Castle Triathlon Malbork 2020 im. Bartosza Kubickiego - dystans Ironman - results

**2020-09-06 06:00** [**www.castletriathlon.com**](http://www.castletriathlon.com/)

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| **M‑ce** | **Nr** | **Nazwisko i imię** | **Klub** | **Kat.** | **M‑cew kat.** | **M‑cewg płci** | **Pływanie** | **T1** | **Rower** | **T2** | **Bieg** | **Czas końcowy** | **Strata** |
| 1 | 9 | [Sowiński Miłosz](https://startlist.pl/profil/4896%2Csowinski-milosz) | Ironman Inspiration | M25 | 1 | 1 | 00:51:47 (5) | 00:01:55 (16) | 04:18:36 (2) | 00:02:08 (14) | 02:50:32 (2) | **08:04:58** |  |
| 2 | 1 | [Kalaszczyński Łukasz](https://startlist.pl/profil/9300%2Ckalaszczynski-lukasz) | KM Sport PRO Team | M35 | 1 | 2 | 00:55:30 (8) | 00:01:32 (2) | 04:27:04 (5) | 00:01:57 (3) | 02:45:53 (1) | **08:11:56** | 00:06:58 |
| 3 | 5 | [Najmowicz Sebastian](https://startlist.pl/profil/264%2Cnajmowicz-sebastian) | Najmowicz Triathlon | M25 | 2 | 3 | 00:50:35 (1) | 00:01:41 (4) | 04:27:25 (6) | 00:02:03 (10) | 02:56:33 (5) | **08:18:17** | 00:13:19 |
| 4 | 2 | [Ławicki Marcin](https://startlist.pl/profil/420%2Clawicki-marcin) | MKS Polkowice | M30 | 1 | 4 | 00:51:44 (4) | 00:01:27 (1) | 04:24:06 (4) | 00:01:55 (2) | 03:02:11 (6) | **08:21:23** | 00:16:25 |
| 5 | 12 | [Kimmer Jakub](https://startlist.pl/profil/15998%2Ckimmer-jakub) | TTPSC | M30 | 2 | 5 | 01:00:19 (19) | 00:01:54 (15) | 04:42:51 (17) | 00:01:59 (6) | 02:51:49 (3) | **08:38:52** | 00:33:54 |
| 6 | 11 | [Piasecki Patryk](https://startlist.pl/profil/49026%2Cpiasecki-patryk) | Piasecki Concept Piasecki Concept Patryk Piasecki | M30 | 3 | 6 | 00:57:15 (11) | 00:02:14 (25) | 04:33:01 (8) | 00:02:01 (9) | 03:05:26 (9) | **08:39:57** | 00:34:59 |
| 7 | 14 | [Sobczyk Sergiusz](https://startlist.pl/profil/4445%2Csobczyk-sergiusz) | TRINERGY TEAM | M25 | 3 | 7 | 00:54:49 (6) | 00:02:02 (17) | 04:38:10 (12) | 00:02:53 (70) | 03:05:21 (7) | **08:43:15** | 00:38:17 |
| 8 | 8 | [Banach Bartosz](https://startlist.pl/profil/7862%2Cbanach-bartosz) | Apteka Gemini | M30 | 4 | 8 | 00:55:35 (10) | 00:01:38 (3) | 04:30:48 (7) | 00:01:58 (4) | 03:19:59 (23) | **08:49:58** | 00:45:00 |
| 9 | 13 | [Konieczny Marcin](https://startlist.pl/profil/59500%2Ckonieczny-marcin) | NIEMANIEMOGE | M45 | 1 | 9 | 01:04:30 (35) | 00:01:52 (14) | 04:39:33 (14) | 00:02:00 (8) | 03:05:24 (8) | **08:53:19** | 00:48:21 |
| 10 | 18 | [Młodzikowski Paweł](https://startlist.pl/profil/26039%2Cmlodzikowski-pawel) | KB V-Max Adamów | M30 | 5 | 10 | 01:02:45 (27) | 00:02:03 (19) | 04:43:30 (18) | 00:02:07 (12) | 03:06:55 (10) | **08:57:20** | 00:52:22 |
| 11 | 64 | [Szczużewski Andrzej](https://startlist.pl/profil/20689%2Cszczuzewski-andrzej) | Gmina Strzelce Opolskie Gmina Strzelce Opolskie | M30 | 6 | 11 | 01:02:39 (26) | 00:02:45 (33) | 04:57:43 (37) | 00:02:39 (45) | 02:54:01 (4) | **08:59:47** | 00:54:49 |
| 12 | 258 | [Wąsowski Rafał](https://startlist.pl/profil/2890%2Cwasowski-rafal) | Najmowicz Triathlon | M30 | 7 | 12 | 00:58:06 (12) | 00:01:47 (8) | 04:51:10 (24) | 00:02:32 (35) | 03:12:41 (15) | **09:06:16** | 01:01:18 |
| 13 | 257 | [Jaroniec Adam](https://startlist.pl/profil/1707%2Cjaroniec-adam) | TRINERGY TEAM | M35 | 2 | 13 | 01:03:50 (32) | 00:02:02 (18) | 04:44:52 (20) | 00:02:05 (11) | 03:14:45 (16) | **09:07:34** | 01:02:36 |
| 14 | 3 | [Augustyniak Krzysztof](https://startlist.pl/profil/483%2Caugustyniak-krzysztof) | LABOSPORT Team MKS Płetval Polkowice | M35 | 3 | 14 | 00:55:27 (7) | 00:01:52 (13) | 04:38:15 (13) | 00:01:59 (7) | 03:35:25 (43) | **09:12:58** | 01:08:00 |
| 15 | 239 | [Bereś Arkadiusz](https://startlist.pl/profil/9334%2Cberes-arkadiusz) |  | M30 | 8 | 15 | 01:10:54 (58) | 00:01:49 (12) | 04:43:42 (19) | 00:02:22 (27) | 03:15:29 (17) | **09:14:16** | 01:09:18 |
| 16 | 131 | [Jadach Michał](https://startlist.pl/profil/16912%2Cjadach-michal) | Twister Team | M25 | 4 | 16 | 01:09:40 (50) |  |  |  |  | **09:14:35** | 01:09:37 |
| 17 | 300 | [Szyszka Łukasz](https://startlist.pl/profil/59569%2Cszyszka-lukasz) | TRI AMO DRUŻYNA TVN | M30 | 9 | 17 | 00:59:16 (15) | 00:03:02 (41) | 04:52:49 (27) | 00:02:23 (29) | 03:17:17 (20) | **09:14:47** | 01:09:49 |
| 18 | 115 | [Szuder Przemyslaw](https://startlist.pl/profil/707%2Cszuder-przemyslaw) | Triangle Sports | M40 | 1 | 18 | 01:04:37 (37) | 00:04:06 (86) | 04:42:30 (16) | 00:02:49 (62) | 03:23:18 (28) | **09:17:20** | 01:12:22 |
| 19 | 152 | [Buczek Bartłomiej](https://startlist.pl/profil/4027%2Cbuczek-bartlomiej) | Chihuahua Team | M30 | 10 | 19 | 01:05:03 (38) | 00:02:13 (22) | 04:49:36 (23) | 00:03:43 (115) | 03:19:32 (22) | **09:20:07** | 01:15:09 |
| 20 | 88 | [Jegliński Łukasz](https://startlist.pl/profil/379%2Cjeglinski-lukasz) | Twister Team | M30 | 11 | 20 | 01:03:41 (31) | 00:02:57 (40) | 04:39:44 (15) | 00:02:19 (26) | 03:33:06 (38) | **09:21:47** | 01:16:49 |
| 21 | 107 | [Pacholak Marcin](https://startlist.pl/profil/2934%2Cpacholak-marcin) | TMTeam / TriAdvisor.pl | M30 | 12 | 21 | 01:03:19 (29) | 00:02:49 (37) | 04:56:22 (33) | 00:02:16 (23) | 03:17:22 (21) | **09:22:08** | 01:17:10 |
| 22 | 169 | [Borek Mateusz](https://startlist.pl/profil/8353%2Cborek-mateusz) | SportWise Tri Team Kraków | M30 | 13 | 22 | 01:07:07 (41) | 00:03:09 (46) | 04:59:26 (39) | 00:02:38 (42) | 03:10:24 (11) | **09:22:44** | 01:17:46 |
| 23 | 117 | [Rodziewicz Marcin](https://startlist.pl/profil/9891%2Crodziewicz-marcin) | PUT | M35 | 4 | 23 | 01:01:57 (23) | 00:02:36 (30) | 04:52:58 (28) | 00:02:39 (44) | 03:22:43 (27) | **09:22:53** | 01:17:55 |
