

TRIATHLON W ZIMNEJ WODZIE

Organizator: Ośrodek Sportu i Rekreacji w Łukowie; Klub Biegacza V-Max Adamów

Data: 18.07.2021

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

Miejscowość: ŁUKÓW



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	Rower	T2	Bieg	Bieg	Wynik	M	K
1	97	POPLAWSKI JAN	WARSZAWA	NEON TEAM	1993	M1	1	00:13:13 (1)	00:01:15	01:04:22	01:04:22 (1)	00:01:14	00:43:09	00:43:09 (1)	02:03:13	1	
2	30	JAKIMIUK DANIEL	SZKLARSKA PORĘBA	NATURAL EPO #DASHRADE RACING TEAM	1993	M1	2	00:14:41 (3)	00:01:23	01:04:56	01:04:56 (2)	00:01:07	00:43:12	00:43:12 (2)	02:05:19	2	
3	104	SANIAWA PIOTR	LUBLIN	TRIATHLON LUBLIN TEAM	1983	M2	1	00:13:56 (2)	00:01:27	01:09:45	01:09:45 (3)	00:01:24	00:46:17	00:46:17 (3)	02:12:49	3	
4	90	PIASECKI BARTOSZ	PUŁAWY	TRIATHLETIC TEAM	1993	M1	3	00:15:59 (10)	00:02:15	01:13:41	01:13:41 (10)	00:01:43	00:52:36	00:52:36 (8)	02:26:14	4	
5	69	MATYSIAK ROBERT	MAZAŃCOWICE	POWER OF SCIENCE	1976	M3	1	00:17:23 (20)	00:02:27	01:10:39	01:10:39 (4)	00:01:44	00:54:40	00:54:40 (16)	02:26:53	5	
6	29	JAGIEŁKA MATEUSZ	WARSZAWA	JERZYK TEAM	1993	M1	4	00:18:16 (35)	00:01:35	01:11:42	01:11:42 (5)	00:01:35	00:54:39	00:54:39 (15)	02:27:47	6	
7	22	GROCHOWSKI DARIUSZ	ŁUKÓW	TRIATHLON SIEDLCE CLUB	1991	M2	2	00:16:31 (13)	00:02:10	01:13:47	01:13:47 (11)	00:01:24	00:54:19	00:54:19 (13)	02:28:11	7	
8	9	BURNECKI ARTUR	HAJNOWKA	HAJNÓWKA BIEGA	1977	M3	2	00:18:11 (32)	00:02:30	01:14:10	01:14:10 (12)	00:01:46	00:51:56	00:51:56 (7)	02:28:33	8	
9	101	RYBAK PRZEMYSŁAW	PUŁAWY	SPORTOWE PUŁAWY	1983	M2	3	00:17:36 (25)	00:02:12	01:12:59	01:12:59 (7)	00:02:05	00:53:51	00:53:51 (11)	02:28:43	9	
10	45	KOMOSZYŃSKI MARCIN	MIĘDZYRZEC PODLASKI		1986	M2	4	00:15:02 (4)	00:02:03	01:13:37	01:13:37 (9)	00:01:38	00:56:24	00:56:24 (24)	02:28:44	10	
11	76	NIEBORAK GRZEGORZ	MODLIBORZYCE	GUKS MODLIBORZYCE	1965	M4	1	00:18:30 (40)	00:02:25	01:15:25	01:15:25 (14)	00:02:09	00:51:24	00:51:24 (6)	02:29:53	11	
12	24	GRZYMKOWSKI ADAM	MARKI	#DAWAI KALACH TEAM	1974	M3	3	00:15:15 (5)	00:01:45	01:18:49	01:18:49 (32)	00:01:44	00:53:30	00:53:30 (10)	02:31:03	12	
13	93	PIOTROWSKI ARTUR	ŁUKÓW		1974	M3	4	00:15:16 (6)	00:01:34	01:17:15	01:17:15 (27)	00:01:56	00:55:15	00:55:15 (21)	02:31:16	13	
14	19	GLÓD TOMASZ	JÓZEFOSŁAW	COMP TEAM	1976	M3	5	00:17:01 (16)	00:03:32	01:13:28	01:13:28 (8)	00:01:55	00:55:53	00:55:53 (22)	02:31:49	14	
