27 (81)	00:06:41	00:39:42 (122)	00:02:23	00:27:29 (120)	01:33:42.82
129	ZGÓRSKI MACIEJ	7		BYDGOSZCZ	POL	M40-49	33	M 105		00:20:25 (131)	00:04:44	00:38:28 (110)	00:01:37	00:29:07 (133)	01:34:21.05
130	PASTWA DONATA	1				K50-59	3	K 25	TRISPACE/TREK	00:21:39 (141)	00:03:42	00:43:55 (140)	00:01:04	00:24:11 (76)	01:34:31.27
131	BIBIK ŁUKASZ	75	RUN DMT	BYDGOSZCZ	POL	M40-49	34	M 106		00:20:22 (129)	00:05:02	00:37:45 (100)	00:02:56	00:28:59 (132)	01:35:04.50
132	PIĄTKOWSKI MATEUSZ	111	TRIFECTA	BYDGOSZCZ	POL	M18-29	15	M 107	TRIFECTA	00:17:28 (82)	00:06:02	00:45:06 (143)	00:00:54	00:25:41 (101)	01:35:11.85
133	ŻELAZNY MARCIN	38		BYDGOSZCZ	POL	M50-59	14	M 108		00:15:34 (45)	00:04:51	00:42:07 (133)	00:02:04	00:30:45 (139)	01:35:21.97
134	WIŚNIEWSKI MIKOŁAJ	52		BYDGOSZCZ	POL	M40-49	35	M 109		00:19:31 (123)	00:02:42	00:42:53 (136)	00:00:58	00:29:53 (137)	01:35:57.15

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
135	MORZYŃSKI STANISŁAW	90		KCYNIA	POL	M40-49	36	M 110		00:23:09 (144)	00:03:38	00:38:59 (116)	00:02:35	00:28:17 (127)	01:36:38.29
136	WILAND ADAM	101		GRUDZIĄDZ	POL	M18-29	16	M 111		00:18:57 (116)	00:04:29	00:46:57 (148)	00:01:45	00:25:34 (100)	01:37:42.01
137	FIEGEL KATARZYNA	15	TRISPACE/TREK	BYDGOSZCZ	POL	K40-49	9	K 26	TRISPACE/TREK	00:25:26 (152)	00:02:15	00:43:37 (139)	00:01:14	00:26:01 (105)	01:38:33.43
138	KOJRO FILIP	48	PLCK	BYDGOSZCZ	POL	M18-29	17	M 112		00:16:30 (62)	00:06:30	00:43:34 (138)	00:01:07	00:31:03 (141)	01:38:44.15
139	DOBRZYŃSKA EWA	54		BYDGOSZCZ	POL	K30-39	9	K 27		00:23:53 (147)	00:04:33	00:45:28 (144)	00:01:44	00:23:42 (64)	01:39:20.32
140	NOWAKOWSKA NATALIA	53		BYDGOSZCZ	POL	K30-39	10	K 28		00:19:29 (122)	00:02:27	00:44:43 (141)	00:00:55	00:32:24 (145)	01:39:58.95
141	MONTOWSKI JAN	74	OPŁAWIEC	BYDGOSZCZ	POL	M60-69	4	M 113		00:24:03 (149)	00:03:57	00:40:29 (126)	00:00:52	00:30:51 (140)	01:40:12.38
142	ANDRZEJEWSKI RYSZARD	138	ŻÓŁTKRÓLEWCY	BYDGOSZCZ	POL	M70-79	1	M 114		00:22:36 (143)	00:06:35	00:42:06 (132)	00:01:53	00:28:42 (130)	01:41:52.95
143	KLIN PAULINA	69		CZERSK	POL	K30-39	11	K 29		00:24:16 (150)	00:04:15	00:45:30 (145)	00:01:19	00:28:48 (131)	01:44:08.83
144	DÜCHTING BENJAMIN	36		BERLIN	GER	M30-39	43	M 115		00:17:58 (101)	00:04:41	00:45:34 (146)	00:01:33	00:35:58 (149)	01:45:44.69
145	SZABO-MOSKAL IGA	123		BORÓWNO	POL	K50-59	4	K 30		00:21:51 (142)	00:03:45	00:48:03 (150)	00:00:56	00:31:44 (143)	01:46:19.44
146	PIĄTKOWSKI MARIUSZ	113	TRIFECTA	BYDGOSZCZ	POL	M50-59	15	M 116	TRIFECTA	00:19:21 (118)	00:04:24	00:47:44 (149)	00:00:41	00:36:15 (150)	01:48:25.91
147	PIĄTKOWSKI KRYSZTIAN	112	TRIFECTA	BYDGOSZCZ	POL	M18-29	18	M 117	TRIFECTA	00:18:39 (115)	00:04:27	00:48:34 (151)	00:00:40	00:36:15 (151)	01:48:35.99
148	CIESIELSKI PIOTR	105	TTRI SPREĆOWO	MAKSYMILIANOWO	POL	M50-59	16	M 118		00:20:48 (135)	00:05:39	00:50:03 (154)	00:00:35	00:32:25 (146)	01:49:30.41
149	KOZŁOWSKA MAŁGORZATA	137	PTT DELTA	PŁOCK	POL	K40-49	10	K 31		00:25:28 (153)	00:04:57	00:44:56 (142)	00:01:03	00:33:43 (147)	01:50:07.80
150	CZYŻEWSKI PIOTR	3		BRZOZA	POL	M30-39	44	M 119		00:23:44 (146)	00:04:46	00:41:38 (131)	00:02:34	00:37:59 (153)	01:50:41.52
151	IDZIŃSKA NATALIA	78	BRAK- OS.PRywatna	BYDGOSZCZ	POL	K30-39	12	K 32		00:23:13 (145)	00:04:11	00:55:52 (156)	00:00:30	00:30:15 (138)	01:54:01.53
152	BŁASZKIEWICZ MARZENA	166	ENEA BYDGOSZCZ TRIATHLON		POL	K30-39	13	K 33		00:24:34 (151)	00:04:30	00:49:34 (153)	00:01:02	00:34:24 (148)	01:54:04.24
153	SAWICKI WALDEMAR	22		BYDGOSZCZ	POL	M80+	1	M 120		00:23:57 (148)	00:04:52	00:46:36 (147)	00:00:57	00:42:49 (154)	01:59:11.21
154	WIŚNIEWSKI KRZYSZTOF	127	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	17	M 121	TRISPACE/TREK	00:36:29 (156)	00:04:02	00:42:31 (134)	00:01:44	00:36:28 (152)	02:01:14.78
155	MIKA ALDONA	102		BYDGOSZCZ	POL	K50-59	5	K 34		00:26:14 (154)	00:06:09	00:48:44 (152)			02:01:56.00
156	NOWAK ANDRZEJ	131		KORONOWO	POL	M60-69	5	M 122		00:29:30 (155)	00:06:01	00:55:03 (155)	00:02:21	00:47:00 (155)	02:19:55.86
	NOWAKOWSKI MARCIN	114	TRIFECTA	BYDGOSZCZ	POL	M40-49			TRIFECTA	DNF (0)	00:00:00	00:00:00 (0)	00:00:00	00:00:00 (0)	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Kobiety**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ŻMICH-FÓRMANIAK JOANNA	107	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	1	K 1	TM IRON TEAM	00:14:28	00:02:46	00:33:00	00:01:01	00:22:43	01:13:58.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
2	NOWAK MARTYNA	121	3 GRAVITY	BYDGOSZCZ	POL	K18-29	1	K 2		00:12:30	00:02:43	00:35:23	00:00:56	00:22:49	01:14:21.42
3	NOWAK ANIA	155		SEKIERKI WIELKIE	POL	K30-39	1	K 3		00:17:13	00:02:09	00:33:06	00:01:08	00:21:38	01:15:14.46
4	BOHDANOWICZ PATRYCJA	141		BYDGOSZCZ	POL	K30-39	2	K 4		00:15:17	00:02:28	00:35:26	00:01:10	00:24:42	01:19:03.74
5	WARCZAK KATARZYNA	67	FCNB/TEAMOCHAL	BYDGOSZCZ	POL	K40-49	2	K 5	TEAMOCHAL	00:15:49	00:02:40	00:36:07	00:00:52	00:24:05	01:19:33.48
6	WASILEWSKA MARTYNA	93	AMS BYDGOSZCZ	BYDGOSZCZ	POL	K30-39	3	K 6	AKADEMIA MISTRZÓW SPORTU	00:16:07	00:02:46	00:37:22	00:01:03	00:22:38	01:19:56.29
7	HIGSON ALEKSANDRA	94	DURHAM UNIVERSITY	BYDGOSZCZ	POL	K18-29	2	K 7		00:14:25	00:02:51	00:38:42	00:00:28	00:23:49	01:20:15.47
8	LICHOCKA PATRYCJA	154	BS TRI	POZNAŃ	POL	K18-29	3	K 8		00:17:33	00:02:33	00:37:15	00:01:07	00:22:25	01:20:53.35
9	PALETA ELŻBIETA	2	TM IRON TEAM	KATOWICE	POL	K18-29	4	K 9	TM IRON TEAM	00:16:10	00:03:03	00:38:50	00:01:24	00:21:48	01:21:15.93
10	LICZNIERSKA ALINA	150	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	3	K 10		00:19:24	00:02:06	00:36:44	00:00:53	00:22:15	01:21:22.31
11	CABAJ MARTYNA	11	IM INSPIRATION	BYDGOSZCZ	POL	K18-29	5	K 11		00:14:19	00:02:42	00:35:28	00:01:29	00:27:59	01:21:57.64
12	WASILEWSKA AGATA	92	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	K40-49	4	K 12	AKADEMIA MISTRZÓW SPORTU	00:17:01	00:02:51	00:36:28	00:01:09	00:24:34	01:22:03.69
13	MALINOWSKA EWELINA	86		WARSZAWA	POL	K40-49	5	K 13		00:15:36	00:02:18	00:37:50	00:01:23	00:25:13	01:22:20.66
14	DOROTA DULIŃSKA	82	TRISPACE/TREK	NIEMCZ	POL	K40-49	6	K 14		00:17:52	00:02:50	00:35:36	00:01:05	00:26:56	01:24:19.37
15	FIGLER IWONA	151	TRISPACE/TREK	NIEMCZ	POL	K50-59	1	K 15		00:21:03	00:02:39	00:35:58	00:01:16	00:23:58	01:24:54.00
16	PRZYBYŁA AGNIESZKA	83		BYDGOSZCZ	POL	K40-49	7	K 16		00:16:38	00:03:23	00:39:45	00:00:30	00:25:28	01:25:44.26
17	PIETRZAK AGATA	142		BYDGOSZCZ	POL	K30-39	4	K 17		00:14:57	00:02:57	00:38:56	00:01:28	00:27:27	01:25:45.78
18	MOJSIEWICZ NATALIA	87		WARSZAWA	POL	K18-29	6	K 18		00:17:29	00:02:56	00:36:41	00:01:25	00:28:40	01:27:11.68
19	MODZELEWSKA MARIA	108	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	5	K 19	TM IRON TEAM	00:20:10	00:02:46	00:39:03	00:00:27	00:25:31	01:27:57.28
20	GOŁATA AGNIESZKA	164	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	K40-49	8	K 20	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:18:17	00:02:58	00:38:28	00:01:29	00:27:48	01:29:00.00
21	STĘPSKA MAŁGOSIA	18	B3T	KRAKÓW	POL	K50-59	2	K 21		00:20:25	00:03:12	00:38:14	00:00:59	00:28:03	01:30:53.25
22	BŁĄŻEJEWSKA AGNIESZKA	175	TM IRON TEAM	ŁOCHOWO	POL	K30-39	6	K 22		00:20:45	00:03:22	00:40:17	00:00:35	00:26:37	01:31:36.05
23	SURWIŁO-RUTKOWSKA JUSTYNA	109	OLIMPIA SPORT	POZNAŃ	POL	K30-39	7	K 23		00:17:42	00:04:14	00:40:48	00:01:10	00:28:24	01:32:18.64
24	DWOJACZNA-CHRAPKOWSKA ANNA	9	IRON HOUSE TRIATHLON WŁOCLĄWEK	WŁOCLĄWEK	POL	K30-39	8	K 24	IRON HOUSE TRIATHLON WŁOCLĄWEK	00:20:01	00:04:32	00:40:40	00:01:59	00:25:41	01:32:53.58
25	PASTWA DONATA	1				K50-59	3	K 25	TRISPACE/TREK	00:21:39	00:03:42	00:43:55	00:01:04	00:24:11	01:34:31.27
26	FIEGEL KATARZYNA	15	TRISPACE/TREK	BYDGOSZCZ	POL	K40-49	9	K 26	TRISPACE/TREK	00:25:26	00:02:15	00:43:37	00:01:14	00:26:01	01:38:33.43
27	DOBRZYŃSKA EWA	54		BYDGOSZCZ	POL	K30-39	9	K 27		00:23:53	00:04:33	00:45:28	00:01:44	00:23:42	01:39:20.32
28	NOWAKOWSKA NATALIA	53		BYDGOSZCZ	POL	K30-39	10	K 28		00:19:29	00:02:27	00:44:43	00:00:55	00:32:24	01:39:58.95

