



III TRIATHLON W ZIMNEJ WODZIE W ŁUKOWIE

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

Data: 03.06.2023

Dystans: 1/4 Ironman (0,95-45-10,5)

Miejscowość: Łuków

Msc.	Nr start.	Nazwisko Imię	Team	Msc K/M	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik	KARA
1	138	Kołosowski Kamil		1	M1	1	00:14:55	1	00:01:15	01:05:59	1	00:01:10	00:39:45	3	02:03:04	
2	169	Nowak Krzysztof	Warach-Rowery	2	M2	1	00:17:08	10	00:01:57	01:06:00	2	00:01:07	00:38:57	1	02:05:09	
3	186	Rybczak Paweł	Kuźnia Triathlonu	3	M2	2	00:15:02	3	00:01:34	01:10:57	9	00:01:18	00:39:04	2	02:07:55	
4	128	Jaworski Rafał		4	M2	3	00:16:32	6	00:01:17	01:07:40	3	00:01:18	00:41:09	6	02:07:56	
5	199	Talmon Adam	Kaziki/ForPro	5	M2	4	00:17:10	12	00:01:16	01:09:58	7	00:01:18	00:40:38	4	02:10:20	
6	123	Janiak Paweł	Triathlon Siedlce Club	6	M3	1	00:18:10	24	00:01:52	01:09:30	6	00:01:16	00:40:59	5	02:11:47	
7	196	Szelc Mikołaj		7	M3	2	00:19:37	42	00:01:33	01:08:11	4	00:01:42	00:42:02	8	02:13:05	
8	172	Omelianowicz Piotr	brak	8	M2	5	00:14:59	2	00:01:54	01:12:36	15	00:01:32	00:42:26	9	02:13:27	
9	100	Berent Karol	Dawaj Kalach Team/3T Białystok	9	M2	6	00:18:00	23	00:01:46	01:08:58	5	00:01:16	00:45:48	21	02:15:48	
10	185	Rogała Marcin	TEAM TRENUJ / DEKK FIRE SOLUTIONS	10	M1	2	00:19:14	37	00:01:33	01:11:32	11	00:01:15	00:42:41	10	02:16:15	
11	180	Podziewski Sebastian	Kargulewicz Team Biała Podlaska	11	M3	3	00:17:10	12	00:01:47	01:11:54	13	00:01:01	00:45:47	20	02:17:39	
12	130	Jonczy Kamil	Waniewski Coaching, PKO Bank Polski	12	M3	4	00:17:18	15	00:01:22	01:14:25	16	00:01:36	00:43:45	12	02:18:26	
13	204	Wojciuk Adam	Mrozek Tri Team	13	M3	5	00:16:59	8	00:01:47	01:11:32	11	00:01:19	00:48:11	28	02:19:48	
14	131	Jonio Katarzyna	Triathletic Team	1	K3	1	00:16:54	7	00:01:20	01:15:47	26	00:01:19	00:44:44	15	02:20:04	
15	201	Urbanowicz Rafał		14	M3	6	00:16:25	5	00:01:51	01:10:36	8	00:01:55	00:49:25	38	02:20:12	
16	125	Jasińska Patrycja	Anna Halska Coaching	2	K1	1	00:17:12	14	00:01:37	01:15:45	25	00:01:18	00:45:15	18	02:21:07	
17	103	Blicharz Paweł		15	M2	7	00:19:16	38	00:02:03	01:14:54	21	00:01:13	00:44:35	14	02:22:01	
18	145	Kubajewski Paweł	IRON TRUCKER TEAM	16	M2	8	00:19:24	40	00:01:33	01:14:31	19	00:01:04	00:45:34	19	02:22:06	
19	155	Lisowski Maciek		16	M3	7	00:18:39	32	00:02:09	01:11:29	10	00:01:22	00:48:27	30	02:22:06	
20	197	Szydłowski Rafał	TRIATHLETIC TEAM	18	M2	9	00:20:00	47	00:02:18	01:14:27	17	00:01:41	00:43:50	13	02:22:16	
21	215	Nowak Artur	LUFT TRI TEAM	19	M4	1	00:16:59	8	00:01:52	01:15:22	22	00:01:09	00:48:29	31	02:23:51	
22	110	Dominik Grzegorz	TRI AMO	20	M4	2	00:21:01	56	00:01:58	01:12:34	14	00:01:18	00:48:43	34	02:25:34	
23	182	Przybyłko Nikodem	The Proseccos	21	M2	10	00:22:58	76	00:02:59	01:14:42	20	00:02:35	00:42:56	11	02:26:10	
24	181	Poncyliusz Marcin	TRICLUB	22	M2	11	00:17:53	20	00:01:28	01:15:30	24	00:01:20	00:50:02	45	02:26:13	
25	129	Jeremiejew Rafał	MROZEK TRI TEAM	23	M4	3	00:17:09	11	00:01:46	01:17:25	30	00:01:24	00:48:55	35	02:26:39	
26	106	Dąbrowska Beata	Triathlon Siedlce Club/ Yulo Run Team Siedlce	3	K2	1	00:18:32	30	00:01:56	01:23:33	62	00:01:17	00:41:59	7	02:27:17	
27	205	Wojciuk Paweł		24	M4	4	00:19:20	39	00:02:09	01:15:25	23	00:01:37	00:49:05	37	02:27:36	
28	133	Kępa Aleksandra		4	K2	2	00:18:17	25	00:01:39	01:17:22	29	00:01:27	00:49:41	40	02:28:26	

