



III TRIATHLON W ZIMNEJ WODZIE W ŁUKOWIE

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

Data: 03.06.2023

Dystans: 1/8 Ironman (0,475-22)

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	310	Korulczyk Rafał	TRI AMO	1	M3	1	00:07:48	9	00:01:19	00:34:52	2	00:00:54	00:20:36	9	01:05:29	
2	316	Kropiewnicki Przemek	Szymanowski Triathlon Team / Sport2freedom	2	M3	2	00:07:03	5	00:01:09	00:36:25	6	00:00:55	00:20:18	7	01:05:50	
3	270	Drob Marek	Banda Grudnia	3	M2	1	00:08:24	16	00:01:39	00:35:26	3	00:01:15	00:19:37	3	01:06:21	
4	331	Mazurek Marcin	TRIATHLON LUBLIN TEAM	4	M3	3	00:06:42	1	00:01:12	00:36:45	8	00:01:00	00:20:45	10	01:06:24	
5	337	Młodzikowski Paweł	Młodzik-team	5			00:07:45	8	00:01:39	00:34:22	1	00:00:56	00:21:50	23	01:06:32	
6	320	Litwiniuk Piotr	Triathletic Team	6	M3	4	00:07:48	9	00:01:00	00:35:50	4	00:00:54	00:21:17	12	01:06:49	
7	396	Tymiński Paweł	Klub CTS	7	M3	5	00:08:50	23	00:01:34	00:36:04	5	00:01:34	00:19:22	2	01:07:24	
8	323	Mach Tomasz	Szymanowski Triathlon Team	8	M3	6	00:07:25	7	00:01:08	00:36:34	7	00:00:57	00:21:30	17	01:07:34	
9	315	Kropiewnicka Agnieszka	Szymanowski Triathlon Team/Sport2freedom	1	K3	1	00:07:12	6	00:01:16	00:38:24	15	00:00:59	00:21:38	19	01:09:29	
10	343	Papka Michał	Domy pasywne ekoTypowe.pl	9	M3	7	00:07:53	11	00:01:44	00:37:43	11	00:01:47	00:21:35	18	01:10:42	
11	322	Łoiński Andrzej	Ruch Izbica	10	M3	8	00:09:48	45	00:01:15	00:38:25	16	00:01:13	00:20:06	6	01:10:47	
12	373	Tyndzik Eleonora		2	K1	1	00:06:44	2	00:01:20	00:40:40	33	00:00:42	00:21:44	20	01:11:10	
13	278	Garbacik Jacek	GB SPORT RZESZÓW	11	M4	1	00:09:02	27	00:01:18	00:39:10	21	00:01:02	00:21:19	13	01:11:51	
14	344	Paż Michał		12	M3	9	00:08:27	17	00:01:38	00:37:04	9	00:01:37	00:23:17	34	01:12:03	
15	361	Sowa Wojciech	Szymanowski Triathlon Team	13	M2	2	00:08:17	14	00:01:17	00:37:54	12	00:01:05	00:23:34	39	01:12:07	
16	390	Zych Natalia	UKS 51 Lublin	3	K1	2	00:07:02	4	00:01:01	00:40:38	32	00:00:48	00:23:12	32	01:12:41	
17	282	Gmiński Kamil	Enea Team	14	M3	10	00:09:52	47	00:01:40	00:38:30	17	00:01:20	00:21:28	16	01:12:50	
18	250	Biaduń Daniel		15	M3	11	00:09:33	40	00:01:53	00:37:56	13	00:01:49	00:21:45	21	01:12:56	
19	318	Lesniak Grzegorz	V-MAX ADAMOW	16	M3	12	00:09:55	48	00:01:47	00:37:42	10	00:01:46	00:22:01	25	01:13:11	
20	381	Wiatr Michał	Softtutor Team	17	M3	13	00:08:29	18	00:01:12	00:40:34	31	00:01:22	00:21:51	24	01:13:28	
21	347	Płudowski Adam	MłodzikTeam	18	M1	1	00:09:00	26	00:01:04	00:39:53	24	00:01:13	00:22:25	28	01:13:35	
22	321	Luty Tomasz	Fundacja Czas Na Bydgoszcz	19	M1	2	00:09:19	34	00:01:20	00:40:45	35	00:01:01	00:21:26	15	01:13:51	
23	311	Kosecki Konrad		20	M3	14	00:09:06	28	00:01:44	00:38:00	14	00:01:21	00:23:44	41	01:13:55	
24	277	Gancarz Bartosz	Unit4Men	21	M2	3	00:09:46	44	00:02:26	00:38:38	18	00:01:39	00:22:23	27	01:14:52	
25	286	Graj Arkadiusz	Banda Grudnia	22	M2	4	00:09:12	32	00:02:39	00:41:02	40	00:02:08	00:19:56	5	01:14:57	
26	356	Sekula Marcin	Lubelska Grupa Triathlonu	23	M3	15	00:08:08	12	00:01:46	00:40:23	27	00:01:11	00:23:31	37	01:14:59	
27	335	Mitrofaniuk Marek	Yulo Run Team Siedlce	24	M3	16	00:11:29	89	00:01:55	00:38:45	19	00:01:28	00:19:42	4	01:13:19	00:02:00
28	391	Ryczkowski Robert	Tomica Coaching	25	M4	2	00:09:36	41	00:01:26	00:38:48	20	00:01:16	00:24:18	50	01:15:24	