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
29	KLIN PAULINA	69		CZERSK	POL	K30-39	11	K 29		00:24:16	00:04:15	00:45:30	00:01:19	00:28:48	01:44:08.83
30	SZABO-MOSKAL IGA	123		BORÓWNO	POL	K50-59	4	K 30		00:21:51	00:03:45	00:48:03	00:00:56	00:31:44	01:46:19.44
31	KOZŁOWSKA MAŁGORZATA	137	PTT DELTA	PŁOCK	POL	K40-49	10	K 31		00:25:28	00:04:57	00:44:56	00:01:03	00:33:43	01:50:07.80
32	IDZIŃSKA NATALIA	78	BRAK- OS.PRYWATNA	BYDGOSZCZ	POL	K30-39	12	K 32		00:23:13	00:04:11	00:55:52	00:00:30	00:30:15	01:54:01.53
33	BŁASZKIEWICZ MARZENA	166	ENEA BYDGOSZCZ TRIATHLON		POL	K30-39	13	K 33		00:24:34	00:04:30	00:49:34	00:01:02	00:34:24	01:54:04.24
34	MIKA ALDONA	102		BYDGOSZCZ	POL	K50-59	5	K 34		00:26:14	00:06:09	00:48:44			02:01:56.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ISKRA PAWEŁ	148	7PRO TEAM	ZIELENIEWO	POL	M30-39	1	M 1		00:10:54	00:02:05	00:30:03	00:00:26	00:19:34	01:03:02.73
2	BEDNARCZYK TOMASZ	41	BIKE U UP	GDYNIA	POL	M30-39	2	M 2		00:12:19	00:02:02	00:30:05	00:00:26	00:19:20	01:04:12.94
3	RYMER JAKUB	162	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 3	BOGMAR / ERPLAST	00:12:09	00:02:00	00:30:21	00:00:31	00:19:55	01:04:56.90
4	MŁYŃCZAK JAKUB	152	GVT	GLIWICE	POL	M18-29	1	M 4		00:12:16	00:01:59	00:31:20	00:00:42	00:18:52	01:05:09.87
5	ŁOPUSZYŃSKI KRZYSZTOF	61	LANGE TRI COACH/H2OSHOP.PL	BYDGOSZCZ	POL	M30-39	4	M 5		00:14:20	00:02:11	00:29:41	00:00:14	00:19:42	01:06:08.50
6	PTASZEK TOMASZ	157	WANIEWSKI COACHING	GDYNIA	POL	M30-39	5	M 6		00:12:11	00:02:03	00:31:09	00:00:55	00:20:30	01:06:48.22
7	BISKUPSKI CEZARY	27	TRISPACE/TREK			M30-39	6	M 7		00:14:12	00:02:01	00:29:46	00:00:47	00:20:41	01:07:27.30
8	NOWAK PAWEŁ	156		SIEKIERKI WIELKIE	POL	M40-49	1	M 8		00:15:34	00:02:10	00:30:35	00:00:58	00:19:04	01:08:21.60
9	ŚLIWIŃSKI ŁUKASZ	170	ERPLAST/BOGMAR	OSTROMECKO	POL	M30-39	7	M 9	BOGMAR / ERPLAST	00:15:35	00:02:00	00:30:01	00:01:03	00:19:48	01:08:27.50
10	FRUKACZ KAMIL	63	SPORTLEVEL TCZEW	TCZEW	POL	M18-29	2	M 10		00:11:47	00:02:17	00:32:40	00:01:07	00:20:42	01:08:33.94
11	KOWALIKOWSKI DANIEL	119	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	8	M 11	TM IRON TEAM	00:13:34	00:02:07	00:30:57	00:00:49	00:21:10	01:08:37.60
12	PLUTA GNIEWOMIR	118	UKS TRS SUSZ	BYDGOSZCZ	POL	M40-49	2	M 12		00:12:59	00:02:21	00:31:51	00:00:45	00:21:12	01:09:08.40
13	SUDZIŃSKI HUBERT	42		SĘPÓLNO KRAJEŃSKIE		M18-29	3	M 13	TRISPACE/TREK	00:15:31	00:02:04	00:31:37	00:01:00	00:19:10	01:09:22.00
14	PEKRUL WOJCIECH	153	DAWAJ KALACH TEAM / MIĘDZY TRENINGAMI	GDAŃSK	POL	M18-29	4	M 14		00:12:46	00:02:16	00:32:22	00:01:02	00:21:04	01:09:30.97
15	KARSKI KACPER	98		INOWROCŁAW	POL	M18-29	5	M 15		00:11:32	00:02:34	00:33:34	00:00:47	00:21:12	01:09:39.65
16	SZEWCUK PATRYK	55	SPORT ZDROWIE KONDYCJA	ŚWIECIE	POL	M30-39	9	M 16		00:14:34	00:01:46	00:31:03	00:00:57	00:21:33	01:09:53.28
17	ZIELINSKI NICOLAS	91	ELENSPORT.PL SKLEPY SPORTOWE	OSIELSKO	POL	M18-29	6	M 17	ELENSPORT.PL	00:14:00	00:01:55	00:32:58	00:00:48	00:20:29	01:10:10.21
18	FÓRMANIAK PIOTR	104	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	3	M 18	TM IRON TEAM	00:13:13	00:02:08	00:32:05	00:01:13	00:21:41	01:10:20.10
19	KOTŁOWSKI BARTOSZ	165	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	BYDGOSZCZ	POL	M30-39	10	M 19	BOGMAR / ERPLAST	00:15:43	00:02:00	00:34:29	00:01:02	00:17:24	01:10:38.25



**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
20	LICZNIERSKI MAREK	10	OWOCBIEGATEAM	PLEWISKA	POL	M30-39	11	M 20	OWOCBIEGATEAM	00:13:43	00:02:35	00:32:14	00:01:03	00:21:08	01:10:43.52
21	BARTKOWIAK DAWID	130		PIŁA	POL	M40-49	4	M 21		00:14:33	00:02:01	00:31:48	00:00:47	00:21:52	01:11:01.82
22	MAZUR WOJCIECH	158		BYDGOSZCZ	POL	M30-39	12	M 22		00:13:16	00:02:30	00:31:59	00:01:07	00:22:10	01:11:02.47
23	WIĘCKOWSKI DARIUSZ	72	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	5	M 23	AKADEMIA MISTRZÓW SPORTU	00:12:41	00:02:19	00:33:05	00:00:56	00:22:42	01:11:43.88
24	GACKA RAFAL	116	LUPUS TEAM	STRZELEWO	POL	M40-49	6	M 24	LUPUS TEAM	00:15:44	00:02:33	00:31:46	00:01:28	00:20:22	01:11:53.65
25	DEPTUŁA GRZEGORZ	35	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	OSIELSKO	POL	M40-49	7	M 25		00:15:10	00:02:34	00:33:14	00:01:06	00:20:02	01:12:06.15
26	PRĄDZYŃSKI MARCIN	89	AKADEMIAMISTRZOWSPORTU	BYDGOSZCZ	POL	M40-49	8	M 26	AKADEMIA MISTRZÓW SPORTU	00:14:40	00:02:28	00:33:21	00:00:52	00:21:19	01:12:40.05
27	GOŁATA WOJCIECH	163	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	M40-49	9	M 27	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:15:07	00:01:57	00:33:54	00:01:09	00:20:39	01:12:46.85
28	MAAS OLIVER	159	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29	7	M 28		00:12:36	00:02:25	00:37:48	00:00:45	00:19:17	01:12:51.78
29	DROBINSKI DANIEL	33		BYDGOSZCZ	POL	M30-39	13	M 29		00:15:40	00:03:06	00:32:53	00:01:09	00:20:22	01:13:10.25
30	BINKOWSKI ADRIAN	135	CTS/CB163	GZIN	POL	M40-49	10	M 30		00:15:39	00:01:56	00:32:13	00:01:10	00:22:34	01:13:32.89
31	BRZEZIŃSKI ŁUKASZ	173	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	14	M 31	ASSECO ACTIVE TEAM	00:14:47	00:02:37	00:33:28	00:01:00	00:21:49	01:13:41.43
32	NOWICKI BARTOSZ	106	AQUA+	BYDGOSZCZ	POL	M30-39	15	M 32		00:14:44	00:02:32	00:32:53	00:00:56	00:22:45	01:13:50.64
33	WARGACKI PIOTR	124	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	11	M 33	TM IRON TEAM	00:14:47	00:02:23	00:32:21	00:01:09	00:23:15	01:13:55.60
34	DULIŃSKI BARTOSZ	140	TRISPACE/TREK	NIEMCZ	POL	M18-29	8	M 34	TRISPACE/TREK	00:15:20	00:02:13	00:33:41	00:01:56	00:21:10	01:14:20.30
35	AUGUSTYŃIAK GRZEGORZ	132	PTTDELTA	SŁUPNO	POL	M50-59	1	M 35		00:14:29	00:03:07	00:33:55	00:01:30	00:22:35	01:15:36.60
36	SKORECKI ALEKSANDER	168	BYDGOSZCZ TRIATHLON TEAM / WTLLENIE	BYDGOSZCZ	POL	M30-39	16	M 36	BYDGOSZCZ TRIATHLON TEAM / WTLLENIE	00:14:34	00:02:41	00:35:22	00:01:01	00:22:25	01:16:03.83
37	GÓRNY BARTOSZ	133	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	17	M 37		00:15:26	00:02:43	00:33:59	00:01:48	00:22:15	01:16:11.82
38	SOBCZAK MARCIN	174	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	18	M 38		00:15:11	00:02:08	00:34:04	00:01:05	00:24:06	01:16:34.80
39	GIERES WALDEMAR	5	PTT DELTA	PŁOCK	POL	M50-59	2	M 39	PTT DELTA	00:17:31	00:02:07	00:33:02	00:00:59	00:23:04	01:16:43.76
40	CHODKIEWICZ TOMASZ	31	GARDENFLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	12	M 40		00:17:26	00:03:27	00:33:10	00:01:19	00:21:31	01:16:53.41
41	LEWANDOWSKI OSKAR	29		KRUSZWICA	POL	M18-29	9	M 41		00:15:53	00:02:24	00:35:09	00:01:30	00:22:40	01:17:36.39
42	DUDKOWIAK MICHAŁ	178	DUDKOWIAK ADWOKACI	POZNAŃ	POL	M30-39	19	M 42		00:14:14	00:02:31	00:35:07	00:00:42	00:25:19	01:17:53.01
43	GILL DANIEL	167	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	13	M 43		00:16:47	00:03:00	00:33:31	00:01:26	00:23:13	01:17:57.08
44	ZIELIŃSKI MACIEJ	88	ELENSPORT.PL	BYDGOSZCZ	POL	M30-39	20	M 44	ELENSPORT.PL	00:17:23	00:02:58	00:33:30	00:01:12	00:22:55	01:17:58.81
45	DAWIDOWSKI MAREK	144	POMIMO TEAM / KARTUZY	KARTUZY	POL	M30-39	21	M 45		00:16:10	00:02:16	00:36:09	00:01:15	00:22:12	01:18:02.72
46	KARCZEWSKI FILIP	20		BYDGOSZCZ	POL	M30-39	22	M 46		00:18:14	00:02:54	00:33:13	00:00:52	00:23:26	01:18:39.43