| 24 | 235 | [Szczotka Mariusz](https://startlist.pl/profil/13200%2Cszczotka-mariusz) | LABOSPORT Team | M45 | 2 | 24 | 01:08:33 (47) | 00:03:19 (59) | 04:57:30 (36) | 00:03:25 (98) | 03:10:55 (12) | **09:23:42** | 01:18:44 |
| 25 | 225 | [Zieliński Michał](https://startlist.pl/profil/9869%2Czielinski-michal) | TriBoars | M30 | 14 | 25 | 01:02:25 (25) | 00:03:21 (61) | 04:45:55 (21) | 00:03:40 (112) | 03:28:54 (34) | **09:24:15** | 01:19:17 |
| 26 | 155 | [Różalski Piotr](https://startlist.pl/profil/2297%2Crozalski-piotr) | ETT Elbląg Triathlon Team | M40 | 2 | 26 | 01:00:17 (18) | 00:03:12 (48) | 04:54:08 (32) | 00:02:36 (41) | 03:25:34 (31) | **09:25:47** | 01:20:49 |
| 27 | 224 | [Lewandowski Maciej](https://startlist.pl/profil/56740%2Clewandowski-maciej) | TMTeam | M30 | 15 | 27 | 01:04:14 (34) | 00:02:50 (38) | 05:06:31 (51) | 00:02:11 (16) | 03:11:25 (13) | **09:27:11** | 01:22:13 |
| 28 | 90 | [Kołodziej Sebastian](https://startlist.pl/profil/3401%2Ckolodziej-sebastian) | LABOSPORT Team | M35 | 5 | 28 | 01:08:24 (46) | 00:03:12 (47) | 04:57:19 (35) | 00:02:58 (73) | 03:23:52 (30) | **09:35:45** | 01:30:47 |
| 29 | 263 | [Ławecki Darek](https://startlist.pl/profil/9870%2Clawecki-darek) | WWW.LAWECCY.PL | M40 | 3 | 29 | 01:20:33 (136) | 00:02:31 (27) | 04:54:02 (30) | 00:02:08 (13) | 03:17:06 (19) | **09:36:20** | 01:31:22 |
| 30 | 215 | [Markowski Marek](https://startlist.pl/profil/402%2Cmarkowski-marek) | LABOSPORT Team Ultimate Petarda Squad | M40 | 4 | 30 | 01:00:29 (20) | 00:03:49 (75) | 04:47:22 (22) | 00:02:35 (39) | 03:45:58 (68) | **09:40:13** | 01:35:15 |
| 31 | 268 | [Walkowiak Darek](https://startlist.pl/profil/59762%2Cwalkowiak-darek) | GT RAT EnergiaDom.pl | M35 | 6 | 31 |  |  |  |  |  | **09:41:06** | 01:36:08 |
| 32 | 56 | [Myślak Piotr](https://startlist.pl/profil/59571%2Cmyslak-piotr) | TRIATHLONISTA.com OwocBiega | M30 | 16 | 32 | 01:17:16 (109) | 00:03:31 (67) | 05:05:54 (50) | 00:02:23 (28) | 03:12:20 (14) | **09:41:24** | 01:36:26 |
| 33 | 38 | [Siwirski Robert](https://startlist.pl/profil/1542%2Csiwirski-robert) | WARSAW MASTERS TEAM WTT | M45 | 3 | 33 | 01:15:26 (93) | 00:02:40 (31) | 04:58:50 (38) | 00:02:16 (22) | 03:22:23 (25) | **09:41:35** | 01:36:37 |
| 34 | 266 | [Saniawa Piotr](https://startlist.pl/profil/8833%2Csaniawa-piotr) | TRIATHLON LUBLIN TEAM/TRIAMIGOS | M35 | 7 | 34 | 00:59:36 (16) | 00:04:34 (103) | 05:02:23 (44) | 00:02:36 (40) | 03:32:39 (37) | **09:41:48** | 01:36:50 |
| 35 | 70 | [Olkowski Przemyslaw](https://startlist.pl/profil/52518%2Colkowski-przemyslaw) |  | M40 | 5 | 35 | 01:10:49 (56) | 00:01:47 (7) | 04:52:08 (25) | 00:02:41 (50) | 03:36:33 (45) | **09:43:58** | 01:39:00 |
| 36 | 233 | [Krasnodębski Sebastian](https://startlist.pl/profil/3102%2Ckrasnodebski-sebastian) |  | M35 | 8 | 36 | 01:13:04 (69) | 00:03:13 (49) | 04:54:07 (31) | 00:02:49 (65) | 03:31:19 (36) | **09:44:32** | 01:39:34 |
| 37 | 82 | [Porzych Rafał](https://startlist.pl/profil/23630%2Cporzych-rafal) | Rafson.TV ziaja.com | M18 | 1 | 37 | 01:17:02 (105) | 00:02:13 (24) | 05:00:25 (43) | 00:03:07 (81) | 03:23:37 (29) | **09:46:24** | 01:41:26 |
| 38 | 16 | [Bugdoł Ewa](https://startlist.pl/profil/59525%2Cbugdol-ewa) | WLKS Kmicic Częstochowa | K30 | 1 | 1 | 00:58:29 (13) | 00:02:09 (21) | 05:11:05 (63) | 00:01:54 (1) | 03:33:26 (39) | **09:47:03** | 01:42:05 |
| 39 | 279 | [Dąbrowski Dariusz](https://startlist.pl/profil/239%2Cdabrowski-dariusz) | ILABO Racing Team powered by CTS | M45 | 4 | 38 | 01:03:35 (30) | 00:03:15 (51) | 05:10:40 (60) | 00:02:16 (19) | 03:27:47 (33) | **09:47:33** | 01:42:35 |
| 40 | 122 | [Mroczkowski Karol](https://startlist.pl/profil/23558%2Cmroczkowski-karol) | tri\_ziptii | M30 | 17 | 39 | 01:02:45 (28) | 00:03:24 (63) | 05:03:49 (49) | 00:02:43 (53) | 03:35:21 (42) | **09:48:02** | 01:43:04 |
| 41 | 283 | [Senkowski Jakub](https://startlist.pl/profil/59075%2Csenkowski-jakub) |  | M25 | 5 | 40 | 01:01:33 (22) | 00:05:06 (132) | 05:17:07 (74) | 00:02:29 (33) | 03:22:29 (26) | **09:48:44** | 01:43:46 |
| 42 | 157 | [Śliwa Wojciech](https://startlist.pl/profil/119%2Csliwa-wojciech) | KS IRONMAN CS POLSKA | M45 | 5 | 41 | 01:05:29 (40) | 00:04:11 (89) | 05:00:08 (41) | 00:02:43 (54) | 03:38:24 (52) | **09:50:55** | 01:45:57 |
| 43 | 273 | [Piotrowski Aleksander](https://startlist.pl/profil/36005%2Cpiotrowski-aleksander) |  | M25 | 6 | 42 | 01:10:02 (53) | 00:03:22 (62) | 05:06:44 (52) | 00:02:33 (38) | 03:29:28 (35) | **09:52:09** | 01:47:11 |
| 44 | 83 | [Krupa Jan](https://startlist.pl/profil/2446%2Ckrupa-jan) | Jarecki Coaching | M30 | 18 | 43 | 01:08:51 (49) | 00:04:20 (95) | 05:02:31 (45) | 00:02:42 (52) | 03:40:16 (55) | **09:58:40** | 01:53:42 |
| 45 | 130 | [Tomaszewski Mikołaj](https://startlist.pl/profil/33767%2Ctomaszewski-mikolaj) | blog.spacetronik.eu DMTrade.pl | M35 | 9 | 44 | 01:07:41 (42) | 00:03:38 (71) | 05:08:36 (55) | 00:02:40 (48) | 03:36:24 (44) | **09:58:59** | 01:54:01 |
| 46 | 142 | [Krawczyk Maciej](https://startlist.pl/profil/28591%2Ckrawczyk-maciej) |  | M40 | 6 | 45 | 01:03:55 (33) | 00:02:47 (35) | 05:10:53 (62) | 00:02:40 (46) | 03:40:00 (54) | **10:00:15** | 01:55:17 |
| 47 | 58 | [Jaworski Rafał](https://startlist.pl/profil/16894%2Cjaworski-rafal) |  | M35 | 10 | 46 | 01:17:13 (108) | 00:04:41 (112) | 05:21:08 (80) | 00:02:09 (15) | 03:16:04 (18) | **10:01:15** | 01:56:17 |