15	55	LESZEK MARIUSZ	MIĘTNE	TOWARZYSTWO BIESIADNO SPORTOWE	1980	M3	6	00:19:31 (51)	00:02:20	01:15:42	01:15:42 (15)	00:01:32	00:53:20	00:53:20 (9)	02:32:25	15	
16	70	MAZLOUM AMIR	OŻARÓW MAZOWIECKI	IM INSPIRATION	1987	M2	5	00:15:18 (7)	00:02:01	01:16:23	01:16:23 (23)	00:01:38	00:57:51	00:57:51 (29)	02:33:11	16	
17	10	BYJOŚ MACIEJ	PUŁAWY	SPORTOWE PUŁAWY	1986	M2	6	00:18:22 (37)	00:02:14	01:16:28	01:16:28 (26)	00:01:46	00:54:31	00:54:31 (14)	02:33:21	17	
18	8	BUJKO TOMASZ	MINSK MAZOWIECKI	TSC	1984	M2	7	00:18:20 (36)	00:01:39	01:12:29	01:12:29 (6)	00:01:37	00:59:28	00:59:28 (35)	02:33:33	18	
19	122	WASILEWSKI MARIUSZ	WARKA	KS START PUŁASKI WARKA	1981	M3	7	00:18:11 (32)	00:02:22	01:16:13	01:16:13 (20)	00:01:53	00:55:09	00:55:09 (20)	02:33:48	19	
20	78	NIEDŹWIADEK ANDRZEJ	LUBLIN	LUBELSKA GRUPA TRIATHLONU	1982	M2	8	00:19:06 (46)	00:03:37	01:20:37	01:20:37 (44)	00:02:17	00:48:22	00:48:22 (4)	02:33:59	20	
21	135	ZIELIŃSKI MAREK	WOLA RĘBKOWSKA	TOWARZYSTWO BIESIADNO SPORTOWE	1968	M4	2	00:20:01 (62)	00:02:23	01:19:45	01:19:45 (38)	00:01:15	00:50:39	00:50:39 (5)	02:34:03	21	
22	107	SOBOTA KRZYSZTOF	JABŁONNA	BRAVEHEARTS LEGIONOWO	1987	M2	9	00:17:03 (17)	00:01:58	01:17:47	01:17:47 (28)	00:01:39	00:56:22	00:56:22 (23)	02:34:49	22	
23	34	JÓŹWIK PAWEŁ	NAŁĘCZÓW	ROBERT MROZEK TRI TEAM	1983	M2	10	00:17:14 (19)	00:01:55	01:16:20	01:16:20 (22)	00:01:48	00:57:54	00:57:54 (30)	02:35:11	23	
24	80	NOWAK ARTUR	PIASECZNO	TRI BIEDRONKI	1973	M3	8	00:15:54 (9)	00:01:58	01:17:50	01:17:50 (29)	00:01:43	00:57:59	00:57:59 (31)	02:35:24	24	
25	21	GRABOWSKI GRZEGORZ	KRAŚNIK	ERKADO RACING TEAM KRAŚNIK	1982	M2	11	00:17:40 (27)	00:01:58	01:15:10	01:15:10 (13)	00:01:52	00:59:02	00:59:02 (32)	02:35:42	25	
26	64	ŁUPIŃSKI DANIEL	SIEDLCE / STARE OPOLE	TRIATHLON SIEDLCE CLUB	1978	M3	9	00:17:05 (18)	00:02:02	01:16:27	01:16:27 (25)	00:01:47	00:59:26	00:59:26 (34)	02:36:47	26	
27	72	MAĆCIK MATEUSZ	LUBLIN	SZYMANOWSKI TRIATHLON TEAM	1995	M1	5	00:17:33 (24)	00:01:39	01:15:55	01:15:55 (18)	00:01:39	01:00:59	01:00:59 (42)	02:37:45	27	
28	96	PONCYLIUSZ MARCIN	WARSZAWA	TRICLUB	1985	M2	12	00:16:58 (15)	00:01:46	01:16:24	01:16:24 (24)	00:01:27	01:01:40	01:01:40 (46)	02:38:15	28	
29	63	ŁOŚ TOMASZ	BIAŁYSTOK	3T BIAŁYSTOK	1986	M2	13	00:17:59 (31)	00:02:35	01:16:09	01:16:09 (19)	00:01:51	00:59:52	00:59:52 (37)	02:38:26	29	