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
47	KNYPIŃSKI WOJCIECH	45		BYDGOSZCZ	POL	M30-39	23	M 47		00:16:41	00:03:11	00:35:40	00:01:47	00:21:54	01:19:13.81
48	BUDZIK IRENEUSZ	129	PETNER TEAM	BYDGOSZCZ	POL	M50-59	3	M 48		00:18:31	00:02:53	00:33:20	00:01:14	00:23:20	01:19:18.15
49	OZOROWSKI LUKASZ	120		SZEMBEKOWO	POL	M40-49	14	M 49		00:16:53	00:03:54	00:35:14	00:01:21	00:22:22	01:19:44.80
50	ZALEWSKI MARCIN	100		ŻYRARDÓW	POL	M30-39	24	M 50		00:16:15	00:02:41	00:35:37	00:01:06	00:24:08	01:19:47.43
51	PUZIAK MARCIN	76		BYDGOSZCZ	POL	M40-49	15	M 51		00:15:04	00:02:50	00:37:18	00:01:05	00:24:04	01:20:21.11
52	GIEDRYS ROMAN	145		TUCHOLA	POL	M50-59	4	M 52		00:17:57	00:03:18	00:34:19	00:01:02	00:23:51	01:20:27.28
53	CIUPA JAROSŁAW	80	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	5	M 53		00:18:01	00:03:24	00:33:29	00:02:00	00:23:51	01:20:45.24
54	RUCIŃSKI RAFAŁ	8	SELEKCJA NATURALNA	MAŁE RUDY	POL	M30-39	25	M 54	SELEKCJA NATURALNA	00:18:28	00:02:24	00:34:56	00:01:33	00:24:14	01:21:35.27
55	PACZKOWSKI MIROSŁAW	32		BYDGOSZCZ	POL	M50-59	6	M 55		00:17:13	00:04:00	00:36:05	00:01:46	00:22:33	01:21:37.24
56	KLONOWSKI MARIUSZ	179	PRIMIGENIUS	ŁOCHOWO	POL	M40-49	16	M 56		00:18:18	00:02:57	00:35:23	00:01:26	00:23:46	01:21:50.50
57	MALINOWSKI ARTUR	115		MAKSYMILIANOWO	POL	M50-59	7	M 57		00:17:40	00:03:34	00:35:11	00:01:27	00:24:02	01:21:54.91
58	GÓRNY BARTŁOMIEJ	13		KOŚCIELECZKI	POL	M40-49	17	M 58		00:18:07	00:02:27	00:35:29	00:01:19	00:24:42	01:22:04.95
59	NOWOTNIK MARIUSZ	169		BYDGOSZCZ	POL	M40-49	18	M 59		00:17:51	00:02:46	00:36:01	00:01:09	00:24:20	01:22:07.57
60	STRYCZYŃSKI MAREK	71				M30-39	26	M 60		00:17:18	00:03:16	00:35:41	00:01:44	00:24:29	01:22:28.66
61	ŻYCHLIŃSKI MIŁOSZ	17	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M40-49	19	M 61		00:20:41	00:02:52	00:34:17	00:01:50	00:22:55	01:22:35.58
62	TROŚCIANIEC TOMASZ	139	GRAJAN TEAM OŁAWA	OŁAWA	POL	M30-39	27	M 62		00:16:15	00:03:12	00:36:10	00:01:56	00:25:10	01:22:43.18
63	GALICKI JAKUB	171	AKADEMIA MISTRZÓW SPORTU	BRZOZA	POL	M40-49	20	M 63		00:17:07	00:03:03	00:37:16	00:01:26	00:24:02	01:22:54.66
64	KUŹMA WOJCIECH	28		BYDGOSZCZ	POL	M50-59	8	M 64		00:17:51	00:02:46	00:35:20	00:01:11	00:25:48	01:22:56.05
65	SOŁDYGA PAWEŁ	96	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	21	M 65		00:20:03	00:02:50	00:35:54	00:01:40	00:22:58	01:23:25.82
66	BRYLL ŁUKASZ	77	BKK TRI TEAM	KRUSZYN KRAJEŃSKI	POL	M30-39	28	M 66		00:17:00	00:03:15	00:36:58	00:01:26	00:24:47	01:23:26.42
67	GABRYCH MACIEJ	34	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	22	M 67		00:17:54	00:03:05	00:37:02	00:01:06	00:24:21	01:23:28.28
68	FABROWSKI DAWID	125				M40-49	23	M 68	CTS	00:15:07	00:03:20	00:36:55	00:01:36	00:26:32	01:23:30.11
69	PEZACKI SZYMON	57	NIEMCZ BIKE ACADEMY	NIEMCZ	POL	M18-29	10	M 69		00:15:12	00:03:47	00:36:38	00:02:16	00:25:44	01:23:37.17
70	ZAMOYSKI PIOTR	56		BRWINÓW	POL	M30-39	29	M 70		00:17:26	00:02:43	00:37:09	00:01:20	00:25:01	01:23:39.42
71	TOMAŚ MARIUSZ	23	GRAJAN OŁAWA	OŁAWA	POL	M40-49	24	M 71		00:21:36	00:03:11	00:34:22	00:01:47	00:22:47	01:23:43.27
72	WOŹNIAK RADEK	143		BYDGOSZCZ	POL	M30-39	30	M 72		00:19:24	00:02:33	00:34:27	00:01:08	00:26:35	01:24:07.16
73	BOROWSKI RADOSŁAW	40	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39	31	M 73		00:18:19	00:02:58	00:36:21	00:01:11	00:25:21	01:24:10.42
74	CZACHOWSKI JACEK	176	KS OPLAWIEC	BYDGOSZCZ	POL	M30-39	32	M 74		00:18:21	00:02:57	00:37:32	00:00:43	00:24:39	01:24:12.15
75	REPKA MAREK	66	LUPUS TEAM	BYDGOSZCZ	POL	M40-49	25	M 75		00:21:20	00:02:28	00:34:35	00:01:23	00:24:48	01:24:34.51

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
76	SKÓRCZEWSKI MARCIN	25				M18-29	11	M 76		00:16:31	00:03:13	00:36:03	00:01:43	00:27:20	01:24:50.92
77	KOLASSA ROBERT	95		MUROWANIEC	POL	M30-39	33	M 77		00:18:27	00:03:29	00:39:24	00:00:29	00:23:17	01:25:06.92
78	STAŃCZYK KAMIL	79	83 BLP	BAŁTÓW	POL	M30-39	34	M 78		00:19:02	00:04:23	00:38:41	00:02:07	00:20:54	01:25:07.68
79	BOIŃSKI BARTOSZ	60		BYDGOSZCZ	POL	M30-39	35	M 79		00:17:30	00:03:14	00:37:35	00:02:13	00:24:50	01:25:22.42
80	SOBCZYŃSKI MICHAŁ	99		TRYSZCZYN	POL	M30-39	36	M 80		00:16:12	00:03:01	00:37:56	00:01:39	00:26:44	01:25:32.22
81	RUTKOWSKI TOMASZ	110	OLIMPIA SPORT	POZNAŃ	POL	M30-39	37	M 81		00:19:54	00:03:42	00:37:15	00:01:56	00:23:38	01:26:25.39
82	TOMASZEWSKI MARCIN	147		ŁOCHOWICE	POL	M40-49	26	M 82		00:20:57	00:03:22	00:37:39	00:01:22	00:23:09	01:26:29.08
83	LICA GRZEGORZ	103		BYDGOSZCZ	POL	M40-49	27	M 83		00:17:54	00:03:55	00:35:21	00:01:58	00:27:42	01:26:50.75
84	ŻEGLICZ MAREK	84	SPÓJNIA BIAŁE BŁOTA	BIAŁE BŁOTA	POL	M18-29	12	M 84		00:18:38	00:04:56	00:37:15	00:01:43	00:24:46	01:27:18.15
85	GARBIEC MIROŚLAW	16		BYDGOSZCZ	POL	M60-69	1	M 85		00:20:46	00:03:37	00:35:59	00:02:11	00:24:47	01:27:20.62
86	URBAŃSKI DAWID	97		BYDGOSZCZ	POL	M40-49	28	M 86		00:17:50	00:03:35	00:38:12	00:01:46	00:26:04	01:27:27.75
87	PAPIEROWSKI PIOTR	50	ATOS	OSIELSKO	POL	M30-39	38	M 87		00:18:12	00:04:13	00:36:53	00:01:25	00:26:46	01:27:29.94
88	CHMURA MACIEJ	14	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	29	M 88		00:17:52	00:04:40	00:36:58	00:01:43	00:26:33	01:27:46.12
89	ZEVALLOS ROBERT	58		BIGGIN HILL	GBR	M18-29	13	M 89		00:17:36	00:03:15	00:39:44	00:00:59	00:26:25	01:27:59.68
90	LUDWINIAK BOGDAN	65		BYDGOSZCZ	POL	M50-59	9	M 90		00:17:55	00:02:50	00:36:32	00:01:35	00:29:25	01:28:17.63
91	TOMASZEWSKI MATEUSZ	134	GRAJAN OŁAWA	OŁAWA	POL	M30-39	39	M 91		00:17:49	00:03:17	00:43:11	00:01:04	00:23:00	01:28:21.00
92	MONTOWSKI JAKUB	49		BYDGOSZCZ	POL	M40-49	30	M 92		00:18:07	00:03:45	00:37:57	00:01:10	00:27:22	01:28:21.31
93	FRAĆKOWSKI ŁUKASZ	4	THE TRI DOCTOR	BYDGOSZCZ	POL	M30-39	40	M 93		00:13:59	00:03:27	00:37:24	00:01:44	00:32:07	01:28:41.28
94	RIINA EDOARDO	39		ZGORZAŁA	ITA	M40-49	31	M 94		00:16:10	00:04:35	00:39:41	00:01:31	00:26:59	01:28:56.96
95	LISEWSKI PIOTR	43				M50-59	10	M 95		00:19:52	00:03:15	00:38:48	00:01:47	00:25:19	01:29:01.80
96	WŁUDARSKI MARCIN	128		BYDGOSZCZ	POL	M30-39	41	M 96		00:03:51	00:17:26	00:41:15	00:00:43	00:26:16	01:29:31.38
97	ŁATKA MARCIN	12		MYŚLECINEK	POL	M40-49	32	M 97		00:16:50	00:03:00	00:40:52	00:01:28	00:27:41	01:29:51.00
98	BOHDANOWICZ JAROSŁAW	149	OLIMPIASPORT.PL	NIEMCZ	POL	M60-69	2	M 98		00:16:57	00:03:30	00:38:18	00:01:39	00:29:32	01:29:56.91
99	KLIMEK PRZEMYSŁAW	59	TOYOTA JAWORSKI AUTO	BYDGOSZCZ	POL	M18-29	14	M 99		00:17:23	00:02:59	00:39:35	00:01:03	00:29:45	01:30:45.45
100	OSIŃSKI ADAM	46	CHŁOPAKI TO MY	BYDGOSZCZ	POL	M50-59	11	M 100		00:21:33	00:05:00	00:37:50	00:01:56	00:24:44	01:31:03.49
101	GUMIŃSKI SZYMON	160		NIWY	POL	M30-39	42	M 101		00:16:46	00:04:13	00:42:46	00:02:40	00:24:49	01:31:14.92
102	SADKIEWICZ JACEK	172	RACING TEAM	OSIELSKO	POL	M50-59	12	M 102		00:17:56	00:03:40	00:36:59	00:01:39	00:31:32	01:31:46.51
103	MISZTELA DARIUSZ	73	PTT DELTA	PŁOCK	POL	M60-69	3	M 103	PTT DELTA	00:19:27	00:03:25	00:39:18	00:02:01	00:27:41	01:31:52.45

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
104	KOWALSKI MAREK	85	REKINY OSIELSKO	NIEMCZ	POL	M50-59	13	M 104		00:17:27	00:06:41	00:39:42	00:02:23	00:27:29	01:33:42.82
105	ZGÓRSKI MACIEJ	7		BYDGOSZCZ	POL	M40-49	33	M 105		00:20:25	00:04:44	00:38:28	00:01:37	00:29:07	01:34:21.05
106	BIBIK ŁUKASZ	75	RUN DMT	BYDGOSZCZ	POL	M40-49	34	M 106		00:20:22	00:05:02	00:37:45	00:02:56	00:28:59	01:35:04.50
107	PIĄTKOWSKI MATEUSZ	111	TRIFECTA	BYDGOSZCZ	POL	M18-29	15	M 107	TRIFECTA	00:17:28	00:06:02	00:45:06	00:00:54	00:25:41	01:35:11.85
108	ŻELAZNY MARCIN	38		BYDGOSZCZ	POL	M50-59	14	M 108		00:15:34	00:04:51	00:42:07	00:02:04	00:30:45	01:35:21.97
109	WIŚNIEWSKI MIKOŁAJ	52		BYDGOSZCZ	POL	M40-49	35	M 109		00:19:31	00:02:42	00:42:53	00:00:58	00:29:53	01:35:57.15
110	MORZYŃSKI STANISŁAW	90		KCYNIA	POL	M40-49	36	M 110		00:23:09	00:03:38	00:38:59	00:02:35	00:28:17	01:36:38.29
111	WILAND ADAM	101		GRUDZIĄDZ	POL	M18-29	16	M 111		00:18:57	00:04:29	00:46:57	00:01:45	00:25:34	01:37:42.01
112	KOJRO FILIP	48	PLCK	BYDGOSZCZ	POL	M18-29	17	M 112		00:16:30	00:06:30	00:43:34	00:01:07	00:31:03	01:38:44.15
113	MONTOWSKI JAN	74	OPŁAWIEC	BYDGOSZCZ	POL	M60-69	4	M 113		00:24:03	00:03:57	00:40:29	00:00:52	00:30:51	01:40:12.38
114	ANDRZEJEWSKI RYSZARD	138	ŻÓŁTOKRÓLEWSCY	BYDGOSZCZ	POL	M70-79	1	M 114		00:22:36	00:06:35	00:42:06	00:01:53	00:28:42	01:41:52.95
115	DÜCHTING BENJAMIN	36		BERLIN	GER	M30-39	43	M 115		00:17:58	00:04:41	00:45:34	00:01:33	00:35:58	01:45:44.69
116	PIĄTKOWSKI MARIUSZ	113	TRIFECTA	BYDGOSZCZ	POL	M50-59	15	M 116	TRIFECTA	00:19:21	00:04:24	00:47:44	00:00:41	00:36:15	01:48:25.91
117	PIĄTKOWSKI KRYSZTIAN	112	TRIFECTA	BYDGOSZCZ	POL	M18-29	18	M 117	TRIFECTA	00:18:39	00:04:27	00:48:34	00:00:40	00:36:15	01:48:35.99
118	CIESIELSKI PIOTR	105	TTRI SPREĆOWO	MAKSYMILIANOWO	POL	M50-59	16	M 118		00:20:48	00:05:39	00:50:03	00:00:35	00:32:25	01:49:30.41
119	CZYŻEWSKI PIOTR	3		BRZOZA	POL	M30-39	44	M 119		00:23:44	00:04:46	00:41:38	00:02:34	00:37:59	01:50:41.52
120	SAWICKI WALDEMAR	22		BYDGOSZCZ	POL	M80+	1	M 120		00:23:57	00:04:52	00:46:36	00:00:57	00:42:49	01:59:11.21
121	WIŚNIEWSKI KRZYSZTOF	127	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	17	M 121	TRISPACE/TREK	00:36:29	00:04:02	00:42:31	00:01:44	00:36:28	02:01:14.78
122	NOWAK ANDRZEJ	131		KORONOWO	POL	M60-69	5	M 122		00:29:30	00:06:01	00:55:03	00:02:21	00:47:00	02:19:55.86
	NOWAKOWSKI MARCIN	114	TRIFECTA	BYDGOSZCZ	POL	M40-49			TRIFECTA	DNF	00:00:00	00:00:00	00:00:00	00:00:00	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ISKRA PAWEŁ	148	7PRO TEAM	ZIELENIEWO	POL	M30-39	1	M 1		00:10:54	00:02:05	00:30:03	00:00:26	00:19:34	01:03:02.73
2	BEDNARCZYK TOMASZ	41	BIKE U UP	GDYNIA	POL	M30-39	2	M 2		00:12:19	00:02:02	00:30:05	00:00:26	00:19:20	01:04:12.94
3	RYMER JAKUB	162	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 3	BOGMAR / ERPLAST	00:12:09	00:02:00	00:30:21	00:00:31	00:19:55	01:04:56.90
4	MŁYŃCZAK JAKUB	152	GVT	GLIWICE	POL	M18-29	1	M 4		00:12:16	00:01:59	00:31:20	00:00:42	00:18:52	01:05:09.87
5	ŁOPUSZYŃSKI KRZYSZTOF	61	LANGE TRI COACH/H2OSHOP.PL	BYDGOSZCZ	POL	M30-39	4	M 5		00:14:20	00:02:11	00:29:41	00:00:14	00:19:42	01:06:08.50