29	293	Horszczaruk Jacek	Jożin z Bażyn	26	M4	3	00:09:06	28	00:01:23	00:39:40	23	00:01:09	00:24:32	55	01:15:50
30	284	Gordon Kamila	Neon Team	4	K1	3	00:08:32	19	00:01:40	00:41:05	41	00:01:05	00:23:47	42	01:16:09
31	302	Kęпка Marcin	lubelskibiegacz.pl TEAM / Mrozek Tri TEAM	27	M2	5	00:09:08	31	00:01:46	00:42:21	58	00:01:20	00:21:45	21	01:16:20
32	324	Machlarz Mariusz	Trybunalska Lublin City Pub Run Team	28	M4	4	00:09:56	49	00:01:16	00:41:36	45	00:01:24	00:22:16	26	01:16:28
33	372	Tyndzik Maria		5	K1	4	00:06:50	3	00:01:13	00:44:10	78	00:00:54	00:23:31	37	01:16:38
34	266	Czemerys Piotr	Ruch Izbica	29	M3	17	00:11:06	80	00:02:02	00:40:56	39	00:01:19	00:21:22	14	01:16:45
35	345	Pitura Eliza	Szymanowski Triathlon Team	6	K3	2	00:09:07	30	00:01:21	00:40:53	38	00:01:11	00:24:17	49	01:16:49
36	340	Nowaczek Kalina	brak	7	K1	5	00:08:36	20	00:01:15	00:41:51	47	00:01:07	00:24:02	45	01:16:51
37	267	Czerniak Adrian	Banda Grudnia	30	M2	6	00:12:23	104	00:02:55	00:40:16	25	00:02:18	00:19:14	1	01:17:06
38	279	Gardziel Jerzy	Kondycja Piaseczno	31	M4	5	00:09:48	45	00:02:37	00:42:23	59	00:01:58	00:20:23	8	01:17:09
39	382	WIELOGÓRSKA NATALIA	CTS	8	K2	1	00:09:14	33	00:01:35	00:40:25	28	00:01:34	00:24:31	54	01:17:19
40	283	Godzwon Mateusz	biegiemzamarzeniami.pl	32	M2	7	00:08:52	25	00:01:50	00:44:45	83	00:01:56	00:20:56	11	01:18:19
41	350	Prędotą Krzysztof	TARCHOMIN TRIATHLON TEAM	33	M4	6	00:10:27	61	00:01:19	00:41:28	43	00:01:04	00:24:04	46	01:18:22
42	281	Gągała Karol	Serokomla	34	M2	8	00:10:25	59	00:02:34	00:40:19	26	00:01:46	00:24:08	47	01:19:12
43	368	Szymaniak Michał		35	M2	9	00:10:51	68	00:03:08	00:40:41	34	00:01:13	00:23:25	36	01:19:18
44	332	Mazurek Eryk		36	M2	10	00:10:27	61	00:02:21	00:40:32	30	00:01:48	00:24:25	53	01:19:33
45	304	Klepacki Tomasz	KS Triathlon Rawa	37	M5	1	00:08:47	22	00:02:38	00:41:54	48	00:01:23	00:24:55	60	01:19:37
46	319	Leńniewski Andrzej		38	M5	2	00:09:23	35	00:01:57	00:43:02	68	00:01:29	00:23:56	43	01:19:47
47	364	Szafran Dariusz	Lubelska Grupa Triathlonu	39	M4	7	00:11:05	77	00:02:07	00:39:23	22	00:01:31	00:25:59	70	01:20:05
48	330	Matysek Bartosz	Szymanowski Triathlon Team	40	M1	3	00:09:56	49	00:01:44	00:42:42	63	00:01:20	00:24:24	52	01:20:06
49	300	Karkocha Sławomir	karkoszki	41	M3	18	00:11:10	82	00:02:15	00:41:39	46	00:01:52	00:23:18	35	01:20:14