| 48 | 80 | [Sosnowski Jarosław](https://startlist.pl/profil/24296%2Csosnowski-jaroslaw) | PTT DELTA | M40 | 7 | 47 | 00:58:49 (14) | 00:02:33 (28) | 05:08:55 (56) | 00:02:51 (68) | 03:48:29 (73) | **10:01:37** | 01:56:39 |
| 49 | 76 | [Socha Tomasz](https://startlist.pl/profil/37139%2Csocha-tomasz) | TRINERGY TEAM | M50 | 1 | 48 | 01:12:55 (68) | 00:02:46 (34) | 04:59:44 (40) | 00:02:42 (51) | 03:45:58 (69) | **10:04:05** | 01:59:07 |
| 50 | 52 | [Siatecki Pawel](https://startlist.pl/profil/16027%2Csiatecki-pawel) | TRIATHLON LUBLIN TEAM | M25 | 7 | 49 | 01:21:47 (148) | 00:02:08 (20) | 04:57:11 (34) | 00:02:27 (32) | 03:41:49 (62) | **10:05:22** | 02:00:24 |
| 51 | 290 | [Lisiewicz Michał](https://startlist.pl/profil/10899%2Clisiewicz-michal) | Team Karaś | M45 | 6 | 50 |  |  |  |  |  | **10:05:30** | 02:00:32 |
| 52 | 232 | [Trzupek Michał](https://startlist.pl/profil/60103%2Ctrzupek-michal) | Tripaka Przechlewo | M35 | 11 | 51 | 01:31:46 (219) | 00:02:53 (39) | 05:09:39 (59) | 00:02:38 (43) | 03:20:32 (24) | **10:07:28** | 02:02:30 |
| 53 | 186 | [Mackiewicz Jacek](https://startlist.pl/profil/9021%2Cmackiewicz-jacek) |  | M40 | 8 | 52 | 01:23:05 (160) | 00:03:38 (70) | 05:11:37 (64) | 00:03:13 (86) | 03:27:23 (32) | **10:08:56** | 02:03:58 |
| 54 | 284 | [Wilk Cezary](https://startlist.pl/profil/38962%2Cwilk-cezary) | La Louve | M30 | 19 | 53 | 01:12:12 (65) | 00:04:39 (111) | 05:09:36 (58) | 00:03:13 (85) | 03:41:48 (61) | **10:11:28** | 02:06:30 |
| 55 | 297 | [Kąkol Sławomir](https://startlist.pl/profil/24257%2Ckakol-slawomir) | TIMBUD TEAM | M55 | 1 | 54 | 01:13:50 (78) | 00:04:43 (114) | 05:03:36 (48) | 00:04:55 (170) | 03:44:42 (64) | **10:11:46** | 02:06:48 |
| 56 | 37 | [Kozar Karol](https://startlist.pl/profil/53772%2Ckozar-karol) | Polish Triathletes | M35 | 12 | 55 | 01:11:40 (61) | 00:02:43 (32) | 05:15:22 (70) | 00:03:20 (92) | 03:40:41 (58) | **10:13:46** | 02:08:48 |
| 57 | 20 | [Okuniewski Marcin](https://startlist.pl/profil/531%2Cokuniewski-marcin) | www.pomagamynatalii.pl | M40 | 9 | 56 | 01:11:50 (62) | 00:03:20 (60) | 05:14:42 (69) | 00:02:16 (18) | 03:42:05 (63) | **10:14:13** | 02:09:15 |
| 58 | 213 | [Litwiniuk Piotr](https://startlist.pl/profil/16149%2Clitwiniuk-piotr) | Split Triathlon Team | M35 | 13 | 57 | 01:05:05 (39) | 00:03:19 (58) | 04:53:14 (29) | 00:04:34 (154) | 04:14:33 (127) | **10:20:45** | 02:15:47 |
| 59 | 203 | [Kurek Bartosz](https://startlist.pl/profil/38152%2Ckurek-bartosz) |  | M18 | 2 | 58 | 01:08:15 (44) | 00:01:48 (10) | 05:03:01 (46) | 00:03:49 (121) | 04:04:55 (103) | **10:21:48** | 02:16:50 |
| 60 | 49 | [Komoszyński Marcin](https://startlist.pl/profil/54108%2Ckomoszynski-marcin) |  | M30 | 20 | 59 | 01:00:30 (21) |  |  |  |  | **10:23:28** | 02:18:30 |
| 61 | 126 | [Zieliński Kamil](https://startlist.pl/profil/5269%2Czielinski-kamil) | subSERO | M30 | 21 | 60 | 00:59:56 (17) | 00:03:55 (80) | 05:13:06 (65) | 00:03:03 (77) | 04:04:45 (102) | **10:24:45** | 02:19:47 |
| 62 | 242 | [Szemelowski Lukasz](https://startlist.pl/profil/20838%2Cszemelowski-lukasz) |  | M40 | 10 | 61 | 01:10:42 (55) | 00:07:04 (179) | 05:15:53 (73) | 00:06:20 (207) | 03:44:54 (65) | **10:24:53** | 02:19:55 |
| 63 | 133 | [Kamiński Jan](https://startlist.pl/profil/52469%2Ckaminski-jan) | Karaś Team | M30 | 22 | 62 | 01:21:00 (138) | 00:03:18 (56) | 05:22:36 (83) | 00:03:46 (117) | 03:37:02 (47) | **10:27:42** | 02:22:44 |
| 64 | 253 | [Suchowiecki Wojciech](https://startlist.pl/profil/2697%2Csuchowiecki-wojciech) | #niemaniemogę Prezes i Zawodnik | M40 | 11 | 63 | 01:14:30 (85) | 00:04:35 (104) | 05:30:50 (104) | 00:02:47 (58) | 03:35:05 (40) | **10:27:47** | 02:22:49 |
| 65 | 167 | [Mateusiak Tomasz](https://startlist.pl/profil/44830%2Cmateusiak-tomasz) | TMTeam | M40 | 12 | 64 | 01:17:19 (110) | 00:04:17 (93) | 05:25:35 (87) | 00:03:06 (79) | 03:38:14 (51) | **10:28:31** | 02:23:33 |
| 66 | 255 | [Mątewski Damian](https://startlist.pl/profil/48256%2Cmatewski-damian) | Team Kalach | M45 | 7 | 65 | 01:14:02 (82) | 00:02:49 (36) | 05:13:29 (67) | 00:02:58 (74) | 03:55:57 (84) | **10:29:15** | 02:24:17 |
| 67 | 277 | [Gryszkiewicz Paweł](https://startlist.pl/profil/9667%2Cgryszkiewicz-pawel) | GVT | M30 | 23 | 66 | 01:13:23 (71) | 00:03:17 (54) | 05:15:33 (72) | 00:04:09 (139) | 03:56:32 (86) | **10:32:54** | 02:27:56 |
| 68 | 139 | [Sarbiewski Dariusz](https://startlist.pl/profil/24135%2Csarbiewski-dariusz) |  | M45 | 8 | 67 | 01:11:39 (60) | 00:05:11 (136) | 05:13:18 (66) | 00:03:44 (116) | 03:59:20 (91) | **10:33:12** | 02:28:14 |
| 69 | 205 | [Gall Rafał](https://startlist.pl/profil/6348%2Cgall-rafal) | RAMASPORT.PL RAMASPORT | M45 | 9 | 68 | 01:04:36 (36) | 00:04:01 (83) | 05:18:02 (75) | 00:03:18 (91) | 04:03:50 (99) | **10:33:47** | 02:28:49 |
| 70 | 193 | [Jedrzejczyk Piotr](https://startlist.pl/profil/2525%2Cjedrzejczyk-piotr) |  | M45 | 10 | 69 | 01:21:27 (142) | 00:03:53 (77) | 05:30:28 (103) | 00:03:28 (100) | 03:35:08 (41) | **10:34:24** | 02:29:26 |
| 71 | 22 | [Rachwalik Tomasz](https://startlist.pl/profil/2703%2Crachwalik-tomasz) | AKS Polonia Warszawa | M45 | 11 | 70 | 01:15:02 (89) | 00:04:02 (84) | 05:19:32 (76) | 00:02:32 (37) | 03:53:30 (79) | **10:34:38** | 02:29:40 |
| 72 | 106 | [Krawczyk Aleksandra](https://startlist.pl/profil/2990%2Ckrawczyk-aleksandra) | Coco Bongo Pink Team/ TRI w kolorze blond | K35 | 1 | 2 | 01:12:20 (67) | 00:03:06 (42) | 05:31:47 (105) | 00:02:14 (17) | 03:45:41 (66) | **10:35:08** | 02:30:10 |