30	81	NOWAKOWSKI ARKADIUSZ	STOK LACKI	TSC	1980	M3	10	00:17:54 (29)	00:02:36	01:15:47	01:15:47 (16)	00:01:22	01:00:50	01:00:50 (41)	02:38:29	30	
31	108	SOCHAŃSKI PIOTR	WARKA	KS START PUŁASKI WARKA	1985	M2	14	00:19:11 (47)	00:01:58	01:21:38	01:21:38 (50)	00:01:17	00:54:54	00:54:54 (17)	02:38:58	31	
32	37	KĄKOL MICHAŁ	KAROLINA	RACEFIGHTER GOSIR DĘBE WLK.	1986	M2	15	00:19:12 (48)	00:02:56	01:21:26	01:21:26 (47)	00:01:17	00:54:08	00:54:08 (12)	02:38:59	32	
33	14	CIERNIAK JAROSŁAW	LUBLIN	AZS UMCS	1992	M1	6	00:19:31 (52)	00:01:46	01:20:03	01:20:03 (42)	00:01:46	00:57:10	00:57:10 (27)	02:40:16	33	
34	49	KRASUSKI MIROŚŁAW	SIEDLCE	TSC	1966	M4	3	00:19:12 (49)	00:02:15	01:15:52	01:15:52 (17)	00:01:30	01:01:49	01:01:49 (48)	02:40:38	34	
35	33	JOZWIAK KRZYSZTOF	SIEDLCE	YULO RUN TEAME TRI SECTION	1977	M3	11	00:20:27 (67)	00:01:58	01:21:48	01:21:48 (52)	00:01:47	00:55:02	00:55:02 (19)	02:41:02	35	
36	128	WINIARCZYK JACEK	WARKA	KS START PUŁASKI	1971	M4	4	00:16:54 (14)	00:02:14	01:22:00	01:22:00 (56)	00:02:22	00:57:35	00:57:35 (28)	02:41:05	36	
37	65	MARON JACEK	WARSZAWA	JACK TEAM / ADIDAS RUNNERS WARSAW	1968	M4	5	00:20:33 (69)	00:02:48	01:19:29	01:19:29 (37)	00:02:56	00:56:36	00:56:36 (25)	02:42:22	37	
38	15	CZECHOWICZ GRZEGORZ	ŻELKÓW KOLONIA	TRIATHLON SIEDLCE CLUB	1980	M3	12	00:18:42 (44)	00:03:02	01:18:08	01:18:08 (30)	00:02:01	01:01:40	01:01:40 (46)	02:43:33	38	
39	79	NOWAK ARTUR	JÓZEFÓW		1973	M3	13	00:17:33 (23)	00:02:21	01:19:16	01:19:16 (35)	00:01:59	01:02:44	01:02:44 (53)	02:43:53	39	
40	111	STRUSIŃSKA KATARZYNA	MIŃSK MAZOWIECKI	MIŃSKA GRUPA ROWEROWA/ KS BARAKUDA	1982	K2	1	00:18:29 (39)	00:02:05	01:21:17	01:21:17 (46)	00:02:04	01:00:18	01:00:18 (39)	02:44:13		1
41	83	OŚIŃSKA MONIKA	ŁUKÓW	BIEGACZE POMAGAĆ ZE/DZIKIE BORSUKI	1977	K3	1	00:21:19 (78)	00:02:14	01:23:45	01:23:45 (67)	00:02:10	00:55:01	00:55:01 (18)	02:44:29		2
42	102	RYBŁOWIK FILIP	WARSZAWA		1989	M2	16	00:18:29 (38)	00:01:54	01:23:18	01:23:18 (62)	00:01:59	00:59:20	00:59:20 (33)	02:45:00	40	
43	47	KOPAŃSKA KATARZYNA	PRUSZYN	NEONTEAM	1968	K4	1	00:19:45 (57)	00:02:15	01:19:15	01:19:15 (34)	00:02:20	01:01:58	01:01:58 (49)	02:45:33		3
44	13	CHOŁODOWSKI PIOTR	BIAŁYSTOK	3T BIAŁYSTOK	1970	M4	6	00:16:08 (11)	00:01:50	01:20:00	01:20:00 (41)	00:02:10	01:05:58	01:05:58 (68)	02:46:06	41	