50	312	Kowalczyk Martyna	PIONKI TRI TEAM	9	K2	2	00:11:05	77	00:01:59	00:42:00	49	00:01:15	00:24:37	57	01:20:56
51	202	Więprzowski Michał	KGB Biała Podlaska	42	M3	19	00:08:16	13	00:01:38	00:44:14	79	00:01:24	00:25:29	63	01:21:01
52	273	Duda Sebastian	Triathlon Siedlce Club	43	M2	11	00:11:56	97	00:02:24	00:42:17	57	00:01:53	00:23:07	30	01:21:37
53	292	Gujski Marcin	TriPaka	44	M3	20	00:09:59	53	00:02:39	00:42:33	61	00:01:18	00:25:30	65	01:21:59
54	317	Kuśmirek Mariusz	KCKL WŁODAWA	45	M4	8	00:08:50	23	00:02:02	00:44:36	82	00:01:36	00:23:06	29	01:20:10 00:02:00
55	307	Kogut Tomasz	Ruch Izbica	46	M3	21	00:10:21	57	00:02:04	00:40:50	37	00:01:53	00:27:28	81	01:22:36
56	349	Poncyliusz Mateusz		47	M2	12	00:10:15	56	00:02:30	00:42:38	62	00:01:46	00:25:35	66	01:22:44
57	265	Chrzanowski Łukasz	Kuźnia Triathlonu	48	M2	13	00:08:43	21	00:03:02	00:42:12	54	00:01:23	00:27:25	80	01:22:45
58	371	Tarnowska Ewa	Lubelska Grupa Triathlonu	10	K2	3	00:13:29	118	00:01:50	00:42:08	53	00:01:20	00:24:16	48	01:23:03
59	328	Marcinek Krzysztof	PZU Sport Team	49	M3	22	00:11:05	77	00:02:02	00:42:32	60	00:01:55	00:25:38	68	01:23:12
60	348	PODSTAWKA ZBIGNIEW		50	M3	23	00:12:28	105	00:02:37	00:41:25	42	00:01:53	00:24:52	59	01:23:15
61	257	Bródka Paweł	Biegiem Radom!	51	M3	24	00:09:40	42	00:01:54	00:44:53	84	00:01:49	00:25:01	62	01:23:17
62	288	Grodzicki Mirosław	jagodasqad	52	M2	14	00:11:17	86	00:02:36	00:42:15	55	00:01:45	00:25:29	63	01:23:22
63	274	Dziubak Piotr		53	M2	15	00:10:51	68	00:02:22	00:43:16	70	00:02:21	00:24:33	56	01:23:23
64	299	Jaworski Piotr	V-max Adamów	54	M2	16	00:11:29	89	00:02:47	00:44:18	80	00:01:39	00:23:13	33	01:23:26
65	362	Stupka Piotr	TRI Włodawa	55	M4	9	00:10:26	60	00:03:05	00:40:46	36	00:02:39	00:26:37	74	01:23:33
66	374	Urban Andrzej	YULO RUN TEAM	56	M2	17	00:10:22	58	00:02:49	00:45:58	95	00:00:55	00:23:37	40	01:23:41
67	303	Kiełbasa Mieczysław	Szkoła pływania Wodnik/ Mrozek Tri Team	57	M5	3	00:10:49	66	00:02:29	00:42:03	51	00:00:53	00:27:47	83	01:24:01
68	264	Chrzanowska Olga	Trizarza	11	K2	4	00:11:00	74	00:01:48	00:43:36	72	00:01:44	00:26:00	71	01:24:08
69	378	Walesiuk MONIKA	3T Białystok	12	K3	3	00:11:15	85	00:02:08	00:45:40	92	00:02:06	00:23:07	30	01:24:16
70	326	Makowski Mariusz		58	M4	10	00:08:22	15	00:02:24	00:42:42	63	00:01:42	00:29:17	97	01:24:27