29	190	Składanowski Marek	Neon Team	25	M2	12	00:17:56	21	00:02:00	01:17:21	28	00:01:38	00:49:40	39	02:28:35
30	149	Lauryn Patryk	Easy TRI	26	M2	13	00:20:15	48	00:02:46	01:17:40	31	00:01:18	00:46:38	23	02:28:37
31	187	Rybołowik Filip		27	M2	14	00:18:24	27	00:01:24	01:21:52	51	00:02:19	00:44:57	16	02:28:56
32	150	Leoniuk Paweł	Nadaktywni / IMINSPIRATION	28	M3	8	00:19:57	45	00:01:57	01:17:54	34	00:02:10	00:48:04	26	02:30:02
33	171	OLSZEWSKI MICHAŁ		29	M3	9	00:17:36	19	00:02:35	01:20:47	45	00:02:04	00:48:42	33	02:31:44
34	194	Suszek Wojciech	SUSZEK SWIM	30	M2	15	00:15:49	4	00:02:19	01:18:57	38	00:01:19	00:54:41	66	02:33:05
35	132	Kąkol Michał	Racefighter Gosir Dębe Wlk.	31	M2	16	00:19:56	44	00:03:15	01:18:24	36	00:01:36	00:50:08	46	02:33:19
36	159	Majczak Mirosław		32	M3	10	00:18:19	26	00:02:00	01:20:38	44	00:01:28	00:51:13	52	02:33:38
37	139	Konieczny Piotr	Kopytko Tri	33	M1	3	00:22:59	77	00:02:14	01:17:42	32	00:01:07	00:49:56	43	02:33:58
38	157	Łupiński Daniel	Triathlon Siedlce Club	33	M3	11	00:17:58	22	00:02:12	01:21:34	50	00:01:35	00:50:39	48	02:33:58
39	153	Lipczyński Olaf	Mrozek Tri Team	35	M3	12	00:19:57	45	00:01:58	01:23:05	58	00:01:28	00:48:05	27	02:34:33
40	135	Kida Tomasz		36	M3	13	00:18:53	34	00:01:22	01:22:55	57	00:01:30	00:49:58	44	02:34:38
41	109	Domański Przemek		37	M3	14	00:20:35	51	00:02:29	01:24:28	66	00:01:22	00:45:52	22	02:34:46
42	148	Kwiatkowski Łukasz	T-Mobile Sport Team	38	M2	17	00:20:59	55	00:01:34	01:20:06	41	00:01:16	00:51:18	53	02:35:13
43	156	Liśkiewicz Bartłomiej	Geronimo Swim	39	M4	5	00:17:23	16	00:02:13	01:19:06	39	00:02:29	00:54:34	65	02:35:45
44	121	Ignatowicz Jakub	The Proseccos	40	M2	18	00:18:50	33	00:02:21	01:24:30	67	00:02:22	00:48:17	29	02:36:20
45	200	Tomkiewicz Maja	23. BLT	5	K1	2	00:21:35	62	00:01:31	01:21:58	52	00:01:12	00:50:51	50	02:37:07
46	164	Mikołajczyk Ewa	Kolarska Grupa Bialska	6	K1	3	00:19:48	43	00:01:54	01:19:57	40	00:01:35	00:54:10	63	02:37:24
47	114	Dzięcielski Łukasz	DTZ	41	M3	15	00:22:01	64	00:04:04	01:24:59	71	00:02:11	00:45:10	17	02:38:25
48	208	Zyguła Marcin		42	M3	16	00:18:34	31	00:03:20	01:24:53	70	00:01:57	00:49:45	41	02:38:29
49	101	Bielski Bartłomiej	MROZEK TRI TEAM/UMCSBIEGA	43	M2	19	00:23:04	78	00:01:57	01:21:13	47	00:01:12	00:51:46	55	02:39:12