TRIATHLON W ZIMNEJ WODZIE

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

Miejscowość: ŁUKÓW



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	Rower	T2	Bieg	Bieg	Wynik	M	K
45	103	RZYTKI PIOTR	LISIWOLKA	KBVMAX	1981	M3	14	00:19:22 (50)	00:01:54	01:20:52	01:20:52 (45)	00:01:32	01:02:35	01:02:35 (51)	02:46:15	42	
46	54	LESNIAK GRZEGORZ	WŁODAWA	KCKL WŁODAWA	1975	M3	15	00:21:24 (79)	00:02:37	01:16:19	01:16:19 (21)	00:02:12	01:04:30	01:04:30 (63)	02:47:02	43	
47	98	PUKA MATEUSZ	WARSZAWA		1993	M1	7								02:47:21	44	
48	62	ŁOIŃSKI ANDRZEJ	KRASNYSTAW	NAS NIE DAGONIAT	1978	M3	16	00:20:21 (65)	00:02:38	01:21:26	01:21:26 (47)	00:02:18	01:00:44	01:00:44 (40)	02:47:27	45	
49	126	WIEPRZOWSKI MICHAŁ			1979	M3	17	00:16:29 (12)	00:02:24	01:21:56	01:21:56 (54)	00:01:29	01:06:33	01:06:33 (69)	02:48:51	46	
50	35	JUSZCZAK MARCIN	CEGLÓW	RACE FIGHTER GOSIR DĘBE WIELKIE	1986	M2	17	00:22:00 (82)	00:03:04	01:25:13	01:25:13 (73)	00:01:35	00:56:59	00:56:59 (26)	02:48:51	47	
51	31	JAŚKIEWICZ WIACZESŁAW	SIEDLCE		1988	M2	18	00:21:02 (75)	00:01:27	01:21:30	01:21:30 (49)	00:02:22	01:03:00	01:03:00 (55)	02:49:21	48	
52	118	SZEWczyk MATEUSZ	SULEJÓWEK	PATER MATTHAEUS TEAM	1987	M2	19	00:22:08 (85)	00:01:58	01:20:09	01:20:09 (43)	00:01:50	01:03:29	01:03:29 (57)	02:49:34	49	
53	23	GRYMULSKI ŁUKASZ	LUBLIN	TRIATHLON LUBLIN TEAM	1993	M1	8	00:19:38 (55)	00:03:19	01:19:24	01:19:24 (36)	00:02:24	01:04:50	01:04:50 (64)	02:49:35	50	
54	137	ZWIERZAŃSKI PAWEŁ	LUBLIN	SZYMANOWSKI TRIATHLON TEAM/STAY INSANE	1976	M3	18	00:19:40 (56)	00:02:17	01:22:00	01:22:00 (56)	00:02:26	01:03:39	01:03:39 (58)	02:50:02	51	
55	71	MAZUREK KRZYSZTOF	CHEŁM	KP PSP W KRASNYMSTAWIE	1984	M2	20	00:21:05 (77)	00:03:08	01:24:46	01:24:46 (70)	00:01:35	00:59:43	00:59:43 (36)	02:50:17	52	
56	87	OWCZARSKI DOMINIK	WARSZAWA	COCO BONGO TEAM	1984	M2	21	00:22:50 (92)	00:02:48	01:18:30	01:18:30 (31)	00:02:02	01:04:16	01:04:16 (61)	02:50:26	53	
57	36	KAŁUSZYŃSKI PAWEŁ	ZĄBKI	ORANGE POLSKA	1979	M3	19	00:20:52 (71)	00:03:14	01:23:00	01:23:00 (61)	00:02:37	01:01:24	01:01:24 (44)	02:51:07	54	
58	86	OŚWIECIŃSKA MARZENA	BIELSK PODLASKI	TIM MAŁEGO	1985	K2	2	00:20:30 (68)	00:02:34	01:22:12	01:22:12 (58)	00:01:56	01:04:21	01:04:21 (62)	02:51:33		4