III TRIATHLON W ZIMNEJ WODZIE W ŁUKOWIE

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

Data: 03.06.2023

Dystans: 1/8 Ironman (0,475-22

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	306	Kochaniec-Matuszak Karolina	Triathlon Lublin Team	13	K2	5	00:10:04	54	00:01:37	00:45:08	87	00:01:15	00:26:26	73	01:24:30	
72	395	Przystupa Mateusz		59	M2	18	00:11:09	81	00:01:49	00:44:35	81	00:01:31	00:25:44	69	01:24:48	
73	336	Młodzikowska Weronika	KB V-Max Adamów	14	K2	6	00:09:26	37	00:01:54	00:45:28	90	00:01:21	00:26:47	77	01:24:56	
74	360	Skolimowska Aga	TRI AMO	15	K3	4	00:10:51	68	00:02:42	00:42:49	66	00:01:56	00:26:46	76	01:25:04	
75	253	BOCHNO PIOTR		60	M3	25	00:10:59	73	00:01:53	00:42:16	56	00:02:16	00:28:35	91	01:25:59	
76	269	Dąbrowski Jacek		61	M4	11	00:10:48	65	00:03:17	00:42:00	49	00:02:08	00:27:48	84	01:26:01	
77	126	Jaśniewicz Włodzisław		62	M2	19	00:09:56	49	00:02:14	00:41:30	44	00:01:45	00:31:00	112	01:26:25	
78	275	Feledyn Michał	ERKADO RT Kraśnik	63	M2	20	00:11:14	84	00:02:34	00:43:11	69	00:02:13	00:27:23	79	01:26:35	
79	358	Siwiec Agata	Lubelskibiegaczteam.pl	16	K1	6	00:09:32	39	00:02:42	00:49:12	118	00:01:37	00:23:56	43	01:26:59	
80	357	SIENNICKA Lukrecja	Kolarska Grupa Bialska	17	K4	1	00:09:29	38	00:02:57	00:43:42	73	00:01:42	00:29:10	96	01:27:00	
81	309	Konopka Piotr	Lubelska Grupa Triathlonu	64	M3	26	00:13:58	126	00:02:39	00:44:08	77	00:01:44	00:24:39	58	01:27:08	
82	256	Borkowski Krzysztof	Angry Monkey	65	M4	12	00:09:44	43	00:02:36	00:43:45	74	00:01:52	00:29:35	99	01:27:32	
83	385	wojciechowska katarzyna	Im inspiration	18	K2	7	00:09:24	36	00:01:37	00:44:56	85	00:01:33	00:28:08	88	01:25:38	00:02:00
84	359	Skaczkowska Barbara		19	K3	5	00:12:03	98	00:01:55	00:46:55	105	00:01:35	00:25:36	67	01:28:04	
85	365	Szafran Łukasz	LGT	66	M3	27	00:13:29	118	00:01:55	00:46:32	99	00:01:26	00:24:56	61	01:28:18	