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
6	PTASZEK TOMASZ	157	WANIEWSKI COACHING	GDYNIA	POL	M30-39	5	M 6		00:12:11	00:02:03	00:31:09	00:00:55	00:20:30	01:06:48.22
7	BISKUPSKI CEZARY	27	TRISPACE/TREK			M30-39	6	M 7		00:14:12	00:02:01	00:29:46	00:00:47	00:20:41	01:07:27.30
8	NOWAK PAWEŁ	156		SIEKIERKI WIELKIE	POL	M40-49	1	M 8		00:15:34	00:02:10	00:30:35	00:00:58	00:19:04	01:08:21.60
9	ŚLIWIŃSKI ŁUKASZ	170	ERPLAST/BOGMAR	OSTROMECKO	POL	M30-39	7	M 9	BOGMAR / ERPLAST	00:15:35	00:02:00	00:30:01	00:01:03	00:19:48	01:08:27.50
10	FRUKACZ KAMIL	63	SPORTLEVEL TCZEW	TCZEW	POL	M18-29	2	M 10		00:11:47	00:02:17	00:32:40	00:01:07	00:20:42	01:08:33.94
11	KOWALIKOWSKI DANIEL	119	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	8	M 11	TM IRON TEAM	00:13:34	00:02:07	00:30:57	00:00:49	00:21:10	01:08:37.60
12	PLUTA GNIEWOMIR	118	UKS TRS SUSZ	BYDGOSZCZ	POL	M40-49	2	M 12		00:12:59	00:02:21	00:31:51	00:00:45	00:21:12	01:09:08.40
13	SUDZIŃSKI HUBERT	42		SĘPÓLNO KRAJEŃSKIE		M18-29	3	M 13	TRISPACE/TREK	00:15:31	00:02:04	00:31:37	00:01:00	00:19:10	01:09:22.00
14	PEKRUL WOJCIECH	153	DAWAJ KALACH TEAM / MIĘDZY TRENINGAMI	GDAŃSK	POL	M18-29	4	M 14		00:12:46	00:02:16	00:32:22	00:01:02	00:21:04	01:09:30.97
15	KARSKI KACPER	98		INOWROCLAW	POL	M18-29	5	M 15		00:11:32	00:02:34	00:33:34	00:00:47	00:21:12	01:09:39.65
16	SZEWCZUK PATRYK	55	SPORT ZDROWIE KONDYCJA	ŚWIECIE	POL	M30-39	9	M 16		00:14:34	00:01:46	00:31:03	00:00:57	00:21:33	01:09:53.28
17	ZIELINSKI NICOLAS	91	ELENSPORT.PL SKLEPY SPORTOWE	OSIELSKO	POL	M18-29	6	M 17	ELENSPORT.PL	00:14:00	00:01:55	00:32:58	00:00:48	00:20:29	01:10:10.21
18	FÓRMANIAK PIOTR	104	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	3	M 18	TM IRON TEAM	00:13:13	00:02:08	00:32:05	00:01:13	00:21:41	01:10:20.10
19	KOTŁOWSKI BARTOSZ	165	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	BYDGOSZCZ	POL	M30-39	10	M 19	BOGMAR / ERPLAST	00:15:43	00:02:00	00:34:29	00:01:02	00:17:24	01:10:38.25
20	LICZNIERSKI MAREK	10	OWOCBIEGATEAM	PLEWISKA	POL	M30-39	11	M 20	OWOCBIEGATEAM	00:13:43	00:02:35	00:32:14	00:01:03	00:21:08	01:10:43.52
21	BARTKOWIAK DAWID	130		PIŁA	POL	M40-49	4	M 21		00:14:33	00:02:01	00:31:48	00:00:47	00:21:52	01:11:01.82
22	MAZUR WOJCIECH	158		BYDGOSZCZ	POL	M30-39	12	M 22		00:13:16	00:02:30	00:31:59	00:01:07	00:22:10	01:11:02.47
23	WIĘCKOWSKI DARIUSZ	72	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	5	M 23	AKADEMIA MISTRZÓW SPORTU	00:12:41	00:02:19	00:33:05	00:00:56	00:22:42	01:11:43.88
24	GACKA RAFAL	116	LUPUS TEAM	STRZELEWO	POL	M40-49	6	M 24	LUPUS TEAM	00:15:44	00:02:33	00:31:46	00:01:28	00:20:22	01:11:53.65
25	DEPTUŁA GRZEGORZ	35	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	OSIELSKO	POL	M40-49	7	M 25		00:15:10	00:02:34	00:33:14	00:01:06	00:20:02	01:12:06.15
26	PRĄDZYŃSKI MARCIN	89	AKADEMIAMISTRZOWSPORTU	BYDGOSZCZ	POL	M40-49	8	M 26	AKADEMIA MISTRZÓW SPORTU	00:14:40	00:02:28	00:33:21	00:00:52	00:21:19	01:12:40.05
27	GOŁATA WOJCIECH	163	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	M40-49	9	M 27	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:15:07	00:01:57	00:33:54	00:01:09	00:20:39	01:12:46.85
28	MAAS OLIVER	159	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29	7	M 28		00:12:36	00:02:25	00:37:48	00:00:45	00:19:17	01:12:51.78
29	DROBINSKI DANIEL	33		BYDGOSZCZ	POL	M30-39	13	M 29		00:15:40	00:03:06	00:32:53	00:01:09	00:20:22	01:13:10.25
30	BINKOWSKI ADRIAN	135	CTS/CB163	GZIN	POL	M40-49	10	M 30		00:15:39	00:01:56	00:32:13	00:01:10	00:22:34	01:13:32.89
31	BRZEZIŃSKI ŁUKASZ	173	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	14	M 31	ASSECO ACTIVE TEAM	00:14:47	00:02:37	00:33:28	00:01:00	00:21:49	01:13:41.43
32	NOWICKI BARTOSZ	106	AQUA+	BYDGOSZCZ	POL	M30-39	15	M 32		00:14:44	00:02:32	00:32:53	00:00:56	00:22:45	01:13:50.64
33	WARGACKI PIOTR	124	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	11	M 33	TM IRON TEAM	00:14:47	00:02:23	00:32:21	00:01:09	00:23:15	01:13:55.60

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
34	ŻMICH-FÓRMANIAK JOANNA	107	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	1	K 1	TM IRON TEAM	00:14:28	00:02:46	00:33:00	00:01:01	00:22:43	01:13:58.00
35	DULIŃSKI BARTOSZ	140	TRISPACE/TREK	NIEMCZ	POL	M18-29	8	M 34	TRISPACE/TREK	00:15:20	00:02:13	00:33:41	00:01:56	00:21:10	01:14:20.30
36	NOWAK MARTYNA	121	3 GRAVITY	BYDGOSZCZ	POL	K18-29	1	K 2		00:12:30	00:02:43	00:35:23	00:00:56	00:22:49	01:14:21.42
37	NOWAK ANIA	155		SIEKIERKI WIELKIE	POL	K30-39	1	K 3		00:17:13	00:02:09	00:33:06	00:01:08	00:21:38	01:15:14.46
38	AUGUSTYNIAK GRZEGORZ	132	PTDELTA	SŁUPNO	POL	M50-59	1	M 35		00:14:29	00:03:07	00:33:55	00:01:30	00:22:35	01:15:36.60
39	SKORECKI ALEKSANDER	168	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	BYDGOSZCZ	POL	M30-39	16	M 36	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	00:14:34	00:02:41	00:35:22	00:01:01	00:22:25	01:16:03.83
40	GÓRNY BARTOSZ	133	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	17	M 37		00:15:26	00:02:43	00:33:59	00:01:48	00:22:15	01:16:11.82
41	SOBCZAK MARCIN	174	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	18	M 38		00:15:11	00:02:08	00:34:04	00:01:05	00:24:06	01:16:34.80
42	GIERES WALDEMAR	5	PTT DELTA	PŁOCK	POL	M50-59	2	M 39	PTT DELTA	00:17:31	00:02:07	00:33:02	00:00:59	00:23:04	01:16:43.76
43	CHODKIEWICZ TOMASZ	31	GARDENFLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	12	M 40		00:17:26	00:03:27	00:33:10	00:01:19	00:21:31	01:16:53.41
44	LEWANDOWSKI OSKAR	29		KRUSZWICA	POL	M18-29	9	M 41		00:15:53	00:02:24	00:35:09	00:01:30	00:22:40	01:17:36.39
45	DUDKOWIAK MICHAŁ	178	DUDKOWIAK ADWOKACI	POZNAŃ	POL	M30-39	19	M 42		00:14:14	00:02:31	00:35:07	00:00:42	00:25:19	01:17:53.01
46	GILL DANIEL	167	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	13	M 43		00:16:47	00:03:00	00:33:31	00:01:26	00:23:13	01:17:57.08
47	ZIELIŃSKI MACIEJ	88	ELENSPORT.PL	BYDGOSZCZ	POL	M30-39	20	M 44	ELENSPORT.PL	00:17:23	00:02:58	00:33:30	00:01:12	00:22:55	01:17:58.81
48	DAWIDOWSKI MAREK	144	POMIMO TEAM / KARTUZY	KARTUZY	POL	M30-39	21	M 45		00:16:10	00:02:16	00:36:09	00:01:15	00:22:12	01:18:02.72
49	KARCZEWSKI FILIP	20		BYDGOSZCZ	POL	M30-39	22	M 46		00:18:14	00:02:54	00:33:13	00:00:52	00:23:26	01:18:39.43
50	BOHDANOWICZ PATRYCJA	141		BYDGOSZCZ	POL	K30-39	2	K 4		00:15:17	00:02:28	00:35:26	00:01:10	00:24:42	01:19:03.74
51	KNYPIŃSKI WOJCIECH	45		BYDGOSZCZ	POL	M30-39	23	M 47		00:16:41	00:03:11	00:35:40	00:01:47	00:21:54	01:19:13.81
52	BUDZIK IRENEUSZ	129	PETNER TEAM	BYDGOSZCZ	POL	M50-59	3	M 48		00:18:31	00:02:53	00:33:20	00:01:14	00:23:20	01:19:18.15
53	WARCZAK KATARZYNA	67	FCNB/TEAMOCHAL	BYDGOSZCZ	POL	K40-49	2	K 5	TEAMOCHAL	00:15:49	00:02:40	00:36:07	00:00:52	00:24:05	01:19:33.48
54	OZOROWSKI LUKASZ	120		SZEMBEKOWO	POL	M40-49	14	M 49		00:16:53	00:03:54	00:35:14	00:01:21	00:22:22	01:19:44.80
55	ZALEWSKI MARCIN	100		ŻYRARDÓW	POL	M30-39	24	M 50		00:16:15	00:02:41	00:35:37	00:01:06	00:24:08	01:19:47.43
56	WASILEWSKA MARTYNA	93	AMS BYDGOSZCZ	BYDGOSZCZ	POL	K30-39	3	K 6	AKADEMIA MISTRZÓW SPORTU	00:16:07	00:02:46	00:37:22	00:01:03	00:22:38	01:19:56.29
57	HIGSON ALEKSANDRA	94	DURHAM UNIVERSITY	BYDGOSZCZ	POL	K18-29	2	K 7		00:14:25	00:02:51	00:38:42	00:00:28	00:23:49	01:20:15.47
58	PUZIAK MARCIN	76		BYDGOSZCZ	POL	M40-49	15	M 51		00:15:04	00:02:50	00:37:18	00:01:05	00:24:04	01:20:21.11
59	GIEDRYS ROMAN	145		TUCHOLA	POL	M50-59	4	M 52		00:17:57	00:03:18	00:34:19	00:01:02	00:23:51	01:20:27.28
60	CIUPA JAROSŁAW	80	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	5	M 53		00:18:01	00:03:24	00:33:29	00:02:00	00:23:51	01:20:45.24