| 73 | 128 | [Bednarek Łukasz](https://startlist.pl/profil/103%2Cbednarek-lukasz) | PLAY | M35 | 14 | 71 | 01:11:55 (64) | 00:04:29 (100) | 05:09:10 (57) | 00:04:08 (138) | 04:06:24 (105) | **10:36:06** | 02:31:08 |
| 74 | 293 | [Kapituła Marcin](https://startlist.pl/profil/60128%2Ckapitula-marcin) | Grupa Jura`PL 3WDB.pl | M40 | 13 | 72 | 01:18:25 (117) | 00:06:03 (156) | 05:06:50 (53) | 00:03:39 (109) | 04:02:11 (96) | **10:37:08** | 02:32:10 |
| 75 | 254 | [Paduszyński Piotr](https://startlist.pl/profil/9645%2Cpaduszynski-piotr) | edustacyjka.pl triathlon team edustacyjka.pl | M45 | 12 | 73 | 01:21:30 (143) | 00:03:34 (68) | 05:28:27 (95) | 00:03:16 (90) | 03:40:27 (56) | **10:37:14** | 02:32:16 |
| 76 | 120 | [Stróżycki Jakub](https://startlist.pl/profil/33970%2Cstrozycki-jakub) | Sparta Cerekwica | M35 | 15 | 74 | 01:18:10 (114) | 00:03:19 (57) | 05:00:14 (42) | 00:03:09 (83) | 04:13:51 (121) | **10:38:43** | 02:33:45 |
| 77 | 44 | [Ruzik Rafał](https://startlist.pl/profil/3859%2Cruzik-rafal) | RURA TEAM / Tripower.pl | M40 | 14 | 75 | 01:24:43 (175) | 00:05:57 (152) | 05:20:06 (77) | 00:06:54 (217) | 03:41:13 (59) | **10:38:53** | 02:33:55 |
| 78 | 91 | [Foremski Sławomir](https://startlist.pl/profil/4996%2Cforemski-slawomir) |  | M50 | 2 | 76 | 01:22:59 (159) | 00:03:37 (69) | 05:23:13 (84) | 00:02:50 (66) | 03:46:40 (71) | **10:39:19** | 02:34:21 |
| 79 | 132 | [Rutkowski Wojciech](https://startlist.pl/profil/32859%2Crutkowski-wojciech) | Tripaka Przechlewo | M18 | 3 | 77 | 01:25:24 (179) | 00:03:58 (81) | 05:33:35 (110) | 00:02:23 (30) | 03:37:36 (48) | **10:42:56** | 02:37:58 |
| 80 | 124 | [Golanowski Krzysztof](https://startlist.pl/profil/56931%2Cgolanowski-krzysztof) | Go2Tri Szczecin | M45 | 13 | 78 | 01:18:12 (115) | 00:06:37 (172) | 05:34:27 (112) | 00:05:56 (196) | 03:38:11 (50) | **10:43:23** | 02:38:25 |
| 81 | 202 | [Kuter Krzysztof](https://startlist.pl/profil/26678%2Ckuter-krzysztof) | Kuźnia Triathlonu | M35 | 16 | 79 | 01:08:51 (48) | 00:04:05 (85) | 05:03:29 (47) | 00:02:24 (31) | 04:24:39 (155) | **10:43:28** | 02:38:30 |
| 82 | 99 | [Zadka Pawel](https://startlist.pl/profil/29760%2Czadka-pawel) |  | M30 | 24 | 80 | 01:13:26 (72) | 00:04:12 (90) | 05:30:16 (101) | 00:03:54 (123) | 03:52:24 (78) | **10:44:12** | 02:39:14 |
| 83 | 278 | [Tomaszewska Julita](https://startlist.pl/profil/24256%2Ctomaszewska-julita) | TIMBUD TEAM | K40 | 1 | 3 | 01:21:37 (145) | 00:05:02 (131) | 05:28:30 (96) | 00:03:24 (96) | 03:49:58 (75) | **10:48:31** | 02:43:33 |
| 84 | 94 | [Żebrakowski Grzegorz](https://startlist.pl/profil/24418%2Czebrakowski-grzegorz) | WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA | M50 | 3 | 81 | 01:17:44 (113) | 00:05:57 (153) | 05:26:41 (88) | 00:03:38 (107) | 03:55:25 (83) | **10:49:25** | 02:44:27 |
| 85 | 237 | [Kirstein Kamila](https://startlist.pl/profil/59170%2Ckirstein-kamila) | TMTeam | K35 | 2 | 4 | 01:12:13 (66) | 00:03:26 (65) | 05:36:48 (117) | 00:03:01 (75) | 03:55:14 (81) | **10:50:42** | 02:45:44 |
| 86 | 246 | [Lipowski Mikołaj](https://startlist.pl/profil/33894%2Clipowski-mikolaj) | FUJITSU RUNNING TEAM ŁÓDŹ | M30 | 25 | 82 | 01:13:44 (76) | 00:03:16 (53) | 05:30:21 (102) | 00:02:48 (61) | 04:02:13 (97) | **10:52:22** | 02:47:24 |
| 87 | 227 | [Chmielewski Rafał](https://startlist.pl/profil/6037%2Cchmielewski-rafal) | Tridivision Triathlon Team | M45 | 14 | 83 | 01:19:32 (130) | 00:02:30 (26) | 05:08:28 (54) | 00:02:16 (20) | 04:20:50 (146) | **10:53:36** | 02:48:38 |
| 88 | 259 | [BRZĘK SZYMON](https://startlist.pl/profil/12684%2Cbrzek-szymon) | EŁCKIE STOWARZYSZENIE SPORTÓW WALKI ,,SEKCJA ZERO'' | M30 | 26 | 84 | 01:26:48 (192) | 00:03:40 (72) | 05:20:48 (79) | 00:02:44 (55) | 03:59:56 (92) | **10:53:56** | 02:48:58 |
| 89 | 61 | [Brzóska Henryk](https://startlist.pl/profil/33586%2Cbrzoska-henryk) | TS Akwedukt Kielce | M50 | 4 | 85 | 01:22:18 (153) | 00:05:01 (129) | 05:34:50 (113) | 00:03:13 (87) | 03:49:12 (74) | **10:54:34** | 02:49:36 |
| 90 | 116 | [Papla Ewa](https://startlist.pl/profil/15907%2Cpapla-ewa) | Triathlon X-Team/ LIV GIRLS TEAM | K30 | 2 | 5 | 01:13:08 (70) | 00:04:29 (99) | 05:38:24 (121) | 00:03:23 (95) | 03:55:22 (82) | **10:54:46** | 02:49:48 |
| 91 | 141 | [Galecki Arkadiusz](https://startlist.pl/profil/45769%2Cgalecki-arkadiusz) |  | M40 | 15 | 86 | 01:08:23 (45) | 00:07:46 (201) | 05:27:05 (90) | 00:04:29 (152) | 04:07:15 (107) | **10:54:58** | 02:50:00 |
| 92 | 287 | [Osmolik Jarek](https://startlist.pl/profil/24488%2Cosmolik-jarek) | Trizarza | M40 | 16 | 87 | 01:22:09 (151) | 00:04:09 (88) | 05:20:32 (78) | 00:04:09 (141) | 04:05:43 (104) | **10:56:42** | 02:51:44 |
| 93 | 21 | [Kwieciński Sebastian](https://startlist.pl/profil/17891%2Ckwiecinski-sebastian) | SZYMANOWSKI TRIATHLON TEAM | M40 | 17 | 88 | 01:16:28 (103) | 00:04:21 (96) | 05:42:00 (124) | 00:02:57 (72) | 03:51:46 (77) | **10:57:32** | 02:52:34 |
| 94 | 238 | [Walukiewicz Dariusz](https://startlist.pl/profil/46626%2Cwalukiewicz-dariusz) | Przełajka TRI | M40 | 18 | 89 | 01:23:44 (166) | 00:03:44 (73) | 05:24:30 (85) | 00:02:31 (34) | 04:03:13 (98) | **10:57:42** | 02:52:44 |
| 95 | 292 | [Duk Damian](https://startlist.pl/profil/27225%2Cduk-damian) |  | M30 | 27 | 90 | 01:32:25 (223) | 00:04:01 (82) | 05:38:12 (120) | 00:03:03 (78) | 03:41:13 (60) | **10:58:54** | 02:53:56 |
| 96 | 200 | [Lepczyński Lesław](https://startlist.pl/profil/33355%2Clepczynski-leslaw) |  | M45 | 15 | 91 | 01:25:18 (177) | 00:06:01 (155) | 05:42:58 (128) | 00:05:23 (184) | 03:40:32 (57) | **11:00:12** | 02:55:14 |