59	39	KIMAK PAWEŁ	OGRODZIENIEC	PZU SPORT TEAM	1978	M3	20	00:21:30 (80)	00:02:26	01:25:48	01:25:48 (75)	00:01:40	01:00:09	01:00:09 (38)	02:51:33	55	
60	58	LIPCZYŃSKI OLAF	LUBLIN	MROZEK TRI TEAM	1979	M3	21	00:19:47 (58)	00:01:48	01:25:55	01:25:55 (77)	00:01:17	01:02:57	01:02:57 (54)	02:51:44	56	
61	26	HEWELKE FILIP	WARSZAWA	TRIWAWA	1977	M3	22	00:18:12 (34)	00:03:06	01:21:49	01:21:49 (53)	00:02:00	01:06:53	01:06:53 (70)	02:52:00	57	
62	4	BIBIK ŁUKASZ	GDAŃSK		1995	M1	9	00:17:30 (21)	00:02:33	01:24:25	01:24:25 (69)	00:01:50	01:05:54	01:05:54 (67)	02:52:12	58	
63	123	WASZCZUK WIKTOR	MIĘDZYRZEC PODLASKI	KS „REDLION MUAYTHAI”	1985	M2	22	00:18:32 (42)	00:02:19	01:29:00	01:29:00 (92)	00:01:44	01:01:12	01:01:12 (43)	02:52:47	59	
64	113	SUCHOLEWSKI DAMIAN	WARSZAWA	KONDYCJA PIASECZNO	1978	M3	23	00:20:21 (64)	00:02:56	01:26:02	01:26:02 (78)	00:01:36	01:03:22	01:03:22 (56)	02:54:17	60	
65	100	ROMANOWSKI TOMASZ			1980	M3	24	00:22:01 (83)	00:02:27	01:22:49	01:22:49 (60)	00:02:22	01:05:27	01:05:27 (65)	02:55:06	61	
66	59	LITWIN BARTOSZ	CHEŁM	CHEŁMСКА GRUPA TRIATHLONU	1988	M2	23	00:20:06 (63)	00:01:45	01:18:58	01:18:58 (33)	00:02:05	01:12:33	01:12:33 (81)	02:55:27	62	
67	46	KONIECZNY PIOTR	MIĘTNE	PWPW	1994	M1	10	00:24:53 (101)	00:02:05	01:21:56	01:21:56 (54)	00:01:24	01:05:47	01:05:47 (66)	02:56:05	63	
68	92	PIOTROWSKI MICHAŁ	WARSZAWA		1987	M2	24	00:19:36 (54)	00:03:41	01:28:54	01:28:54 (91)	00:02:26	01:01:32	01:01:32 (45)	02:56:09	64	
69	85	OŚCIEŁOWSKI MARCIN	WARSZAWA	NEON TEAM	1974	M3	25	00:22:26 (88)	00:02:57	01:22:13	01:22:13 (59)	00:02:24	01:07:01	01:07:01 (71)	02:57:01	65	
70	40	KŁOSOWICZ SEBASTIAN	ZALESIE GÓRNE	KONDYCJA	1977	M3	26	00:22:57 (94)	00:02:42	01:28:13	01:28:13 (85)	00:02:21	01:01:59	01:01:59 (50)	02:58:12	66	
71	99	PYNDRYK NORBERT	WARSZAWA	PKO BP S.A.	1981	M3	27	00:18:41 (43)	00:02:45	01:23:27	01:23:27 (64)	00:02:20	01:11:09	01:11:09 (80)	02:58:22	67	
72	28	JABŁONOWSKI ANDRZEJ			1975	M3	28	00:19:35 (53)	00:02:33	01:25:51	01:25:51 (76)	00:02:41	01:08:08	01:08:08 (74)	02:58:48	68	
73	115	SZAFRAN ŁUKASZ	NIEZDÓW	LGT LUBLIN	1982	M2	25	00:23:21 (98)	00:01:50	01:29:15	01:29:15 (93)	00:01:50	01:02:42	01:02:42 (52)	02:58:58	69	