86	314	Koźluk Miłosz	Osiaki	67	M1	4	00:11:27	88	00:03:18	00:45:38	91	00:01:45	00:26:45	75	01:28:53	
87	280	Gawłowicz Robert	Dzikie Borsuki	68	M4	13	00:12:19	102	00:02:07	00:45:45	93	00:02:23	00:26:20	72	01:28:54	
88	140	Korniak Andrzej	Lubelska Grupa Triathlonu	69	M3	28	00:10:05	55	00:03:12	00:40:31	29	00:02:46	00:32:41	117	01:29:15	
89	329	Masłowski Marcin	Triathlon Lublin Team	70	M3	29	00:11:04	76	00:03:00	00:45:08	87	00:02:09	00:28:47	93	01:30:08	
90	298	Jaroszyński Paweł	Aktywni Grójec	71	M4	14	00:11:23	87	00:03:00	00:42:53	67	00:03:27	00:30:53	110	01:31:36	
91	308	Kołodziejczyk Piotr		72	M3	30	00:10:49	66	00:02:59	00:47:33	110	00:02:06	00:28:15	89	01:31:42	
92	393	Jedliński Tomasz		73	M3	31	00:11:30	91	00:03:43	00:51:16	127	00:01:16	00:24:19	51	01:32:04	
93	341	Osiak Łukasz		74	M2	21	00:13:48	124	00:02:28	00:46:54	104	00:01:15	00:28:00	86	01:32:25	
94	276	Filin Łukasz	TRI AMIGOS	75	M3	32	00:11:00	74	00:02:07	00:42:48	65	00:02:10	00:34:47	128	01:32:52	
95	375	Wajszczuk Łukasz	Biegacze Podjadacze	76	M2	22	00:13:10	113	00:03:11	00:47:02	106	00:02:13	00:27:18	78	01:32:54	
96	251	Bielecki Mirmił	Szymanowski Triathlon Team	77	M3	33	00:10:28	63	00:02:03	00:45:26	89	00:02:33	00:32:25	116	01:32:55	
97	261	Cabaj Łukasz	Taluba Mors Club	78	M2	23	00:11:31	92	00:03:50	00:47:59	112	00:02:07	00:27:58	85	01:33:25	
98	369	Świerczewski Daniel	Rowerowy Łuków	79	M2	24	00:18:51	133	00:02:26	00:42:07	52	00:01:44	00:28:22	90	01:33:30	
99	383	Witek Tomasz		80	M2	25	00:12:35	107	00:03:03	00:45:47	94	00:02:55	00:29:42	100	01:34:02	
100	346	Pleskot Marek		81	M5	4	00:15:09	132	00:03:44	00:43:46	75	00:02:29	00:29:09	95	01:34:17	
101	366	Szarzyński Piotr		82	M3	34	00:11:13	83	00:03:27	00:47:38	111	00:01:51	00:30:18	105	01:34:27	
102	363	Szachna Leszek	PGR Serock 3EKipa	83	M3	35	00:12:45	108	00:03:15	00:46:45	102	00:03:02	00:28:43	92	01:34:30	