50	115	Dziurda Marek	CHGT	44	M3	17	00:18:24	27	00:02:46	01:22:04	53	00:02:15	00:51:50	56	02:37:19 00:02:00
51	124	Janusz Grzegorz	UMCSbiega/Robert Mrozek Tri Team	45	M3	18	00:18:24	27	00:01:49	01:22:06	54	00:01:43	00:53:41	62	02:37:43 00:02:00
52	108	Dobrzyński Andrzej	Chełmska Grupa Triathlonu	46	M3	19	00:22:56	74	00:03:05	01:23:09	60	00:02:05	00:48:33	32	02:39:48
53	213	Muszyński Mariusz		47	M40		00:17:24	17	00:02:43	01:24:16	65	00:02:23	00:53:25	60	02:40:11
54	154	Lisowska Julia		7	K1	4	00:17:35	18	00:02:32	01:25:41	73	00:01:45	00:51:01	51	02:38:34 00:02:00
55	203	Wierzbowicz Krzysztof	Lubelska Grupa Troathlonu	48	M2	20	00:20:44	52	00:01:45	01:20:19	42	00:01:03	00:56:50	73	02:40:41
56	161	MICHALIK ZENON	TOWARZYSTWO BIESIADNO SPORTOWE	49	M5	1	00:24:13	85	00:02:50	01:18:20	35	00:01:54	00:53:31	61	02:40:48
57	118	Golba Anna	Młodzik-team	8	K3	2	00:20:47	54	00:02:22	01:21:01	46	00:01:56	00:52:50	58	02:38:56 00:02:00
58	195	Szachna Piotr	Markowi Biegacze	50	M4	6	00:21:31	61	00:03:22	01:22:06	54	00:02:09	00:52:03	57	02:41:11
59	191	Skrobisz Paweł	WM TRISELF	51	M3	20	00:21:03	57	00:02:41	01:24:43	68	00:02:30	00:50:40	49	02:41:37
60	142	Kowalczyk Grzegorz	Pionki Tri Team	52	M2	21	00:19:07	36	00:02:40	01:27:19	78	00:01:34	00:51:23	54	02:42:03
61	211	Stępowska Berta		9	K3	3	00:19:31	41	00:02:06	01:28:54	83	00:01:17	00:50:35	47	02:42:23
62	134	Kępa Tomasz		53	M3	21	00:25:04	88	00:02:30	01:17:50	33	00:01:23	00:55:56	69	02:42:43
63	206	zawardzin robert	PKO Bank Polski	54	M3	22	00:23:04	78	00:03:33	01:20:24	43	00:02:42	00:53:02	59	02:42:45
64	179	Piotrowski Michał		55	M2	22	00:21:08	59	00:03:10	01:27:12	77	00:01:51	00:49:49	42	02:43:10
65	209	Żytar Paweł		56	M2	23	00:22:48	71	00:01:48	01:18:24	36	00:01:35	00:59:47	82	02:44:22
66	183	Radzki Piotr	Wesoła Biega	57	M2	24	00:22:23	67	00:03:13	01:29:53	87	00:02:02	00:46:58	25	02:44:29
67	193	Sucholewski Damian	Lamus Team	58	M3	23	00:21:05	58	00:03:07	01:23:52	64	00:02:24	00:54:33	64	02:45:01
68	207	Zwierzański Paweł	Stay Insane	59	M3	24	00:18:55	35	00:03:18	01:21:28	48	00:01:55	00:57:34	76	02:43:10 00:02:00
69	189	Sitek Bolesław	W Palnik Triathlon Team	60	M2	25	00:22:51	72	00:02:18	01:23:19	61	00:01:16	00:55:34	68	02:45:18
70	162	Michalski Grzegorz	Brak	61	M3	25	00:21:23	60	00:03:21	01:23:07	59	00:02:01	00:56:48	72	02:46:40