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
61	LICHOCKA PATRYCJA	154	BS TRI	POZNAŃ	POL	K18-29	3	K 8		00:17:33	00:02:33	00:37:15	00:01:07	00:22:25	01:20:53.35
62	PALETA ELŻBIETA	2	TM IRON TEAM	KATOWICE	POL	K18-29	4	K 9	TM IRON TEAM	00:16:10	00:03:03	00:38:50	00:01:24	00:21:48	01:21:15.93
63	LICZNIERSKA ALINA	150	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	3	K 10		00:19:24	00:02:06	00:36:44	00:00:53	00:22:15	01:21:22.31
64	RUCIŃSKI RAFAŁ	8	SELEKCJA NATURALNA	MAŁE RUDY	POL	M30-39	25	M 54	SELEKCJA NATURALNA	00:18:28	00:02:24	00:34:56	00:01:33	00:24:14	01:21:35.27
65	PACZKOWSKI MIROSŁAW	32		BYDGOSZCZ	POL	M50-59	6	M 55		00:17:13	00:04:00	00:36:05	00:01:46	00:22:33	01:21:37.24
66	KLONOWSKI MARIUSZ	179	PRIMIGENIUS	ŁOCHOWO	POL	M40-49	16	M 56		00:18:18	00:02:57	00:35:23	00:01:26	00:23:46	01:21:50.50
67	MALINOWSKI ARTUR	115		MAKSYMILIANOWO	POL	M50-59	7	M 57		00:17:40	00:03:34	00:35:11	00:01:27	00:24:02	01:21:54.91
68	CABAJ MARTYNA	11	IM INSPIRATION	BYDGOSZCZ	POL	K18-29	5	K 11		00:14:19	00:02:42	00:35:28	00:01:29	00:27:59	01:21:57.64
69	WASILEWSKA AGATA	92	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	K40-49	4	K 12	AKADEMIA MISTRZÓW SPORTU	00:17:01	00:02:51	00:36:28	00:01:09	00:24:34	01:22:03.69
70	GÓRNY BARTŁOMIEJ	13		KOŚCIELECZKI	POL	M40-49	17	M 58		00:18:07	00:02:27	00:35:29	00:01:19	00:24:42	01:22:04.95
71	NOWOTNIK MARIUSZ	169		BYDGOSZCZ	POL	M40-49	18	M 59		00:17:51	00:02:46	00:36:01	00:01:09	00:24:20	01:22:07.57
72	MALINOWSKA EWELINA	86		WARSZAWA	POL	K40-49	5	K 13		00:15:36	00:02:18	00:37:50	00:01:23	00:25:13	01:22:20.66
73	STRYCYŃSKI MAREK	71				M30-39	26	M 60		00:17:18	00:03:16	00:35:41	00:01:44	00:24:29	01:22:28.66
74	ŻYCHLIŃSKI MIŁOSZ	17	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M40-49	19	M 61		00:20:41	00:02:52	00:34:17	00:01:50	00:22:55	01:22:35.58
75	TROŚCIANIEC TOMASZ	139	GRAJAN TEAM OŁAWA	OŁAWA	POL	M30-39	27	M 62		00:16:15	00:03:12	00:36:10	00:01:56	00:25:10	01:22:43.18
76	GALICKI JAKUB	171	AKADEMIA MISTRZÓW SPORTU	BRZOZA	POL	M40-49	20	M 63		00:17:07	00:03:03	00:37:16	00:01:26	00:24:02	01:22:54.66
77	KUŹMA WOJCIECH	28		BYDGOSZCZ	POL	M50-59	8	M 64		00:17:51	00:02:46	00:35:20	00:01:11	00:25:48	01:22:56.05
78	SOŁDYGA PAWEŁ	96	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	21	M 65		00:20:03	00:02:50	00:35:54	00:01:40	00:22:58	01:23:25.82
79	BRYLL ŁUKASZ	77	BKK TRI TEAM	KRUSZYN KRAJEŃSKI	POL	M30-39	28	M 66		00:17:00	00:03:15	00:36:58	00:01:26	00:24:47	01:23:26.42
80	GABRYCH MACIEJ	34	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	22	M 67		00:17:54	00:03:05	00:37:02	00:01:06	00:24:21	01:23:28.28
81	FABROWSKI DAWID	125				M40-49	23	M 68	CTS	00:15:07	00:03:20	00:36:55	00:01:36	00:26:32	01:23:30.11
82	PEZACKI SZYMON	57	NIEMCZ BIKE ACADEMY	NIEMCZ	POL	M18-29	10	M 69		00:15:12	00:03:47	00:36:38	00:02:16	00:25:44	01:23:37.17
83	ZAMOYSKI PIOTR	56		BRWINÓW	POL	M30-39	29	M 70		00:17:26	00:02:43	00:37:09	00:01:20	00:25:01	01:23:39.42
84	TOMAŚ MARIUSZ	23	GRAJAN OŁAWA	OŁAWA	POL	M40-49	24	M 71		00:21:36	00:03:11	00:34:22	00:01:47	00:22:47	01:23:43.27
85	WOŹNIAK RADEK	143		BYDGOSZCZ	POL	M30-39	30	M 72		00:19:24	00:02:33	00:34:27	00:01:08	00:26:35	01:24:07.16
86	BOROWSKI RADOSŁAW	40	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39	31	M 73		00:18:19	00:02:58	00:36:21	00:01:11	00:25:21	01:24:10.42
87	CZACHOWSKI JACEK	176	KS OPLAWIEC	BYDGOSZCZ	POL	M30-39	32	M 74		00:18:21	00:02:57	00:37:32	00:00:43	00:24:39	01:24:12.15
88	DOROTA DULIŃSKA	82	TRISPACE/TREK	NIEMCZ	POL	K40-49	6	K 14		00:17:52	00:02:50	00:35:36	00:01:05	00:26:56	01:24:19.37
89	REPKA MAREK	66	LUPUS TEAM	BYDGOSZCZ	POL	M40-49	25	M 75		00:21:20	00:02:28	00:34:35	00:01:23	00:24:48	01:24:34.51

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
90	SKÓRCZEWSKI MARCIN	25				M18-29	11	M 76		00:16:31	00:03:13	00:36:03	00:01:43	00:27:20	01:24:50.92
91	FIGLER IWONA	151	TRISPACE/TREK	NIEMCZ	POL	K50-59	1	K 15		00:21:03	00:02:39	00:35:58	00:01:16	00:23:58	01:24:54.00
92	KOLASSA ROBERT	95		MUROWANIEC	POL	M30-39	33	M 77		00:18:27	00:03:29	00:39:24	00:00:29	00:23:17	01:25:06.92
93	STAŃCZYK KAMIL	79	83 BLP	BAŁTÓW	POL	M30-39	34	M 78		00:19:02	00:04:23	00:38:41	00:02:07	00:20:54	01:25:07.68
94	BOŃSKI BARTOSZ	60		BYDGOSZCZ	POL	M30-39	35	M 79		00:17:30	00:03:14	00:37:35	00:02:13	00:24:50	01:25:22.42
95	SOBCZYŃSKI MICHAŁ	99		TRYSZCZYN	POL	M30-39	36	M 80		00:16:12	00:03:01	00:37:56	00:01:39	00:26:44	01:25:32.22
96	PRZYBYŁA AGNIESZKA	83		BYDGOSZCZ	POL	K40-49	7	K 16		00:16:38	00:03:23	00:39:45	00:00:30	00:25:28	01:25:44.26
97	PIETRZAK AGATA	142		BYDGOSZCZ	POL	K30-39	4	K 17		00:14:57	00:02:57	00:38:56	00:01:28	00:27:27	01:25:45.78
98	RUTKOWSKI TOMASZ	110	OLIMPIA SPORT	POZNAŃ	POL	M30-39	37	M 81		00:19:54	00:03:42	00:37:15	00:01:56	00:23:38	01:26:25.39
99	TOMASZEWSKI MARCIN	147		ŁOCHOWICE	POL	M40-49	26	M 82		00:20:57	00:03:22	00:37:39	00:01:22	00:23:09	01:26:29.08
100	LICA GRZEGORZ	103		BYDGOSZCZ	POL	M40-49	27	M 83		00:17:54	00:03:55	00:35:21	00:01:58	00:27:42	01:26:50.75
101	MOJSIEWICZ NATALIA	87		WARSZAWA	POL	K18-29	6	K 18		00:17:29	00:02:56	00:36:41	00:01:25	00:28:40	01:27:11.68
102	ŻEGLICZ MAREK	84	SPÓJNIA BIAŁE BŁOTA	BIAŁE BŁOTA	POL	M18-29	12	M 84		00:18:38	00:04:56	00:37:15	00:01:43	00:24:46	01:27:18.15
103	GARBIEC MIROŚLAW	16		BYDGOSZCZ	POL	M60-69	1	M 85		00:20:46	00:03:37	00:35:59	00:02:11	00:24:47	01:27:20.62
104	URBAŃSKI DAWID	97		BYDGOSZCZ	POL	M40-49	28	M 86		00:17:50	00:03:35	00:38:12	00:01:46	00:26:04	01:27:27.75
105	PAPIEROWSKI PIOTR	50	ATOS	OSIELSKO	POL	M30-39	38	M 87		00:18:12	00:04:13	00:36:53	00:01:25	00:26:46	01:27:29.94
106	CHMURA MACIEJ	14	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	29	M 88		00:17:52	00:04:40	00:36:58	00:01:43	00:26:33	01:27:46.12
107	MODZELEWSKA MARIA	108	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	5	K 19	TM IRON TEAM	00:20:10	00:02:46	00:39:03	00:00:27	00:25:31	01:27:57.28
108	ZEVALLS ROBERT	58		BIGGIN HILL	GBR	M18-29	13	M 89		00:17:36	00:03:15	00:39:44	00:00:59	00:26:25	01:27:59.68
109	LUDWINIAK BOGDAN	65		BYDGOSZCZ	POL	M50-59	9	M 90		00:17:55	00:02:50	00:36:32	00:01:35	00:29:25	01:28:17.63
110	TOMASZEWSKI MATEUSZ	134	GRAJAN OŁAWA	OŁAWA	POL	M30-39	39	M 91		00:17:49	00:03:17	00:43:11	00:01:04	00:23:00	01:28:21.00
111	MONTOWSKI JAKUB	49		BYDGOSZCZ	POL	M40-49	30	M 92		00:18:07	00:03:45	00:37:57	00:01:10	00:27:22	01:28:21.31
112	FRĄCKOWSKI ŁUKASZ	4	THE TRI DOCTOR	BYDGOSZCZ	POL	M30-39	40	M 93		00:13:59	00:03:27	00:37:24	00:01:44	00:32:07	01:28:41.28
113	RIINA EDOARDO	39		ZGORZAŁA	ITA	M40-49	31	M 94		00:16:10	00:04:35	00:39:41	00:01:31	00:26:59	01:28:56.96
114	GOŁATA AGNIESZKA	164	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	K40-49	8	K 20	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:18:17	00:02:58	00:38:28	00:01:29	00:27:48	01:29:00.00
115	LISEWSKI PIOTR	43				M50-59	10	M 95		00:19:52	00:03:15	00:38:48	00:01:47	00:25:19	01:29:01.80
116	WŁUDARSKI MARCIN	128		BYDGOSZCZ	POL	M30-39	41	M 96		00:03:51	00:17:26	00:41:15	00:00:43	00:26:16	01:29:31.38
117	ŁATKA MARCIN	12		MYSŁĘCINEK	POL	M40-49	32	M 97		00:16:50	00:03:00	00:40:52	00:01:28	00:27:41	01:29:51.00
118	BOHDANOWICZ JAROSŁAW	149	OLIMPIASPORT.PL	NIEMCZ	POL	M60-69	2	M 98		00:16:57	00:03:30	00:38:18	00:01:39	00:29:32	01:29:56.91