103	259	Burmajster-Dąbrowska Anna	ULTRA LASKI	20	K4	2	00:13:15	115	00:03:59	00:47:02	106	00:02:16	00:28:00	86	01:34:32
104	367	Szkałuba Michał		84	M3	36	00:12:47	110	00:02:11	00:46:51	103	00:01:34	00:31:09	113	01:34:32
105	334	MITROFANIUK AGATA	Yulo Run Team Siedlce	21	K3	6	00:10:51	68	00:03:25	00:48:02	113	00:02:17	00:30:13	104	01:34:48
106	351	Przech-Fus Agnieszka	Mrozek Tri Team	22	K4	3	00:12:10	100	00:01:46	00:46:40	101	00:01:31	00:33:22	122	01:35:29
107	141	Korniak Magdalena	Lubelska Grupa Triathlonu	23	K3	7	00:10:58	72	00:02:23	00:46:11	96	00:02:31	00:33:46	124	01:35:49
108	376	Walczak Adrian	Sam sobie sterem, żeglarzem, okrętem	85	M2	26	00:13:19	117	00:02:36	00:47:09	108	00:01:57	00:30:50	109	01:35:51
109	327	Maleszyk Jacek	Lublin	86	M4	15	00:09:58	52	00:02:27	00:43:57	76	00:02:40	00:36:50	133	01:35:52
110	113	Duda Rafał	Lubelska Grupa Triathlonu	87	M2	27	00:12:32	106	00:03:09	00:45:02	86	00:02:02	00:33:09	120	01:35:54
111	397	Kufel Grzegorz	Stały Insane	88	M2	28	00:11:44	93	00:02:45	00:46:19	97	00:02:14	00:34:06	127	01:37:08
112	325	Madej Monika		24	K3	8	00:12:11	101	00:03:33	00:49:56	121	00:01:59	00:30:03	103	01:37:42
113	333	Michalec Wojciech	Street Run Radom	89	M4	16	00:13:10	113	00:03:00	00:46:36	100	00:01:47	00:33:23	123	01:37:56
114	387	Wycisłowski Krzysztof	MKB DREPTAK	90	M5	5	00:13:44	123	00:03:57	00:48:09	114	00:02:37	00:29:54	102	01:38:21
115	296	Izdebska Renata		25	K5	1	00:13:56	125	00:02:54	00:50:13	123	00:01:12	00:30:22	106	01:38:37
116	353	Przybyłko Aleksandra	The Proseccos	26	K2	8	00:13:02	111	00:03:08	00:50:22	124	00:01:21	00:31:51	115	01:39:44
117	354	Bojanowicz Bartosz	Street Run Radom	91	M2	29	00:18:51	133	00:05:36	00:43:22	71	00:03:08	00:28:54	94	01:39:51
118	380	Wepa Wiesław		92	M5	6	00:11:54	95	00:02:15	00:48:53	115	00:01:21	00:35:30	129	01:39:53
119	386	Wojnowski Paweł	Klub Sucheży Łydki	93	M3	37	00:12:19	102	00:03:15	00:50:34	126	00:03:15	00:30:36	108	01:39:59
120	255	Bojarczuk Jolanta		27	K3	9	00:14:20	129	00:02:46	00:50:06	122	00:02:28	00:30:29	107	01:40:09
121	271	Drywulska Beata		28	K4	4	00:10:39	64	00:02:31	00:48:54	116	00:02:05	00:36:22	131	01:40:31
122	388	Zablocka Anna	Lubelska Grupa Triathlonu	29	K4	5	00:13:34	120	00:04:05	00:48:57	117	00:03:18	00:30:55	111	01:40:49
123	295	Ignatowicz-Dębska Katarzyna	THE PROSECCOS	30	K2	9	00:13:16	116	00:02:47	00:55:21	132	00:01:55	00:27:43	82	01:41:02
124	313	Kowalik Edyta	Klaustyna4fifty	31	K4	6	00:11:45	94	00:03:04	00:49:40	120	00:02:39	00:33:57	125	01:41:05
125	377	Walczak Sebastian		94	M2	30	00:13:39	122	00:03:27	00:49:28	119	00:01:52	00:32:49	119	01:41:15
126	342	Osiak Mateusz	Osiaki	95	M2	31	00:14:05	127	00:03:33	00:47:30	109	00:01:56	00:36:06	130	01:43:10
127	268	Czerwiński Przemysław	#akcjaMASAŻ	96	M3	38	00:14:47	131	00:03:14	00:46:30	98	00:03:05	00:36:30	132	01:44:06
128	338	Moczyńska-Papka Maja	Me Time	32	K3	10	00:14:18	128	00:02:03	00:54:58	130	00:01:52	00:31:30	114	01:44:41
129	258	Buchman Magda	TRI Włodawa	33	K2	10	00:13:37	121	00:04:24	00:55:04	131	00:02:10	00:29:31	98	01:44:46
130	294	Ignatowicz Dorota	The Proseccos	34	K2	11	00:13:04	112	00:02:56	00:53:55	129	00:02:18	00:34:00	126	01:46:13
131	339	Modrykamień Barbara		35	K3	11	00:12:04	99					00:32:47	118	01:47:01
132	301	Kasprzak Dawid	Kasprzak	97	M2	32	00:11:54	95	00:07:41	00:53:48	128	00:04:25	00:29:47	101	01:47:35
133	379	Wepa Hanna		36	K5	2	00:12:46	109	00:02:53	00:50:29	125	00:01:45	00:41:55	134	01:49:48
134	384	Wojciechowska Anna		37	K4	7	00:14:24	130	00:03:29	01:00:50	133	00:01:38	00:33:18	121	01:53:39