74	131	WÓJCİK MICHAŁ	LIPSKO	PAZERNI NA SPORT LIPSKO, TRI AMO	1977	M3	29	00:21:54 (81)	00:02:48	01:19:55	01:19:55 (40)	00:01:54	01:12:42	01:12:42 (82)	02:59:13	70	
75	61	LUBIATOWSKI WITEK	WARSZAWA	BUZIACZKOWSCY TEAM	1993	M1	11	00:15:46 (8)	00:02:53	01:28:36	01:28:36 (88)	00:01:46	01:10:25	01:10:25 (77)	02:59:26	71	
76	116	SZCZĘSNY MARCIN	MARKI		1971	M4	7	00:22:36 (89)	00:02:58	01:28:49	01:28:49 (89)	00:02:15	01:03:43	01:03:43 (59)	03:00:21	72	
77	110	STASIŃSKI PAWEŁ	SZUDZIAŁOWO		1982	M2	26	00:23:18 (96)	00:01:51	01:19:54	01:19:54 (39)	00:02:28	01:13:35	01:13:35 (84)	03:01:06	73	
78	117	SZCZYGIELSKI BARTŁOMIEJ	WROCLAW	AMATOR	1973	M3	30	00:19:59 (61)	00:02:33	01:27:46	01:27:46 (84)	00:02:09	01:09:25	01:09:25 (76)	03:01:52	74	
79	1	BAŁDYGA PAWEŁ	PRUSZKÓW	KLUB	1980	M3	31	00:20:56 (73)	00:04:02	01:23:35	01:23:35 (65)	00:03:14	01:10:37	01:10:37 (78)	03:02:24	75	
80	44	KOMECKI GRZEGORZ	LUBLIN	LUBELSKA GRUPA TRIATHLONU	1976	M3	32	00:19:47 (58)	00:02:37	01:27:01	01:27:01 (79)	00:02:26	01:10:38	01:10:38 (79)	03:02:29	76	
81	68	MATUSZAK MARIUSZ	LUBLIN	TRIATHLON LUBLIN TEAM	1989	M2	27	00:22:02 (84)	00:02:27	01:28:28	01:28:28 (87)	00:01:37	01:08:04	01:08:04 (73)	03:02:38	77	
82	25	HARPENIUK BARTOSZ	HRUBIESZÓW		1991	M2	28	00:18:31 (41)	00:02:42	01:23:25	01:23:25 (63)	00:01:40	01:16:44	01:16:44 (91)	03:03:02	78	
83	7	BRZEZNICKI KAROL	GARWOLIN	KS DZYRKA TEAM	1986	M2	29	00:17:55 (30)	00:02:37	01:24:03	01:24:03 (68)	00:02:02	01:17:32	01:17:32 (93)	03:04:09	79	
84	56	LESZEK ZBIGNIEW	MIĘTNE	TOWARZYSTWO BIESIADNO SPORTOWE	1959	M5	1	00:22:54 (93)	00:03:29	01:28:53	01:28:53 (90)	00:02:04	01:07:13	01:07:13 (72)	03:04:33	80	
85	125	WIELGOSZ PIOTR	ŁOMIANKI	1981	1981	M3	33	00:17:52 (28)	00:02:55	01:24:54	01:24:54 (72)	00:02:28	01:16:40	01:16:40 (90)	03:04:49	81	
86	2	BANASZCZYK ARKADIUSZ	OŻARÓW MAZOWIECKI	IM INSPIRATION TEAM	1971	M4	8	00:20:56 (72)	00:02:14	01:23:43	01:23:43 (66)	00:02:25	01:16:00	01:16:00 (88)	03:05:18	82	
87	38	KIEŁCZYKOWSKA ŻANETA	ŻELKÓW-KOLONIA	TRIATHLON SIEDLCE CLUB	1983	K2	3	00:21:03 (76)	00:02:41	01:27:26	01:27:26 (81)	00:03:09	01:13:20	01:13:20 (83)	03:07:39		5
88	73	MIKOŁAJCZUK JAREK	MIĘDZYRZEC PODLASKI	TURBOSYNY MIĘDZYRZEC PODL.	1967	M4	9	00:20:59 (74)	00:03:28	01:32:17	01:32:17 (95)	00:03:20	01:08:10	01:08:10 (75)	03:08:14	83	