| 97 | 163 | [Twardowski Sebastian](https://startlist.pl/profil/18282%2Ctwardowski-sebastian) | Do zakochania jeden krok | M40 | 19 | 92 | 01:13:54 (81) | 00:04:28 (97) | 05:52:23 (142) | 00:03:58 (128) | 03:48:00 (72) | **11:02:43** | 02:57:45 |
| 98 | 243 | [Ottosson Fredrik](https://startlist.pl/profil/59607%2Cottosson-fredrik) | Höglandets Triau | M45 | 16 | 93 | 01:33:06 (225) | 00:18:20 (260) | 05:27:31 (91) | 00:06:41 (215) | 03:37:53 (49) | **11:03:31** | 02:58:33 |
| 99 | 127 | [Kurnyta Robert](https://startlist.pl/profil/593%2Ckurnyta-robert) | LABOSPORT Team | M40 | 20 | 94 | 01:19:11 (124) | 00:03:08 (45) | 05:39:33 (123) | 00:03:30 (101) | 04:00:01 (93) | **11:05:23** | 03:00:25 |
| 100 | 244 | [Rutkowski Paweł](https://startlist.pl/profil/2756%2Crutkowski-pawel) | PersonalTriathlon.pl | M40 | 21 | 95 | 01:10:25 (54) | 00:03:45 (74) | 05:29:39 (99) | 00:02:54 (71) | 04:19:18 (140) | **11:06:01** | 03:01:03 |
| 101 | 73 | [Markowski Wojciech](https://startlist.pl/profil/50096%2Cmarkowski-wojciech) | MARCUS TEAM | M35 | 17 | 96 | 01:36:39 (235) | 00:04:54 (123) | 05:13:38 (68) | 00:03:21 (93) | 04:07:33 (109) | **11:06:05** | 03:01:07 |
| 102 | 17 | [Wysmoliński Rafał](https://startlist.pl/profil/321%2Cwysmolinski-rafal) |  | M40 | 22 | 97 | 01:19:59 (133) | 00:06:38 (173) | 05:35:51 (115) | 00:04:27 (151) | 03:59:16 (90) | **11:06:11** | 03:01:13 |
| 103 | 119 | [Andrzejuk Michal](https://startlist.pl/profil/35604%2Candrzejuk-michal) | mic&mar | M40 | 23 | 98 | 01:14:30 (86) | 00:05:56 (151) | 05:42:30 (127) | 00:05:34 (189) | 03:57:52 (88) | **11:06:22** | 03:01:24 |
| 104 | 55 | [Kanarek Jakub](https://startlist.pl/profil/9476%2Ckanarek-jakub) |  | M40 | 24 | 99 | 01:15:55 (94) | 00:06:16 (167) | 05:28:12 (94) | 00:05:28 (186) | 04:10:33 (113) | **11:06:24** | 03:01:26 |
| 105 | 25 | [Żurawski Patryk](https://startlist.pl/profil/59962%2Czurawski-patryk) | Ironman Inspiration | M25 | 8 | 100 | 01:30:09 (215) | 00:04:54 (122) | 05:50:34 (137) | 00:02:40 (47) | 03:38:53 (53) | **11:07:10** | 03:02:12 |
| 106 | 272 | [Zieliński Andrzej](https://startlist.pl/profil/17600%2Czielinski-andrzej) |  | M40 | 25 | 101 | 01:13:38 (74) | 00:04:38 (108) | 05:33:03 (109) | 00:03:12 (84) | 04:13:51 (122) | **11:08:22** | 03:03:24 |
| 107 | 228 | [Słaby Tomasz](https://startlist.pl/profil/59366%2Cslaby-tomasz) | IM Inspiration | M45 | 17 | 102 | 01:13:41 (75) | 00:04:30 (101) | 05:22:21 (81) | 00:02:16 (21) | 04:26:19 (159) | **11:09:07** | 03:04:09 |
| 108 | 275 | [Tomaszek Jarosław](https://startlist.pl/profil/28921%2Ctomaszek-jaroslaw) | K T ŻYWIEC | M50 | 5 | 103 | 01:22:41 (155) | 00:07:24 (190) | 05:24:58 (86) | 00:04:09 (140) | 04:11:04 (115) | **11:10:16** | 03:05:18 |
| 109 | 66 | [Krzeszowski Marcin](https://startlist.pl/profil/28526%2Ckrzeszowski-marcin) |  | M40 | 26 | 104 | 01:28:31 (203) | 00:07:58 (206) | 05:35:08 (114) | 00:05:01 (174) | 03:54:02 (80) | **11:10:40** | 03:05:42 |
| 110 | 261 | [Bartochowski Łukasz](https://startlist.pl/profil/24042%2Cbartochowski-lukasz) | VAN HOOY Bike Manufaktur | M35 | 18 | 105 | 01:19:27 (128) | 00:08:32 (218) | 05:32:06 (108) | 00:04:24 (149) | 04:07:30 (108) | **11:11:59** | 03:07:01 |
| 111 | 229 | [Gruszka Michał](https://startlist.pl/profil/18782%2Cgruszka-michal) | 4Tri Team / Kuźnia Triathlonu | M45 | 18 | 106 | 01:16:00 (96) | 00:04:43 (115) | 05:37:31 (118) | 00:03:22 (94) | 04:13:42 (120) | **11:15:18** | 03:10:20 |
| 112 | 220 | [Aleksanderek Michał](https://startlist.pl/profil/51659%2Caleksanderek-michal) | 6 Batalion Powietrznodesantowy Gliwice | M30 | 28 | 107 | 01:18:23 (116) | 00:05:37 (144) | 05:27:50 (93) | 00:04:17 (144) | 04:19:57 (144) | **11:16:04** | 03:11:06 |
| 113 | 245 | [Litwiński Tomasz](https://startlist.pl/profil/24264%2Clitwinski-tomasz) |  | M35 | 19 | 108 | 01:19:29 (129) | 00:05:16 (138) | 05:22:34 (82) | 00:02:49 (63) | 04:26:07 (158) | **11:16:15** | 03:11:17 |
| 114 | 154 | [Kosmatka Paweł](https://startlist.pl/profil/46519%2Ckosmatka-pawel) |  | M25 | 9 | 109 | 01:29:48 (213) | 00:04:37 (107) | 05:42:09 (125) | 00:04:36 (155) | 03:56:02 (85) | **11:17:12** | 03:12:14 |
| 115 | 252 | [Walentynowicz Adam](https://startlist.pl/profil/31399%2Cwalentynowicz-adam) | DOMO TEAM | M35 | 20 | 110 | 01:16:20 (101) | 00:05:02 (130) | 05:36:20 (116) | 00:03:59 (130) | 04:19:18 (141) | **11:20:59** | 03:16:01 |
| 116 | 178 | [Boniecki Piotr](https://startlist.pl/profil/9697%2Cboniecki-piotr) |  | M40 | 27 | 111 |  |  |  |  |  | **11:22:15** | 03:17:17 |
| 117 | 295 | [Łagowski Piotr](https://startlist.pl/profil/52655%2Clagowski-piotr) |  | M35 | 21 | 112 | 01:29:35 (211) | 00:06:04 (157) | 05:32:05 (107) | 00:04:13 (142) | 04:10:36 (114) | **11:22:33** | 03:17:35 |
| 118 | 170 | [Nowicki Tomasz](https://startlist.pl/profil/57761%2Cnowicki-tomasz) | SZWLA STARGARD | M55 | 2 | 113 | 01:25:24 (178) | 00:03:25 (64) | 05:44:55 (131) | 00:02:32 (36) | 04:08:15 (110) | **11:24:31** | 03:19:33 |
| 119 | 63 | [Wankiewicz Krzysztof](https://startlist.pl/profil/38895%2Cwankiewicz-krzysztof) |  | M45 | 19 | 114 | 01:13:54 (80) | 00:04:14 (92) | 05:54:04 (148) | 00:03:40 (111) | 04:09:06 (112) | **11:24:58** | 03:20:00 |
| **120** | **30** | [**Nowosielski Piotr**](https://startlist.pl/profil/50730%2Cnowosielski-piotr) | **LKS Zantyr Sztum** | **M45** | **20** | **115** | **01:20:20 (135)** | **00:05:22 (139)** | **06:07:23 (179)** | **00:04:50 (166)** | **03:50:32 (76)** | **11:28:27** | 03:23:29 |