**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
119	KLIMEK PRZEMYSŁAW	59	TOYOTA JAWORSKI AUTO	BYDGOSZCZ	POL	M18-29	14	M 99		00:17:23	00:02:59	00:39:35	00:01:03	00:29:45	01:30:45.45
120	STĘPSKA MAŁGOSIA	18	B3T	KRAKÓW	POL	K50-59	2	K 21		00:20:25	00:03:12	00:38:14	00:00:59	00:28:03	01:30:53.25
121	OSIŃSKI ADAM	46	CHŁOPAKI TO MY	BYDGOSZCZ	POL	M50-59	11	M 100		00:21:33	00:05:00	00:37:50	00:01:56	00:24:44	01:31:03.49
122	GUMIŃSKI SZYMON	160		NIWY	POL	M30-39	42	M 101		00:16:46	00:04:13	00:42:46	00:02:40	00:24:49	01:31:14.92
123	BŁĄŻEJEWSKA AGNIESZKA	175	TM IRON TEAM	ŁOCHOWO	POL	K30-39	6	K 22		00:20:45	00:03:22	00:40:17	00:00:35	00:26:37	01:31:36.05
124	SADKIEWICZ JACEK	172	RACING TEAM	OSIELSKO	POL	M50-59	12	M 102		00:17:56	00:03:40	00:36:59	00:01:39	00:31:32	01:31:46.51
125	MISZTELA DARIUSZ	73	PTT DELTA	PLOCK	POL	M60-69	3	M 103	PTT DELTA	00:19:27	00:03:25	00:39:18	00:02:01	00:27:41	01:31:52.45
126	SURWIŁO-RUTKOWSKA JUSTYNA	109	OLIMPIA SPORT	POZNAŃ	POL	K30-39	7	K 23		00:17:42	00:04:14	00:40:48	00:01:10	00:28:24	01:32:18.64
127	DWOJACZNA-CHRAPKOWSKA ANNA	9	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K30-39	8	K 24	IRON HOUSE TRIATHLON WŁOCLAWEK	00:20:01	00:04:32	00:40:40	00:01:59	00:25:41	01:32:53.58
128	KOWALSKI MAREK	85	REKINY OSIELSKO	NIEMCZ	POL	M50-59	13	M 104		00:17:27	00:06:41	00:39:42	00:02:23	00:27:29	01:33:42.82
129	ZGÓRSKI MACIEJ	7		BYDGOSZCZ	POL	M40-49	33	M 105		00:20:25	00:04:44	00:38:28	00:01:37	00:29:07	01:34:21.05
130	PASTWA DONATA	1				K50-59	3	K 25	TRISPACE/TREK	00:21:39	00:03:42	00:43:55	00:01:04	00:24:11	01:34:31.27
131	BIBIK ŁUKASZ	75	RUN DMT	BYDGOSZCZ	POL	M40-49	34	M 106		00:20:22	00:05:02	00:37:45	00:02:56	00:28:59	01:35:04.50
132	PIĄTKOWSKI MATEUSZ	111	TRIFECTA	BYDGOSZCZ	POL	M18-29	15	M 107	TRIFECTA	00:17:28	00:06:02	00:45:06	00:00:54	00:25:41	01:35:11.85
133	ŻELAZNY MARCIN	38		BYDGOSZCZ	POL	M50-59	14	M 108		00:15:34	00:04:51	00:42:07	00:02:04	00:30:45	01:35:21.97
134	WIŚNIEWSKI MIKOŁAJ	52		BYDGOSZCZ	POL	M40-49	35	M 109		00:19:31	00:02:42	00:42:53	00:00:58	00:29:53	01:35:57.15
135	MORZYŃSKI STANISŁAW	90		KCYNIA	POL	M40-49	36	M 110		00:23:09	00:03:38	00:38:59	00:02:35	00:28:17	01:36:38.29
136	WILAND ADAM	101		GRUDZIĄDZ	POL	M18-29	16	M 111		00:18:57	00:04:29	00:46:57	00:01:45	00:25:34	01:37:42.01
137	FIEGEL KATARZYNA	15	TRISPACE/TREK	BYDGOSZCZ	POL	K40-49	9	K 26	TRISPACE/TREK	00:25:26	00:02:15	00:43:37	00:01:14	00:26:01	01:38:33.43
138	KOJRO FILIP	48	PLCK	BYDGOSZCZ	POL	M18-29	17	M 112		00:16:30	00:06:30	00:43:34	00:01:07	00:31:03	01:38:44.15
139	DOBZYŃSKA EWA	54		BYDGOSZCZ	POL	K30-39	9	K 27		00:23:53	00:04:33	00:45:28	00:01:44	00:23:42	01:39:20.32
140	NOWAKOWSKA NATALIA	53		BYDGOSZCZ	POL	K30-39	10	K 28		00:19:29	00:02:27	00:44:43	00:00:55	00:32:24	01:39:58.95
141	MONTOWSKI JAN	74	OPLAWIEC	BYDGOSZCZ	POL	M60-69	4	M 113		00:24:03	00:03:57	00:40:29	00:00:52	00:30:51	01:40:12.38
142	ANDRZEJEWSKI RYSZARD	138	ŻÓŁTOKRÓLEWSCY	BYDGOSZCZ	POL	M70-79	1	M 114		00:22:36	00:06:35	00:42:06	00:01:53	00:28:42	01:41:52.95
143	KLIN PAULINA	69		CZERSK	POL	K30-39	11	K 29		00:24:16	00:04:15	00:45:30	00:01:19	00:28:48	01:44:08.83
144	DÜCHTING BENJAMIN	36		BERLIN	GER	M30-39	43	M 115		00:17:58	00:04:41	00:45:34	00:01:33	00:35:58	01:45:44.69
145	SZABO-MOSKAL IGA	123		BORÓWNO	POL	K50-59	4	K 30		00:21:51	00:03:45	00:48:03	00:00:56	00:31:44	01:46:19.44

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, 1 Fala c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
146	PIĄTKOWSKI MARIUSZ	113	TRIFECTA	BYDGOSZCZ	POL	M50-59	15	M 116	TRIFECTA	00:19:21	00:04:24	00:47:44	00:00:41	00:36:15	01:48:25.91
147	PIĄTKOWSKI KRYSZTIAN	112	TRIFECTA	BYDGOSZCZ	POL	M18-29	18	M 117	TRIFECTA	00:18:39	00:04:27	00:48:34	00:00:40	00:36:15	01:48:35.99
148	CIESIELSKI PIOTR	105	TTRI SPRĘCOWO	MAKSYMILIANOWO	POL	M50-59	16	M 118		00:20:48	00:05:39	00:50:03	00:00:35	00:32:25	01:49:30.41
149	KOZŁOWSKA MAŁGORZATA	137	PTT DELTA	PŁOCK	POL	K40-49	10	K 31		00:25:28	00:04:57	00:44:56	00:01:03	00:33:43	01:50:07.80
150	CZYŻEWSKI PIOTR	3		BRZOZA	POL	M30-39	44	M 119		00:23:44	00:04:46	00:41:38	00:02:34	00:37:59	01:50:41.52
151	IDZIŃSKA NATALIA	78	BRAK- OS.PRYWATNA	BYDGOSZCZ	POL	K30-39	12	K 32		00:23:13	00:04:11	00:55:52	00:00:30	00:30:15	01:54:01.53
152	BŁASZKIEWICZ MARZENA	166	ENEA BYDGOSZCZ TRIATHLON		POL	K30-39	13	K 33		00:24:34	00:04:30	00:49:34	00:01:02	00:34:24	01:54:04.24
153	SAWICKI WALDEMAR	22		BYDGOSZCZ	POL	M80+	1	M 120		00:23:57	00:04:52	00:46:36	00:00:57	00:42:49	01:59:11.21
154	WIŚNIEWSKI KRZYSZTOF	127	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	17	M 121	TRISPACE/TREK	00:36:29	00:04:02	00:42:31	00:01:44	00:36:28	02:01:14.78
155	MIKA ALDONA	102		BYDGOSZCZ	POL	K50-59	5	K 34		00:26:14	00:06:09	00:48:44			02:01:56.00
156	NOWAK ANDRZEJ	131		KORONOWO	POL	M60-69	5	M 122		00:29:30	00:06:01	00:55:03	00:02:21	00:47:00	02:19:55.86
	NOWAKOWSKI MARCIN	114	TRIFECTA	BYDGOSZCZ	POL	M40-49			TRIFECTA	DNF	00:00:00	00:00:00	00:00:00	00:00:00	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K18-29**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	NOWAK MARTYNA	121	3 GRAVITY	BYDGOSZCZ	POL	K18-29	1	K 2		00:12:30	00:02:43	00:35:23	00:00:56	00:22:49	01:14:21.42
2	HIGSON ALEKSANDRA	94	DURHAM UNIVERSITY	BYDGOSZCZ	POL	K18-29	2	K 7		00:14:25	00:02:51	00:38:42	00:00:28	00:23:49	01:20:15.47
3	LICHOCKA PATRYCJA	154	BS TRI	POZNAŃ	POL	K18-29	3	K 8		00:17:33	00:02:33	00:37:15	00:01:07	00:22:25	01:20:53.35
4	PALETA ELŻBIETA	2	TM IRON TEAM	KATOWICE	POL	K18-29	4	K 9	TM IRON TEAM	00:16:10	00:03:03	00:38:50	00:01:24	00:21:48	01:21:15.93
5	CABAJ MARTYNA	11	IM INSPIRATION	BYDGOSZCZ	POL	K18-29	5	K 11		00:14:19	00:02:42	00:35:28	00:01:29	00:27:59	01:21:57.64
6	MOJSIEWICZ NATALIA	87		WARSZAWA	POL	K18-29	6	K 18		00:17:29	00:02:56	00:36:41	00:01:25	00:28:40	01:27:11.68

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M18-29**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	MŁYŃCZAK JAKUB	152	GVT	GLIWICE	POL	M18-29	1	M 4		00:12:16	00:01:59	00:31:20	00:00:42	00:18:52	01:05:09.87
2	FRUKACZ KAMIL	63	SPORTLEVEL TCZEW	TCZEW	POL	M18-29	2	M 10		00:11:47	00:02:17	00:32:40	00:01:07	00:20:42	01:08:33.94
3	SUDZIŃSKI HUBERT	42		SĘPÓLNO KRAJEŃSKIE		M18-29	3	M 13	TRISPACE/TREK	00:15:31	00:02:04	00:31:37	00:01:00	00:19:10	01:09:22.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M18-29 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
4	PEKRUL WOJCIECH	153	DAWAJ KALACH TEAM / MIĘDZY TRENINGAMI	GDAŃSK	POL	M18-29	4	M 14		00:12:46	00:02:16	00:32:22	00:01:02	00:21:04	01:09:30.97
5	KARSKI KACPER	98		INOWROCLAW	POL	M18-29	5	M 15		00:11:32	00:02:34	00:33:34	00:00:47	00:21:12	01:09:39.65
6	ZIELINSKI NICOLAS	91	ELENSPORT.PL SKLEPY SPORTOWE	OSIELSKO	POL	M18-29	6	M 17	ELENSPORT.PL	00:14:00	00:01:55	00:32:58	00:00:48	00:20:29	01:10:10.21
7	MAAS OLIVER	159	SOPREMA TEAM TSV MANNHEIM	MANNHEIM	GER	M18-29	7	M 28		00:12:36	00:02:25	00:37:48	00:00:45	00:19:17	01:12:51.78
8	DULIŃSKI BARTOSZ	140	TRISPACE/TREK	NIEMCZ	POL	M18-29	8	M 34	TRISPACE/TREK	00:15:20	00:02:13	00:33:41	00:01:56	00:21:10	01:14:20.30
9	LEWANDOWSKI OSKAR	29		KRUSZWICA	POL	M18-29	9	M 41		00:15:53	00:02:24	00:35:09	00:01:30	00:22:40	01:17:36.39
10	PEZACKI SZYMON	57	NIEMCZ BIKE ACADEMY	NIEMCZ	POL	M18-29	10	M 69		00:15:12	00:03:47	00:36:38	00:02:16	00:25:44	01:23:37.17
11	SKÓRCZEWSKI MARCIN	25				M18-29	11	M 76		00:16:31	00:03:13	00:36:03	00:01:43	00:27:20	01:24:50.92
12	ŻEGLICZ MAREK	84	SPOJNIA BIAŁE BŁOTA	BIAŁE BŁOTA	POL	M18-29	12	M 84		00:18:38	00:04:56	00:37:15	00:01:43	00:24:46	01:27:18.15
13	ZEVALLÓS ROBERT	58		BIGGIN HILL	GBR	M18-29	13	M 89		00:17:36	00:03:15	00:39:44	00:00:59	00:26:25	01:27:59.68
14	KLIMEK PRZEMYSŁAW	59	TOYOTA JAWORSKI AUTO	BYDGOSZCZ	POL	M18-29	14	M 99		00:17:23	00:02:59	00:39:35	00:01:03	00:29:45	01:30:45.45
15	PIĄTKOWSKI MATEUSZ	111	TRIFECTA	BYDGOSZCZ	POL	M18-29	15	M 107	TRIFECTA	00:17:28	00:06:02	00:45:06	00:00:54	00:25:41	01:35:11.85
16	WILAND ADAM	101		GRUDZIĄDZ	POL	M18-29	16	M 111		00:18:57	00:04:29	00:46:57	00:01:45	00:25:34	01:37:42.01
17	KOJRO FILIP	48	PLCK	BYDGOSZCZ	POL	M18-29	17	M 112		00:16:30	00:06:30	00:43:34	00:01:07	00:31:03	01:38:44.15
18	PIĄTKOWSKI KRYSZTIAN	112	TRIFECTA	BYDGOSZCZ	POL	M18-29	18	M 117	TRIFECTA	00:18:39	00:04:27	00:48:34	00:00:40	00:36:15	01:48:35.99

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K30-39**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	NOWAK ANIA	155		SEKIERKI WIELKIE	POL	K30-39	1	K 3		00:17:13	00:02:09	00:33:06	00:01:08	00:21:38	01:15:14.46
2	BOHDANOWICZ PATRYCJA	141		BYDGOSZCZ	POL	K30-39	2	K 4		00:15:17	00:02:28	00:35:26	00:01:10	00:24:42	01:19:03.74
3	WASILEWSKA MARTYNA	93	AMS BYDGOSZCZ	BYDGOSZCZ	POL	K30-39	3	K 6	AKADEMIA MISTRZÓW SPORTU	00:16:07	00:02:46	00:37:22	00:01:03	00:22:38	01:19:56.29
4	PIETRZAK AGATA	142		BYDGOSZCZ	POL	K30-39	4	K 17		00:14:57	00:02:57	00:38:56	00:01:28	00:27:27	01:25:45.78
5	MODZELEWSKA MARIA	108	TM IRON TEAM	BYDGOSZCZ	POL	K30-39	5	K 19	TM IRON TEAM	00:20:10	00:02:46	00:39:03	00:00:27	00:25:31	01:27:57.28
6	BŁĄŻEJEWSKA AGNIESZKA	175	TM IRON TEAM	ŁOCHOWO	POL	K30-39	6	K 22		00:20:45	00:03:22	00:40:17	00:00:35	00:26:37	01:31:36.05
7	SURWIŁO-RUTKOWSKA JUSTYNA	109	OLIMPIA SPORT	POZNAŃ	POL	K30-39	7	K 23		00:17:42	00:04:14	00:40:48	00:01:10	00:28:24	01:32:18.64
8	DWOJACZNA-CHRAPKOWSKA ANNA	9	IRON HOUSE TRIATHLON WŁOCLAWEK	WŁOCLAWEK	POL	K30-39	8	K 24	IRON HOUSE TRIATHLON WŁOCLAWEK	00:20:01	00:04:32	00:40:40	00:01:59	00:25:41	01:32:53.58
9	DOBRZYŃSKA EWA	54		BYDGOSZCZ	POL	K30-39	9	K 27		00:23:53	00:04:33	00:45:28	00:01:44	00:23:42	01:39:20.32

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K30-39 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
10	NOWAKOWSKA NATALIA	53		BYDGOSZCZ	POL	K30-39	10	K 28		00:19:29	00:02:27	00:44:43	00:00:55	00:32:24	01:39:58.95
11	KLIN PAULINA	69		CZERSK	POL	K30-39	11	K 29		00:24:16	00:04:15	00:45:30	00:01:19	00:28:48	01:44:08.83
12	IDZIŃSKA NATALIA	78	BRAK- OS.PRYWATNA	BYDGOSZCZ	POL	K30-39	12	K 32		00:23:13	00:04:11	00:55:52	00:00:30	00:30:15	01:54:01.53