TRIATHLON W ZIMNEJ WODZIE

Organizator: Ośrodek Sportu i Rekreacji w Łukowie; Klub Biegacza V-Max Adamów

Data: 18.07.2021

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

Miejscowość: ŁUKÓW



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Rok urodz.	Kat wiek.	M-ce w kat	Pływanie	T1	Rower	Rower	T2	Bieg	Bieg	Wynik	M	K
89	66	MASTALERZ TOMASZ	KIELCE		1976	M3	34	00:26:16 (106)	00:03:13	01:33:23	01:33:23 (99)	00:02:15	01:03:46	01:03:46 (60)	03:08:53	84	
90	74	MŁODZIKOWSKA WERONIKA	ADAMÓW	KB V-MAX ADAMÓW	1986	K2	4	00:17:39 (26)	00:02:20	01:33:18	01:33:18 (98)	00:01:40	01:15:27	01:15:27 (85)	03:10:24		6
91	18	GĄSIOREK MAREK	WÓŁKA KOZODAWSKA	KONDYCJA	1961	M5	2	00:22:14 (86)	00:02:21	01:27:35	01:27:35 (83)	00:02:49	01:18:16	01:18:16 (95)	03:13:15	85	
92	134	ZAWARDZIN ROBERT	WARSZAWA	PKO BANK POLSKI	1976	M3	35	00:24:28 (100)	00:03:07	01:27:29	01:27:29 (82)	00:02:29	01:16:39	01:16:39 (89)	03:14:12	86	
93	112	SUCHAŃSKI MICHAŁ	WARSZAWA		1992	M1	12	00:17:31 (22)	00:02:05	01:28:17	01:28:17 (86)	00:02:24	01:24:42	01:24:42 (102)	03:14:59	87	
94	16	CZYŻEWSKI PIOTR	MIĘDZYRZEC PODLASKI		1979	M3	36	00:22:44 (90)	00:02:41	01:25:43	01:25:43 (74)	00:02:17	01:22:19	01:22:19 (98)	03:15:44	88	
95	114	SZAFRAN DARIUSZ	LUBLIN	LUBELSKA GRUPA TRIATHLONU	1973	M3	37	00:22:19 (87)	00:02:17	01:24:46	01:24:46 (70)	00:02:20	01:24:33	01:24:33 (101)	03:16:15	89	
96	82	OCHNIO KAMIL	LUBLIN		1990	M2	30	00:19:58 (60)	00:04:19	01:34:12	01:34:12 (101)	00:02:24	01:15:34	01:15:34 (86)	03:16:27	90	
97	41	KOGUT TOMASZ	KRASNYSTAW	NAS NIE DOGONIAJ	1978	M3	38	00:20:47 (70)	00:03:32	01:21:46	01:21:46 (51)	00:02:54	01:29:03	01:29:03 (106)	03:18:02	91	
98	89	PIASECKA EWA	ŁUKÓW	UNLIMITED TEAM 2.0	1991	K2	5	00:22:59 (95)	00:02:11	01:33:11	01:33:11 (97)	00:01:50	01:18:13	01:18:13 (94)	03:18:24		7
99	42	KOKSA ŁUKASZ	SIEDLCE	KOKSA FAMILY TEAM	1986	M2	31	00:25:38 (103)	00:03:02	01:27:13	01:27:13 (80)	00:02:13	01:21:48	01:21:48 (97)	03:19:54	92	
100	12	CELEJ JAROSŁAW	LATOWICZ	REGINA VITAE	1974	M3	39	00:20:21 (65)	00:03:23	01:32:09	01:32:09 (94)	00:02:21	01:25:02	01:25:02 (103)	03:23:16	93	
101	132	WYCISŁOWSKI KRZYSZTOF	MIŃSK MAZOWIECKI	MKB DREPTAK	1954	M5	3	00:25:35 (102)	00:02:52	01:37:46	01:37:46 (102)	00:03:39	01:15:50	01:15:50 (87)	03:25:42	94	
102	124	WEPA WIESŁAW	CHEŁM	CHEŁMSKA GRUPA TRIATHLONU	1956	M5	4	00:23:53 (99)	00:02:50	01:33:29	01:33:29 (100)	00:02:00	01:23:52	01:23:52 (100)	03:26:04	95	
103	106	SIENNICKI JANUSZ	BIAŁA PODLASKA	KGB BIAŁA PODLASKA	1961	M5	5	00:23:18 (97)	00:03:47	01:32:20	01:32:20 (96)	00:03:31	01:23:33	01:23:33 (99)	03:26:29	96	
104	53	LATAŃSKA IWONA	PUŁAWY	MYŚLĘ, WIĘC BIEGNĘ	1970	K4	2	00:22:49 (91)	00:04:04	01:39:46	01:39:46 (103)	00:02:38	01:17:12	01:17:12 (92)	03:26:29		8
105	50	KUCHARUK JAROSŁAW			1976	M3	40	00:18:59 (45)	00:02:35	01:52:15	01:52:15 (106)	00:02:49	01:20:30	01:20:30 (96)	03:37:08	97	
106	136	ZMYSŁOWSKI JACEK	LUBLIN	TRI MROZEK TEAM	1957	M5	6	00:25:52 (105)	00:03:41	01:46:27	01:46:27 (104)	00:02:53	01:26:35	01:26:35 (104)	03:45:28	98	
107	75	MODRYKAMIEŃ BARBARA	RADOM		1976	K3	2	00:25:45 (104)	00:04:34	01:47:02	01:47:02 (105)	00:03:34	01:27:16	01:27:16 (105)	03:48:11		9