| 121 | 236 | [Bartkowski Marek](https://startlist.pl/profil/14723%2Cbartkowski-marek) | Endure Team | M45 | 21 | 116 | 01:22:00 (150) | 00:04:58 (126) | 05:29:07 (97) | 00:04:23 (148) | 04:28:11 (164) | **11:28:39** | 03:23:41 |
| 122 | 112 | [Jagiela Rafał](https://startlist.pl/profil/45798%2Cjagiela-rafal) | KB Odra Opole | M35 | 22 | 117 | 01:27:45 (201) | 00:06:12 (165) | 06:14:44 (192) | 00:03:54 (125) | 03:36:44 (46) | **11:29:19** | 03:24:21 |
| 123 | 123 | [Janusz Łukasz](https://startlist.pl/profil/1081%2Cjanusz-lukasz) | EPICENTRUM WONDER BOY | M30 | 29 | 118 | 01:23:48 (167) | 00:02:13 (23) | 05:45:24 (132) | 00:03:06 (80) | 04:15:32 (130) | **11:30:03** | 03:25:05 |
| 124 | 87 | [Kubicki Tomasz](https://startlist.pl/profil/55968%2Ckubicki-tomasz) | KUBISIA TEAM OLEŚNICA - OLEŚNICKA GRUPA TRIATHLONOWA | M50 | 6 | 119 | 01:14:26 (84) | 00:04:52 (118) | 05:31:48 (106) | 00:06:24 (208) | 04:34:32 (176) | **11:32:02** | 03:27:04 |
| 125 | 53 | [Trzeja Zdanowska Dorota](https://startlist.pl/profil/51638%2Ctrzeja-zdanowska-dorota) | Babska Środa | K45 | 1 | 6 | 01:21:07 (140) | 00:04:08 (87) | 06:02:08 (167) | 00:03:40 (110) | 04:01:25 (95) | **11:32:28** | 03:27:30 |
| 126 | 267 | [Szymków Sławek](https://startlist.pl/profil/15902%2Cszymkow-slawek) | Banach Sport Team BST | M50 | 7 | 120 | 01:25:49 (186) | 00:04:52 (119) | 05:42:20 (126) | 00:03:35 (104) | 04:16:10 (131) | **11:32:46** | 03:27:48 |
| 127 | 59 | [Lubowicki Łukasz](https://startlist.pl/profil/54500%2Clubowicki-lukasz) | 40-latek Tychy 40-latek Tychy | M40 | 28 | 121 | 01:18:40 (120) | 00:03:31 (66) | 05:47:35 (133) | 00:04:17 (145) | 04:19:02 (139) | **11:33:05** | 03:28:07 |
| 128 | 50 | [Zych Zbigniew](https://startlist.pl/profil/27150%2Czych-zbigniew) | TRIATHLON LUBLIN TEAM | M45 | 22 | 122 | 01:09:47 (51) | 00:04:18 (94) | 06:01:21 (165) | 00:03:28 (99) | 04:14:19 (124) | **11:33:13** | 03:28:15 |
| 129 | 271 | [Grzyb Andrzej](https://startlist.pl/profil/58594%2Cgrzyb-andrzej) | SZYMANOWSKI Triathlon Team | M35 | 23 | 123 | 01:13:50 (77) | 00:03:52 (76) | 05:56:16 (153) | 00:02:45 (57) | 04:17:16 (134) | **11:33:59** | 03:29:01 |
| 130 | 188 | [Wilczyński Andrzej](https://startlist.pl/profil/44369%2Cwilczynski-andrzej) |  | M30 | 30 | 124 | 01:19:49 (132) | 00:07:10 (181) | 05:51:29 (140) | 00:04:22 (147) | 04:12:31 (116) | **11:35:21** | 03:30:23 |
| 131 | 75 | [Andruszkiewicz Arkadiusz](https://startlist.pl/profil/54507%2Candruszkiewicz-arkadiusz) |  | M40 | 29 | 125 | 01:31:42 (218) | 00:07:44 (199) | 05:50:35 (138) | 00:04:25 (150) | 04:04:32 (101) | **11:38:58** | 03:34:00 |
| 132 | 265 | [Kment Rafal](https://startlist.pl/profil/50638%2Ckment-rafal) |  | M40 | 30 | 126 | 01:18:26 (118) | 00:04:53 (121) | 05:10:41 (61) | 00:04:52 (168) | 05:01:29 (214) | **11:40:21** | 03:35:23 |
| 133 | 35 | [Molicki Grzegorz](https://startlist.pl/profil/51681%2Cmolicki-grzegorz) |  | M18 | 4 | 127 | 01:15:07 (90) | 00:03:17 (55) | 05:33:52 (111) | 00:04:45 (164) | 04:44:40 (191) | **11:41:41** | 03:36:43 |
| 134 | 86 | [Orłowski Paweł](https://startlist.pl/profil/56032%2Corlowski-pawel) | Go2Tri Szczecin | M40 | 31 | 128 | 01:16:08 (98) | 00:07:57 (205) | 05:59:09 (160) | 00:05:28 (185) | 04:13:00 (117) | **11:41:42** | 03:36:44 |
| 135 | 150 | [Kmuk Tomasz](https://startlist.pl/profil/57071%2Ckmuk-tomasz) | Grunwald | M35 | 24 | 129 | 01:40:49 (244) | 00:06:36 (171) | 05:53:38 (144) | 00:03:47 (119) | 03:57:29 (87) | **11:42:19** | 03:37:21 |
| 136 | 171 | [Grębowiec Mateusz](https://startlist.pl/profil/57724%2Cgrebowiec-mateusz) | TSA Sandomierz | M40 | 32 | 130 | 01:30:28 (216) | 00:06:08 (159) | 05:37:32 (119) | 00:04:06 (136) | 04:24:22 (153) | **11:42:36** | 03:37:38 |
| 137 | 144 | [Pietrzak Romek](https://startlist.pl/profil/15953%2Cpietrzak-romek) | SKS OBORNIKI PIETRZAK TEAM QUADRATHLON | M55 | 3 | 131 | 01:25:35 (181) | 00:06:05 (158) | 06:06:49 (178) | 00:04:54 (169) | 04:01:07 (94) | **11:44:30** | 03:39:32 |
| 138 | 177 | [Kubielski Bartosz](https://startlist.pl/profil/9701%2Ckubielski-bartosz) | SILVINI-MEANDER | M45 | 23 | 132 | 01:27:30 (198) | 00:06:12 (164) | 05:54:47 (150) | 00:03:49 (120) | 04:13:21 (119) | **11:45:39** | 03:40:41 |
| 139 | 209 | [Świtała Krzysztof](https://startlist.pl/profil/52352%2Cswitala-krzysztof) | NIAGARA RAKONIEWICE NIAGARA RAKONIEWICE | M40 | 33 | 133 | 01:09:49 (52) | 00:10:37 (246) | 05:57:30 (155) | 00:06:35 (211) | 04:21:35 (147) | **11:46:06** | 03:41:08 |
| 140 | 197 | [Fajfer Grzegorz](https://startlist.pl/profil/33217%2Cfajfer-grzegorz) | Litwin Triathlon Team | M55 | 4 | 134 | 01:17:08 (106) | 00:06:10 (162) | 05:54:06 (149) | 00:04:41 (160) | 04:24:33 (154) | **11:46:38** | 03:41:40 |
| 141 | 28 | [Zachariasz Maciej](https://startlist.pl/profil/21954%2Czachariasz-maciej) |  | M35 | 25 | 135 | 01:17:23 (111) | 00:06:43 (174) | 06:20:38 (207) | 00:03:58 (129) | 03:58:09 (89) | **11:46:51** | 03:41:53 |
| 142 | 111 | [Roszak Bartosz](https://startlist.pl/profil/34219%2Croszak-bartosz) | Wroniecki Klub Biegacza Pracownia Badań Kierowców "Speed" | M35 | 26 | 136 | 01:23:33 (164) | 00:04:36 (106) | 06:00:18 (162) | 00:03:56 (127) | 04:14:45 (128) | **11:47:08** | 03:42:10 |
| 143 | 231 | [Kowalczyk Wojciech](https://startlist.pl/profil/15440%2Ckowalczyk-wojciech) |  | M25 | 10 | 137 | 01:24:08 (170) | 00:07:25 (191) | 06:23:39 (212) | 00:06:11 (203) | 03:46:20 (70) | **11:47:43** | 03:42:45 |