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M30-39**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ISKRA PAWEŁ	148	7PRO TEAM	ZIELENIEWO	POL	M30-39	1	M 1		00:10:54	00:02:05	00:30:03	00:00:26	00:19:34	01:03:02.73
2	BEDNARCZYK TOMASZ	41	BIKE U UP	GDYNIA	POL	M30-39	2	M 2		00:12:19	00:02:02	00:30:05	00:00:26	00:19:20	01:04:12.94
3	RYMER JAKUB	162	ERPLAST/BOGMAR	BYDGOSZCZ	POL	M30-39	3	M 3	BOGMAR / ERPLAST	00:12:09	00:02:00	00:30:21	00:00:31	00:19:55	01:04:56.90
4	ŁOPUSZYŃSKI KRZYSZTOF	61	LANGE TRI COACH/H2OSHOP.PL	BYDGOSZCZ	POL	M30-39	4	M 5		00:14:20	00:02:11	00:29:41	00:00:14	00:19:42	01:06:08.50
5	PTASZEK TOMASZ	157	WANIEWSKI COACHING	GDYNIA	POL	M30-39	5	M 6		00:12:11	00:02:03	00:31:09	00:00:55	00:20:30	01:06:48.22
6	BISKUPSKI CEZARY	27	TRISPACE/TREK			M30-39	6	M 7		00:14:12	00:02:01	00:29:46	00:00:47	00:20:41	01:07:27.30
7	ŚLIWIŃSKI ŁUKASZ	170	ERPLAST/BOGMAR	OSTROMECKO	POL	M30-39	7	M 9	BOGMAR / ERPLAST	00:15:35	00:02:00	00:30:01	00:01:03	00:19:48	01:08:27.50
8	KOWALIKOWSKI DANIEL	119	TM IRON TEAM	BYDGOSZCZ	POL	M30-39	8	M 11	TM IRON TEAM	00:13:34	00:02:07	00:30:57	00:00:49	00:21:10	01:08:37.60
9	SZEWCZUK PATRYK	55	SPORT ZDROWIE KONDYCJA	ŚWIECIE	POL	M30-39	9	M 16		00:14:34	00:01:46	00:31:03	00:00:57	00:21:33	01:09:53.28
10	KOTŁOWSKI BARTOSZ	165	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	BYDGOSZCZ	POL	M30-39	10	M 19	BOGMAR / ERPLAST	00:15:43	00:02:00	00:34:29	00:01:02	00:17:24	01:10:38.25
11	LICZNIERSKI MAREK	10	OWOCBIEGATEAM	PLEWISKA	POL	M30-39	11	M 20	OWOCBIEGATEAM	00:13:43	00:02:35	00:32:14	00:01:03	00:21:08	01:10:43.52
12	MAZUR WOJCIECH	158		BYDGOSZCZ	POL	M30-39	12	M 22		00:13:16	00:02:30	00:31:59	00:01:07	00:22:10	01:11:02.47
13	DROBINSKI DANIEL	33		BYDGOSZCZ	POL	M30-39	13	M 29		00:15:40	00:03:06	00:32:53	00:01:09	00:20:22	01:13:10.25
14	BRZEZIŃSKI ŁUKASZ	173	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	14	M 31	ASSECO ACTIVE TEAM	00:14:47	00:02:37	00:33:28	00:01:00	00:21:49	01:13:41.43
15	NOWICKI BARTOSZ	106	AQUA+	BYDGOSZCZ	POL	M30-39	15	M 32		00:14:44	00:02:32	00:32:53	00:00:56	00:22:45	01:13:50.64
16	SKORECKI ALEKSANDER	168	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	BYDGOSZCZ	POL	M30-39	16	M 36	BYDGOSZCZ TRIATHLON TEAM / WTLENIE	00:14:34	00:02:41	00:35:22	00:01:01	00:22:25	01:16:03.83
17	GÓRNY BARTOSZ	133	TRISPACE/TREK	BYDGOSZCZ	POL	M30-39	17	M 37		00:15:26	00:02:43	00:33:59	00:01:48	00:22:15	01:16:11.82
18	SOBCZAK MARCIN	174	ASSECO ACTIVE TEAM	BYDGOSZCZ	POL	M30-39	18	M 38		00:15:11	00:02:08	00:34:04	00:01:05	00:24:06	01:16:34.80
19	DUDKOWIAK MICHAŁ	178	DUDKOWIAK ADWOKACI	POZNAŃ	POL	M30-39	19	M 42		00:14:14	00:02:31	00:35:07	00:00:42	00:25:19	01:17:53.01
20	ZIELIŃSKI MACIEJ	88	ELENSPORT.PL	BYDGOSZCZ	POL	M30-39	20	M 44	ELENSPORT.PL	00:17:23	00:02:58	00:33:30	00:01:12	00:22:55	01:17:58.81
21	DAWIDOWSKI MAREK	144	POMIMO TEAM / KARTUZY	KARTUZY	POL	M30-39	21	M 45		00:16:10	00:02:16	00:36:09	00:01:15	00:22:12	01:18:02.72

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M30-39 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
22	KARCZEWSKI FILIP	20		BYDGOSZCZ	POL	M30-39	22	M 46		00:18:14	00:02:54	00:33:13	00:00:52	00:23:26	01:18:39.43
23	KNYPIŃSKI WOJCIECH	45		BYDGOSZCZ	POL	M30-39	23	M 47		00:16:41	00:03:11	00:35:40	00:01:47	00:21:54	01:19:13.81
24	ZALEWSKI MARCIN	100		ŻYRARDÓW	POL	M30-39	24	M 50		00:16:15	00:02:41	00:35:37	00:01:06	00:24:08	01:19:47.43
25	RUCIŃSKI RAFAŁ	8	SELEKCJA NATURALNA	MAŁE RUDY	POL	M30-39	25	M 54	SELEKCJA NATURALNA	00:18:28	00:02:24	00:34:56	00:01:33	00:24:14	01:21:35.27
26	STRYCYŃSKI MAREK	71				M30-39	26	M 60		00:17:18	00:03:16	00:35:41	00:01:44	00:24:29	01:22:28.66
27	TROŚCIANIEC TOMASZ	139	GRAJAN TEAM OŁAWA	OŁAWA	POL	M30-39	27	M 62		00:16:15	00:03:12	00:36:10	00:01:56	00:25:10	01:22:43.18
28	BRYLL ŁUKASZ	77	BKK TRI TEAM	KRUSZYN KRAJEŃSKI	POL	M30-39	28	M 66		00:17:00	00:03:15	00:36:58	00:01:26	00:24:47	01:23:26.42
29	ZAMOYSKI PIOTR	56		BRWINÓW	POL	M30-39	29	M 70		00:17:26	00:02:43	00:37:09	00:01:20	00:25:01	01:23:39.42
30	WOŹNIAK RADEK	143		BYDGOSZCZ	POL	M30-39	30	M 72		00:19:24	00:02:33	00:34:27	00:01:08	00:26:35	01:24:07.16
31	BOROWSKI RADOSŁAW	40	MLKS KRAJNA SĘPÓLNO	BYDGOSZCZ	POL	M30-39	31	M 73		00:18:19	00:02:58	00:36:21	00:01:11	00:25:21	01:24:10.42
32	CZACHOWSKI JACEK	176	KS OPLAWIEC	BYDGOSZCZ	POL	M30-39	32	M 74		00:18:21	00:02:57	00:37:32	00:00:43	00:24:39	01:24:12.15
33	KOLASSA ROBERT	95		MUROWANIEC	POL	M30-39	33	M 77		00:18:27	00:03:29	00:39:24	00:00:29	00:23:17	01:25:06.92
34	STAŃCZYK KAMIL	79	83 BLP	BAŁTÓW	POL	M30-39	34	M 78		00:19:02	00:04:23	00:38:41	00:02:07	00:20:54	01:25:07.68
35	BOIŃSKI BARTOSZ	60		BYDGOSZCZ	POL	M30-39	35	M 79		00:17:30	00:03:14	00:37:35	00:02:13	00:24:50	01:25:22.42
36	SOBCZYŃSKI MICHAŁ	99		TRYSZCZYN	POL	M30-39	36	M 80		00:16:12	00:03:01	00:37:56	00:01:39	00:26:44	01:25:32.22
37	RUTKOWSKI TOMASZ	110	OLIMPIA SPORT	POZNAŃ	POL	M30-39	37	M 81		00:19:54	00:03:42	00:37:15	00:01:56	00:23:38	01:26:25.39
38	PAPIEROWSKI PIOTR	50	ATOS	OSIELSKO	POL	M30-39	38	M 87		00:18:12	00:04:13	00:36:53	00:01:25	00:26:46	01:27:29.94
39	TOMASZEWSKI MATEUSZ	134	GRAJAN OŁAWA	OŁAWA	POL	M30-39	39	M 91		00:17:49	00:03:17	00:43:11	00:01:04	00:23:00	01:28:21.00
40	FRĄCKOWSKI ŁUKASZ	4	THE TRI DOCTOR	BYDGOSZCZ	POL	M30-39	40	M 93		00:13:59	00:03:27	00:37:24	00:01:44	00:32:07	01:28:41.28
41	WŁUDARSKI MARCIN	128		BYDGOSZCZ	POL	M30-39	41	M 96		00:03:51	00:17:26	00:41:15	00:00:43	00:26:16	01:29:31.38
42	GUMIŃSKI SZYMON	160		NIWY	POL	M30-39	42	M 101		00:16:46	00:04:13	00:42:46	00:02:40	00:24:49	01:31:14.92
43	DÜCHTING BENJAMIN	36		BERLIN	GER	M30-39	43	M 115		00:17:58	00:04:41	00:45:34	00:01:33	00:35:58	01:45:44.69
44	CZYŻEWSKI PIOTR	3		BRZOZA	POL	M30-39	44	M 119		00:23:44	00:04:46	00:41:38	00:02:34	00:37:59	01:50:41.52

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K40-49**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ŻMICH-FÓRMANIAK JOANNA	107	TM IRON TEAM	BYDGOSZCZ	POL	K40-49	1	K 1	TM IRON TEAM	00:14:28	00:02:46	00:33:00	00:01:01	00:22:43	01:13:58.00
2	WARCZAK KATARZYNA	67	FCNB/TEAMOCHAL	BYDGOSZCZ	POL	K40-49	2	K 5	TEAMOCHAL	00:15:49	00:02:40	00:36:07	00:00:52	00:24:05	01:19:33.48

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K40-49 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
3	LICZNIERSKA ALINA	150	OWOCBIEGA TEAM	PLEWISKA	POL	K40-49	3	K 10		00:19:24	00:02:06	00:36:44	00:00:53	00:22:15	01:21:22.31
4	WASILEWSKA AGATA	92	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	K40-49	4	K 12	AKADEMIA MISTRZÓW SPORTU	00:17:01	00:02:51	00:36:28	00:01:09	00:24:34	01:22:03.69
5	MALINOWSKA EWELINA	86		WARSZAWA	POL	K40-49	5	K 13		00:15:36	00:02:18	00:37:50	00:01:23	00:25:13	01:22:20.66
6	DOROTA DULIŃSKA	82	TRISPACE/TREK	NIEMCZ	POL	K40-49	6	K 14		00:17:52	00:02:50	00:35:36	00:01:05	00:26:56	01:24:19.37
7	PRZYBYŁA AGNIESZKA	83		BYDGOSZCZ	POL	K40-49	7	K 16		00:16:38	00:03:23	00:39:45	00:00:30	00:25:28	01:25:44.26
8	GOŁATA AGNIESZKA	164	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	K40-49	8	K 20	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:18:17	00:02:58	00:38:28	00:01:29	00:27:48	01:29:00.00
9	FIEGEL KATARZYNA	15	TRISPACE/TREK	BYDGOSZCZ	POL	K40-49	9	K 26	TRISPACE/TREK	00:25:26	00:02:15	00:43:37	00:01:14	00:26:01	01:38:33.43
10	KOZŁOWSKA MAŁGORZATA	137	PTT DELTA	PŁOCK	POL	K40-49	10	K 31		00:25:28	00:04:57	00:44:56	00:01:03	00:33:43	01:50:07.80
11	BŁASZKIEWICZ MARZENA	166	ENEA BYDGOSZCZ TRIATHLON		POL	K30-39	13	K 33		00:24:34	00:04:30	00:49:34	00:01:02	00:34:24	01:54:04.24