III TRIATHLON W ZIMNEJ WODZIE W ŁUKOWIE

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

Data: 03.06.2023

Dystans: 1/4 Ironman (0,95-45-10,5

Miejscowość: Łuków

Msc.	Nr start.	Nazwisko Imię	Team	Msc K/M	Kat	Msc Kat	Pływanie	msc	T1	Rower	msc	T2	Bieg	msc	Wynik	KARA
71	198	Szymowska Sylwia	Dzkie Borsuki	10	K2	3	00:23:56	83	00:01:52	01:32:33	89	00:01:47	00:46:47	24	02:46:55	
72	116	Gasiorek Marek	LAMUSTEAM	62	M5	2	00:22:10	65	00:02:44	01:21:31	49	00:02:22	00:58:46	78	02:47:33	
73	122	Jabłoński Andrzej	PSG Dorohusk	62	M4	7	00:29:28	95	00:03:11	01:23:33	62	00:02:17	00:49:04	36	02:47:33	
74	214	Polak Krzysztof	Klub Kolarski "Sokół" Stalowa Wola	64	M60		00:23:05	80	00:02:27	01:14:29	18	00:02:00	01:06:42	90	02:48:43	
75	192	Strusińska Katarzyna	Mińska Grupa Rowerowa / KS Barakuda	11	K3	4	00:22:15	66	00:02:19	01:25:22	72	00:01:39	00:58:49	79	02:50:24	
76	163	Mikołajczuk Jarek		65	M4	8	00:21:52	63	00:03:12	01:26:15	75	00:02:49	00:56:43	71	02:50:51	
77	177	Piątkowski Dariusz	Chełmska Grupa Triathlonu	66	M5	3	00:23:29	81	00:02:58	01:24:44	69	00:02:43	00:57:17	74	02:51:11	
78	158	Maciąg Aniela	Szymanowski Triathlon Team	12	K1	5	00:20:46	53	00:01:53	01:29:37	85	00:01:24	00:58:58	80	02:52:38	
79	176	Piasta - Serafin Natalia	Wieliszew heron team	13	K3	5									02:53:16	
80	107	Dębski Michał	The Proseccos	67	M2	26	00:24:48	87	00:02:22	01:27:27	79	00:02:31	00:56:37	70	02:53:45	
81	119	Gonet Radosław	GONET Team	68	M4	9	00:22:57	75	00:03:23	01:26:09	74	00:02:47	01:00:38	83	02:55:54	
82	117	Gil Marta	Lubelska Grupa Triathlonu	14	K2	4	00:20:20	49	00:02:27	01:22:18	56	00:01:34	01:10:00	93	02:56:39	00:02:00
83	127	Jata Marta	Mrozek TRI TEAM	15	K3	6	00:22:27	68	00:02:28	01:29:47	86	00:02:06	01:02:13	86	02:59:01	
84	137	Koksa Łukasz	Triathlon Siedlce Club	69	M2	27	00:27:17	91	00:03:26	01:28:03	81	00:02:00	00:58:22	77	02:59:08	
85	165	Milczarkiewicz Michał		70	M3	26	00:22:36	69	00:03:03	01:31:59	88	00:01:07	01:01:42	84	03:00:27	
86	175	Piasecka Ewa		16	K2	5	00:24:07	84	00:02:35	01:28:22	82	00:02:04	01:04:10	88	03:01:18	
87	166	Muszyński Andrzej		71	M3	27	00:28:52	94	00:04:27	01:26:59	76	00:02:03	00:59:24	81	03:01:45	
88	173	Oszczypała Mateusz		72	M2	28	00:20:30	50	00:03:43	01:27:59	80	00:03:05	01:06:46	91	03:02:03	
89	120	Goral Michał	AZSUMCS Lublin	73	M4	10	00:27:37	92	00:03:40	01:35:53	95	00:03:10	00:55:12	67	03:05:32	
90	152	Lewandowski Mateusz	Havrany	74	M2	29	00:26:58	90	00:05:47	01:35:18	94	00:02:17	00:57:22	75	03:07:42	
91	210	Marciszewska Aneta		17			00:24:42	86	00:03:03	01:32:46	90	00:02:23	01:06:50	92	03:09:44	
92	105	Czyżyk Paweł		75	M3	28	00:22:44	70	00:05:40	01:33:58	91	00:02:54	01:05:42	89	03:10:58	
93	146	Kuźma Mirosław	Triathlon Siedlce Club	76	M5	4	00:26:37	89	00:03:52	01:35:06	93	00:02:35	01:03:37	87	03:11:47	
94	188	Sacharczuk Kacper	*****	77	M2	30	00:30:29	96	00:07:35	01:34:45	92	00:03:15	01:01:59	85	03:18:03	
95	144	Krygicz Kamila		18	K1	6	00:23:33	82	00:02:28	01:46:39	96	00:01:38	01:14:42	94	03:29:00	
96	212	Kozłowski Maciej	RoadBike.pl	78	M30		00:28:40	93	00:03:28	01:29:21	84	00:01:50	01:27:08	95	03:30:27	
97	174	Panasiuk Maciej		79	M1	4	00:38:11	97	00:03:46	03:08:01	97	00:01:41	01:39:08	96	05:30:47	