| 144 | 109 | [Dąbrowski Tomasz](https://startlist.pl/profil/2435%2Cdabrowski-tomasz) | Twister Team | M45 | 24 | 138 | 01:19:36 (131) | 00:05:09 (133) | 05:29:40 (100) | 00:03:15 (89) | 04:50:10 (201) | **11:47:50** | 03:42:52 |
| 145 | 219 | [Walesiak Mikołaj](https://startlist.pl/profil/668%2Cwalesiak-mikolaj) | UKS TRS SUSZ/KTS IRONMAN | M45 | 25 | 139 | 01:23:15 (161) | 00:04:59 (128) | 06:02:23 (170) | 00:02:47 (60) | 04:16:13 (132) | **11:49:37** | 03:44:39 |
| 146 | 43 | [Dżugaj Tomasz](https://startlist.pl/profil/45557%2Cdzugaj-tomasz) |  | M40 | 34 | 140 | 01:29:00 (206) | 00:10:44 (247) | 05:57:33 (156) | 00:07:38 (227) | 04:08:19 (111) | **11:53:14** | 03:48:16 |
| 147 | 184 | [Kunkel Mariusz](https://startlist.pl/profil/20058%2Ckunkel-mariusz) |  | M40 | 35 | 141 | 01:26:40 (189) | 00:04:14 (91) | 05:53:44 (145) | 00:02:49 (64) | 04:25:47 (157) | **11:53:14** | 03:48:16 |
| 148 | 135 | [Kościański Adam](https://startlist.pl/profil/24315%2Ckoscianski-adam) | TGV Club DUON | M40 | 36 | 142 | 01:25:36 (182) | 00:08:30 (217) | 06:00:28 (163) | 00:04:07 (137) | 04:16:21 (133) | **11:55:02** | 03:50:04 |
| **149** | **204** | [**Buber-Bubrowiecki Robert**](https://startlist.pl/profil/29136%2Cbuber-bubrowiecki-robert) | **Pizzeria Roma Sztum** | **M40** | **37** | **143** | **01:26:53 (195)** | **00:08:56 (225)** | **05:58:04 (159)** | **00:07:15 (221)** | **04:14:22 (125)** | **11:55:30** | 03:50:32 |
| 150 | 149 | [Wiśniewski Łukasz](https://startlist.pl/profil/3021%2Cwisniewski-lukasz) | Twister Team/Tempo Mława | M30 | 31 | 144 | 01:13:52 (79) | 00:04:39 (110) | 06:11:26 (186) | 00:02:47 (59) | 04:23:01 (150) | **11:55:45** | 03:50:47 |
| 151 | 125 | [Warcholinski Zenon](https://startlist.pl/profil/8993%2Cwarcholinski-zenon) |  | M60 | 1 | 145 | 01:32:10 (221) | 00:06:55 (175) | 05:48:21 (136) | 00:05:38 (193) | 04:23:22 (151) | **11:56:26** | 03:51:28 |
| 152 | 248 | [Kowalski Łukasz](https://startlist.pl/profil/9785%2Ckowalski-lukasz) | CompleXsports Triathlon Team | M40 | 38 | 146 | 01:27:35 (200) | 00:07:28 (193) | 06:02:43 (172) | 00:04:45 (163) | 04:13:59 (123) | **11:56:30** | 03:51:32 |
| 153 | 48 | [Kasperowicz Dariusz](https://startlist.pl/profil/33706%2Ckasperowicz-dariusz) | TME95 | M45 | 26 | 147 | 01:28:41 (205) | 00:09:05 (228) | 05:52:17 (141) | 00:09:00 (241) | 04:17:52 (137) | **11:56:55** | 03:51:57 |
| 154 | 134 | [Lassota Artur](https://startlist.pl/profil/33353%2Classota-artur) |  | M50 | 8 | 148 | 01:20:59 (137) | 00:08:19 (210) | 05:44:01 (129) | 00:13:07 (252) | 04:30:53 (169) | **11:57:19** | 03:52:21 |
| 155 | 40 | [Malinowski Marcin](https://startlist.pl/profil/47176%2Cmalinowski-marcin) |  | M45 | 27 | 149 | 01:34:17 (228) | 00:08:51 (224) | 05:50:41 (139) | 00:05:01 (173) | 04:19:38 (143) | **11:58:28** | 03:53:30 |
| 156 | 296 | [Jurkiewicz Konrad](https://startlist.pl/profil/52437%2Cjurkiewicz-konrad) | Bike U Up | M30 | 32 | 150 | 01:29:05 (207) | 00:10:21 (243) | 05:38:48 (122) | 00:12:19 (251) | 04:28:04 (163) | **11:58:37** | 03:53:39 |
| 157 | 108 | [Hadrych Piotr](https://startlist.pl/profil/55141%2Chadrych-piotr) |  | M40 | 39 | 151 | 01:15:11 (91) | 00:09:52 (239) | 06:09:48 (183) | 00:09:07 (242) | 04:15:18 (129) | **11:59:16** | 03:54:18 |
| 158 | 153 | [Kamiński Tomasz](https://startlist.pl/profil/38488%2Ckaminski-tomasz) | KS PERUN | M35 | 27 | 152 | 01:08:04 (43) | 00:03:07 (44) | 07:00:08 (242) | 00:03:46 (118) | 03:45:43 (67) | **12:00:48** | 03:55:50 |
| 159 | 182 | [Majchrzak Julian](https://startlist.pl/profil/46616%2Cmajchrzak-julian) |  | M30 | 33 | 153 | 01:28:37 (204) | 00:10:22 (244) | 06:01:05 (164) | 00:03:33 (103) | 04:17:36 (136) | **12:01:13** | 03:56:15 |
| 160 | 240 | [Bartolik Piotr](https://startlist.pl/profil/25332%2Cbartolik-piotr) |  | M40 | 40 | 154 | 01:18:50 (122) | 00:07:45 (200) | 05:15:27 (71) | 00:05:57 (197) | 05:14:33 (226) | **12:02:32** | 03:57:34 |
| 161 | 256 | [Mika Amelia](https://startlist.pl/profil/37893%2Cmika-amelia) | GT team | K40 | 2 | 7 | 01:34:43 (230) | 00:09:11 (232) | 05:55:39 (152) | 00:04:43 (162) | 04:18:54 (138) | **12:03:10** | 03:58:12 |
| 162 | 206 | [Pochwała Dariusz](https://startlist.pl/profil/52667%2Cpochwala-dariusz) | 6 Batalion Powietrznodesantowy Gliwice | M40 | 41 | 155 | 01:25:41 (184) | 00:06:56 (176) | 05:44:32 (130) | 00:06:45 (216) | 04:39:29 (182) | **12:03:23** | 03:58:25 |
| 163 | 147 | [Niemczyk Kazimierz](https://startlist.pl/profil/51042%2Cniemczyk-kazimierz) |  | M55 | 5 | 156 | 01:39:13 (241) | 00:11:32 (250) | 05:47:57 (134) | 00:04:51 (167) | 04:20:15 (145) | **12:03:48** | 03:58:50 |
| 164 | 218 | [Zalewski Michał](https://startlist.pl/profil/56505%2Czalewski-michal) | Starglass Team Ostrołęka | M45 | 28 | 157 | 01:38:03 (237) | 00:07:34 (198) | 06:02:09 (168) | 00:03:14 (88) | 04:13:08 (118) | **12:04:08** | 03:59:10 |
| 165 | 196 | [Skiba Stanisław](https://startlist.pl/profil/57283%2Cskiba-stanislaw) |  | M60 | 2 | 158 | 01:16:21 (102) | 00:04:31 (102) | 06:12:26 (187) | 00:04:05 (135) | 04:27:10 (161) | **12:04:33** | 03:59:35 |
| 166 | 282 | [Jastrzembski Mateusz](https://startlist.pl/profil/60174%2Cjastrzembski-mateusz) | HAWK | M30 | 34 | 159 | 01:29:36 (212) | 00:10:13 (241) | 06:07:24 (180) | 00:03:07 (82) | 04:14:24 (126) | **12:04:44** | 03:59:46 |