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M40-49**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	NOWAK PAWEŁ	156		SIEKIERKI WIELKIE	POL	M40-49	1	M 8		00:15:34	00:02:10	00:30:35	00:00:58	00:19:04	01:08:21.60
2	PLUTA GNIEWOMIR	118	UKS TRS SUSZ	BYDGOSZCZ	POL	M40-49	2	M 12		00:12:59	00:02:21	00:31:51	00:00:45	00:21:12	01:09:08.40
3	FÓRMANIAK PIOTR	104	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	3	M 18	TM IRON TEAM	00:13:13	00:02:08	00:32:05	00:01:13	00:21:41	01:10:20.10
4	BARTKOWIAK DAWID	130		PIŁA	POL	M40-49	4	M 21		00:14:33	00:02:01	00:31:48	00:00:47	00:21:52	01:11:01.82
5	WIĘCKOWSKI DARIUSZ	72	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M40-49	5	M 23	AKADEMIA MISTRZÓW SPORTU	00:12:41	00:02:19	00:33:05	00:00:56	00:22:42	01:11:43.88
6	GACKA RAFAL	116	LUPUS TEAM	STRZELEWO	POL	M40-49	6	M 24	LUPUS TEAM	00:15:44	00:02:33	00:31:46	00:01:28	00:20:22	01:11:53.65
7	DEPTUŁA GRZEGORZ	35	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	OSIELSKO	POL	M40-49	7	M 25		00:15:10	00:02:34	00:33:14	00:01:06	00:20:02	01:12:06.15
8	PRADZYŃSKI MARCIN	89	AKADEMIAMISTRZOWSPORTU	BYDGOSZCZ	POL	M40-49	8	M 26	AKADEMIA MISTRZÓW SPORTU	00:14:40	00:02:28	00:33:21	00:00:52	00:21:19	01:12:40.05
9	GOŁATA WOJCIECH	163	AKADEMIA MISTRZÓW SPORTU / BOGMAR	DĄBROWA CHEŁMIŃSKA	POL	M40-49	9	M 27	AKADEMIA MISTRZÓW SPORTU/ BOGMAR	00:15:07	00:01:57	00:33:54	00:01:09	00:20:39	01:12:46.85
10	BINKOWSKI ADRIAN	135	CTS/CB163	GZIN	POL	M40-49	10	M 30		00:15:39	00:01:56	00:32:13	00:01:10	00:22:34	01:13:32.89
11	WARGACKI PIOTR	124	TM IRON TEAM	BYDGOSZCZ	POL	M40-49	11	M 33	TM IRON TEAM	00:14:47	00:02:23	00:32:21	00:01:09	00:23:15	01:13:55.60
12	CHODKIEWICZ TOMASZ	31	GARDENFLORA MTB TEAM	BYDGOSZCZ	POL	M40-49	12	M 40		00:17:26	00:03:27	00:33:10	00:01:19	00:21:31	01:16:53.41
13	GILL DANIEL	167	LKS OSTROMECKO	BYDGOSZCZ	POL	M40-49	13	M 43		00:16:47	00:03:00	00:33:31	00:01:26	00:23:13	01:17:57.08
14	OZOROWSKI LUKASZ	120		SZEMBEKOWO	POL	M40-49	14	M 49		00:16:53	00:03:54	00:35:14	00:01:21	00:22:22	01:19:44.80
15	PUZIAK MARCIN	76		BYDGOSZCZ	POL	M40-49	15	M 51		00:15:04	00:02:50	00:37:18	00:01:05	00:24:04	01:20:21.11

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M40-49 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
16	KLONOWSKI MARIUSZ	179	PRIMIGENIUS	ŁOCHOWO	POL	M40-49	16	M 56		00:18:18	00:02:57	00:35:23	00:01:26	00:23:46	01:21:50.50
17	GÓRNY BARTŁOMIEJ	13		KOŚCIELECZKI	POL	M40-49	17	M 58		00:18:07	00:02:27	00:35:29	00:01:19	00:24:42	01:22:04.95
18	NOWOTNIK MARIUSZ	169		BYDGOSZCZ	POL	M40-49	18	M 59		00:17:51	00:02:46	00:36:01	00:01:09	00:24:20	01:22:07.57
19	ZYCHLIŃSKI MIŁOSZ	17	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	M40-49	19	M 61		00:20:41	00:02:52	00:34:17	00:01:50	00:22:55	01:22:35.58
20	GALICKI JAKUB	171	AKADEMIA MISTRZÓW SPORTU	BRZOZA	POL	M40-49	20	M 63		00:17:07	00:03:03	00:37:16	00:01:26	00:24:02	01:22:54.66
21	SOŁDYGA PAWEŁ	96	SKOWRONEKBIEGA	BYDGOSZCZ	POL	M40-49	21	M 65		00:20:03	00:02:50	00:35:54	00:01:40	00:22:58	01:23:25.82
22	GABRYCH MACIEJ	34	CZARNE STOPY	BYDGOSZCZ	POL	M40-49	22	M 67		00:17:54	00:03:05	00:37:02	00:01:06	00:24:21	01:23:28.28
23	FABROWSKI DAWID	125				M40-49	23	M 68	CTS	00:15:07	00:03:20	00:36:55	00:01:36	00:26:32	01:23:30.11
24	TOMASZ MARIUSZ	23	GRAJAN OŁAWA	OŁAWA	POL	M40-49	24	M 71		00:21:36	00:03:11	00:34:22	00:01:47	00:22:47	01:23:43.27
25	REPKA MAREK	66	LUPUS TEAM	BYDGOSZCZ	POL	M40-49	25	M 75		00:21:20	00:02:28	00:34:35	00:01:23	00:24:48	01:24:34.51
26	TOMASZEWSKI MARCIN	147		ŁOCHOWICE	POL	M40-49	26	M 82		00:20:57	00:03:22	00:37:39	00:01:22	00:23:09	01:26:29.08
27	LICA GRZEGORZ	103		BYDGOSZCZ	POL	M40-49	27	M 83		00:17:54	00:03:55	00:35:21	00:01:58	00:27:42	01:26:50.75
28	URBAŃSKI DAWID	97		BYDGOSZCZ	POL	M40-49	28	M 86		00:17:50	00:03:35	00:38:12	00:01:46	00:26:04	01:27:27.75
29	CHMURA MACIEJ	14	TRIATHLON KONSULTING	STRZELCE GÓRNE	POL	M40-49	29	M 88		00:17:52	00:04:40	00:36:58	00:01:43	00:26:33	01:27:46.12
30	MONTOWSKI JAKUB	49		BYDGOSZCZ	POL	M40-49	30	M 92		00:18:07	00:03:45	00:37:57	00:01:10	00:27:22	01:28:21.31
31	RIINA EDOARDO	39		ZGORZAŁA	ITA	M40-49	31	M 94		00:16:10	00:04:35	00:39:41	00:01:31	00:26:59	01:28:56.96
32	ŁATKA MARCIN	12		MYŚLECINEK	POL	M40-49	32	M 97		00:16:50	00:03:00	00:40:52	00:01:28	00:27:41	01:29:51.00
33	ZGÓRSKI MACIEJ	7		BYDGOSZCZ	POL	M40-49	33	M 105		00:20:25	00:04:44	00:38:28	00:01:37	00:29:07	01:34:21.05
34	BIBIK ŁUKASZ	75	RUN DMT	BYDGOSZCZ	POL	M40-49	34	M 106		00:20:22	00:05:02	00:37:45	00:02:56	00:28:59	01:35:04.50
35	WIŚNIEWSKI MIKOŁAJ	52		BYDGOSZCZ	POL	M40-49	35	M 109		00:19:31	00:02:42	00:42:53	00:00:58	00:29:53	01:35:57.15
36	MORZYŃSKI STANISŁAW	90		KCYNIA	POL	M40-49	36	M 110		00:23:09	00:03:38	00:38:59	00:02:35	00:28:17	01:36:38.29
	NOWAKOWSKI MARCIN	114	TRIFECTA	BYDGOSZCZ	POL	M40-49			TRIFECTA	DNF	00:00:00	00:00:00	00:00:00	00:00:00	DNF

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K50-59**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	FIGLER IWONA	151	TRISPACE/TREK	NIEMCZ	POL	K50-59	1	K 15		00:21:03	00:02:39	00:35:58	00:01:16	00:23:58	01:24:54.00
2	STĘPSKA MAŁGOSIA	18	B3T	KRAKÓW	POL	K50-59	2	K 21		00:20:25	00:03:12	00:38:14	00:00:59	00:28:03	01:30:53.25
3	PASTWA DONATA	1				K50-59	3	K 25	TRISPACE/TREK	00:21:39	00:03:42	00:43:55	00:01:04	00:24:11	01:34:31.27

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, K50-59 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
4	SZABO-MOSKAL IGA	123		BORÓWNO	POL	K50-59	4	K 30		00:21:51	00:03:45	00:48:03	00:00:56	00:31:44	01:46:19.44
5	MIKA ALDONA	102		BYDGOSZCZ	POL	K50-59	5	K 34		00:26:14	00:06:09	00:48:44			02:01:56.00

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M50-59**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	AUGUSTYNIAK GRZEGORZ	132	PTDELTA	SŁUPNO	POL	M50-59	1	M 35		00:14:29	00:03:07	00:33:55	00:01:30	00:22:35	01:15:36.60
2	GIERES WALDEMAR	5	PTT DELTA	PŁOCK	POL	M50-59	2	M 39	PTT DELTA	00:17:31	00:02:07	00:33:02	00:00:59	00:23:04	01:16:43.76
3	BUDZIK IRENEUSZ	129	PETNER TEAM	BYDGOSZCZ	POL	M50-59	3	M 48		00:18:31	00:02:53	00:33:20	00:01:14	00:23:20	01:19:18.15
4	GIEDRYS ROMAN	145		TUCHOLA	POL	M50-59	4	M 52		00:17:57	00:03:18	00:34:19	00:01:02	00:23:51	01:20:27.28
5	CIUPA JAROSŁAW	80	AKADEMIA MISTRZÓW SPORTU	BYDGOSZCZ	POL	M50-59	5	M 53		00:18:01	00:03:24	00:33:29	00:02:00	00:23:51	01:20:45.24
6	PACZKOWSKI MIROŚLAW	32		BYDGOSZCZ	POL	M50-59	6	M 55		00:17:13	00:04:00	00:36:05	00:01:46	00:22:33	01:21:37.24
7	MALINOWSKI ARTUR	115		MAKSYMILIANOWO	POL	M50-59	7	M 57		00:17:40	00:03:34	00:35:11	00:01:27	00:24:02	01:21:54.91
8	KUŹMA WOJCIECH	28		BYDGOSZCZ	POL	M50-59	8	M 64		00:17:51	00:02:46	00:35:20	00:01:11	00:25:48	01:22:56.05
9	LUDWINIAK BOGDAN	65		BYDGOSZCZ	POL	M50-59	9	M 90		00:17:55	00:02:50	00:36:32	00:01:35	00:29:25	01:28:17.63
10	LISEWSKI PIOTR	43				M50-59	10	M 95		00:19:52	00:03:15	00:38:48	00:01:47	00:25:19	01:29:01.80
11	OSIŃSKI ADAM	46	CHŁOPAKI TO MY	BYDGOSZCZ	POL	M50-59	11	M 100		00:21:33	00:05:00	00:37:50	00:01:56	00:24:44	01:31:03.49
12	SADKIEWICZ JACEK	172	RACING TEAM	OSIELSKO	POL	M50-59	12	M 102		00:17:56	00:03:40	00:36:59	00:01:39	00:31:32	01:31:46.51
13	KOWALSKI MAREK	85	REKINY OSIELSKO	NIEMCZ	POL	M50-59	13	M 104		00:17:27	00:06:41	00:39:42	00:02:23	00:27:29	01:33:42.82
14	ŻELAZNY MARCIN	38		BYDGOSZCZ	POL	M50-59	14	M 108		00:15:34	00:04:51	00:42:07	00:02:04	00:30:45	01:35:21.97
15	PIĄTKOWSKI MARIUSZ	113	TRIFECTA	BYDGOSZCZ	POL	M50-59	15	M 116	TRIFECTA	00:19:21	00:04:24	00:47:44	00:00:41	00:36:15	01:48:25.91
16	CIESIELSKI PIOTR	105	TTRI SPRĘCOWO	MAKSYMILIANOWO	POL	M50-59	16	M 118		00:20:48	00:05:39	00:50:03	00:00:35	00:32:25	01:49:30.41
17	WIŚNIEWSKI KRZYSZTOF	127	TRISPACE/TREK	BYDGOSZCZ	POL	M50-59	17	M 121	TRISPACE/TREK	00:36:29	00:04:02	00:42:31	00:01:44	00:36:28	02:01:14.78

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M60-69**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	GARBIEC MIROŚLAW	16		BYDGOSZCZ	POL	M60-69	1	M 85		00:20:46	00:03:37	00:35:59	00:02:11	00:24:47	01:27:20.62
2	BOHDANOWICZ JAROSŁAW	149	OLIMPIASPORT.PL	NIEMCZ	POL	M60-69	2	M 98		00:16:57	00:03:30	00:38:18	00:01:39	00:29:32	01:29:56.91



**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M60-69 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
3	MISZTELA DARIUSZ	73	PTT DELTA	PLOCK	POL	M60-69	3	M 103	PTT DELTA	00:19:27	00:03:25	00:39:18	00:02:01	00:27:41	01:31:52.45
4	MONTOWSKI JAN	74	OPŁAWIEC	BYDGOSZCZ	POL	M60-69	4	M 113		00:24:03	00:03:57	00:40:29	00:00:52	00:30:51	01:40:12.38
5	NOWAK ANDRZEJ	131		KORONOWO	POL	M60-69	5	M 122		00:29:30	00:06:01	00:55:03	00:02:21	00:47:00	02:19:55.86

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M70-79**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	ANDRZEJEWSKI RYSZARD	138	ŻÓŁTOKRÓLEWSCY	BYDGOSZCZ	POL	M70-79	1	M 114		00:22:36	00:06:35	00:42:06	00:01:53	00:28:42	01:41:52.95

**METALKAS OCEAN LAVA TRIATHLON POLSKA - SPRINT, M80+**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Drużyna 1	Pływanie 0.75km	T1	Rower 20km	T2	Bieg 5km	Netto
1	SAWICKI WALDEMAR	22		BYDGOSZCZ	POL	M80+	1	M 120		00:23:57	00:04:52	00:46:36	00:00:57	00:42:49	01:59:11.21