| 167 | 249 | [Pichlak Piotr](https://startlist.pl/profil/23550%2Cpichlak-piotr) | SPORTEVO | M60 | 3 | 160 | 01:35:20 (233) | 00:09:34 (236) | 05:53:17 (143) | 00:06:06 (201) | 04:21:46 (148) | **12:06:03** | 04:01:05 |
| 168 | 160 | [Sojkowski Piotr](https://startlist.pl/profil/3100%2Csojkowski-piotr) | Tri NEGU | M35 | 28 | 161 | 01:14:16 (83) | 00:04:50 (117) | 06:02:26 (171) | 00:04:16 (143) | 04:41:40 (185) | **12:07:28** | 04:02:30 |
| 169 | 234 | [Rosenkranc Mariusz](https://startlist.pl/profil/10389%2Crosenkranc-mariusz) | Endure Team | M35 | 29 | 162 | 01:33:06 (226) | 00:09:04 (227) | 05:59:33 (161) | 00:07:10 (219) | 04:19:26 (142) | **12:08:19** | 04:03:21 |
| 170 | 201 | [Banach Joanna](https://startlist.pl/profil/57622%2Cbanach-joanna) | Arendal Triathlon | K35 | 3 | 8 | 01:26:42 (190) | 00:07:07 (180) | 06:01:36 (166) | 00:04:48 (165) | 04:28:31 (165) | **12:08:44** | 04:03:46 |
| 171 | 23 | [Kanigowski Grzegorz](https://startlist.pl/profil/2199%2Ckanigowski-grzegorz) |  | M40 | 42 | 163 | 01:16:36 (104) | 00:05:45 (148) | 06:17:15 (197) | 00:03:37 (106) | 04:26:44 (160) | **12:09:57** | 04:04:59 |
| 172 | 269 | [Chojnacki Łukasz](https://startlist.pl/profil/59957%2Cchojnacki-lukasz) |  | M25 | 11 | 164 | 01:22:44 (157) | 00:03:06 (43) | 06:23:22 (211) | 00:03:38 (108) | 04:17:22 (135) | **12:10:12** | 04:05:14 |
| 173 | 71 | [Lewczuk Rafał](https://startlist.pl/profil/54642%2Clewczuk-rafal) |  | M40 | 43 | 165 | 01:21:47 (149) | 00:05:47 (149) | 05:48:02 (135) | 00:05:32 (187) | 04:49:26 (196) | **12:10:34** | 04:05:36 |
| 174 | 19 | [Dołęga Mariusz](https://startlist.pl/profil/34066%2Cdolega-mariusz) | Vegan Runners / Vege Runners | M35 | 30 | 166 | 01:27:32 (199) | 00:05:42 (147) | 06:14:03 (190) | 00:03:01 (76) | 04:22:04 (149) | **12:12:22** | 04:07:24 |
| 175 | 161 | [Włodarska Bogumiła](https://startlist.pl/profil/39080%2Cwlodarska-bogumila) | I-Sport, WMT | K45 | 2 | 9 | 01:11:54 (63) | 00:06:30 (168) | 06:02:10 (169) | 00:05:02 (175) | 04:48:49 (195) | **12:14:25** | 04:09:27 |
| 176 | 262 | [Pałka Krzysztof](https://startlist.pl/profil/33229%2Cpalka-krzysztof) | HRmax Żory | M45 | 29 | 167 | 01:33:03 (224) | 00:08:28 (215) | 05:53:57 (146) | 00:06:29 (209) | 04:33:11 (174) | **12:15:08** | 04:10:10 |
| 177 | 226 | [Kociel Jarosław](https://startlist.pl/profil/31910%2Ckociel-jaroslaw) |  | M50 | 9 | 168 | 01:17:08 (107) | 00:08:32 (219) | 06:18:42 (199) | 00:06:33 (210) | 04:29:18 (167) | **12:20:13** | 04:15:15 |
| 178 | 121 | [Bieliński Tomasz](https://startlist.pl/profil/8628%2Cbielinski-tomasz) | Sanbao | M35 | 31 | 170 | 01:25:52 (187) | 00:04:42 (113) | 06:42:21 (232) | 00:04:17 (146) | 04:06:40 (106) | **12:23:52** | 04:18:54 |
| 179 | 46 | [Burski Paweł](https://startlist.pl/profil/36755%2Cburski-pawel) |  | M50 | 10 | 169 | 01:19:10 (123) | 00:05:59 (154) | 06:14:43 (191) | 00:04:32 (153) | 04:39:28 (181) | **12:23:52** | 04:18:54 |
| 180 | 78 | [Fajok Szymon](https://startlist.pl/profil/57240%2Cfajok-szymon) | SKS Oborniki | M18 | 5 | 171 | 01:25:26 (180) | 00:05:13 (137) | 05:58:01 (158) | 00:07:48 (230) | 04:47:29 (193) | **12:23:57** | 04:18:59 |
| 181 | 289 | [Gniot Katarzyna](https://startlist.pl/profil/25514%2Cgniot-katarzyna) | MASTERS ZDZIESZOWICE | K40 | 3 | 10 | 01:22:36 (154) | 00:04:53 (120) | 06:10:04 (184) | 00:02:52 (69) | 04:43:44 (188) | **12:24:09** | 04:19:11 |
| 182 | 97 | [Kudrewicz Mirek](https://startlist.pl/profil/18402%2Ckudrewicz-mirek) | Silco | M55 | 6 | 172 | 01:24:18 (172) | 00:04:56 (124) | 06:08:25 (181) | 00:04:04 (134) | 04:44:00 (190) | **12:25:43** | 04:20:45 |
| 183 | 67 | [Kaczor Hubert](https://startlist.pl/profil/36521%2Ckaczor-hubert) |  | M45 | 30 | 173 | 01:38:23 (238) | 00:11:30 (248) | 05:54:03 (147) | 00:03:59 (132) | 04:37:59 (178) | **12:25:54** | 04:20:56 |
| 184 | 100 | [Kucmierz Marta](https://startlist.pl/profil/59758%2Ckucmierz-marta) | Triathlon X-Team | K35 | 4 | 11 | 01:19:12 (125) | 00:07:30 (194) | 06:30:11 (224) | 00:03:59 (131) | 04:25:21 (156) | **12:26:13** | 04:21:15 |
| 185 | 45 | [Wiśniewski Bartosz](https://startlist.pl/profil/53536%2Cwisniewski-bartosz) | sportera ocr | M30 | 35 | 174 | 01:24:19 (173) | 00:04:35 (105) | 06:21:31 (208) | 00:03:43 (114) | 04:33:59 (175) | **12:28:07** | 04:23:09 |
| 186 | 148 | [Kałuszyński Paweł](https://startlist.pl/profil/24730%2Ckaluszynski-pawel) | Klub Biegacza Orange Polska | M40 | 44 | 175 | 01:23:50 (168) | 00:06:09 (160) | 06:22:29 (210) | 00:08:29 (238) | 04:28:43 (166) | **12:29:40** | 04:24:42 |
| 187 | 286 | [Wijas Andrzej](https://startlist.pl/profil/10505%2Cwijas-andrzej) |  | M35 | 32 | 176 | 01:28:08 (202) | 00:07:17 (186) | 06:19:27 (205) | 00:03:24 (97) | 04:32:34 (172) | **12:30:50** | 04:25:52 |
| 188 | 175 | [Florczak Krzysztof](https://startlist.pl/profil/39213%2Cflorczak-krzysztof) | KS MARATON OSTRÓW WLKP. Bractwo Biegowe BGK | M45 | 31 | 177 | 01:45:05 (251) | 00:05:53 (150) | 06:03:47 (174) | 00:03:55 (126) | 04:32:20 (171) | **12:31:00** | 04:26:02 |
| 189 | 280 | [Korsakov Kostiantyn](https://startlist.pl/profil/60071%2Ckorsakov-kostiantyn) | - - | M45 | 32 | 178 | 01:25:05 (176) | 00:07:56 (204) | 06:30:46 (225) | 00:07:14 (220) | 04:24:03 (152) | **12:35:04** | 04:30:06 |
| 190 | 298 | [Skornowicz Paweł](https://startlist.pl/profil/54317%2Cskornowicz-pawel) | Sportowy Kaźmierz Sportowy Kaźmierz | M45 | 33 | 179 | 01:29:09 (208) | 00:12:53 (252) | 06:12:29 (188) | 00:04:37 (156) | 04:37:21 (177) | **12:36:29** | 04:31:31 |
| 191 | 260 | [Głębocki Adam](https://startlist.pl/profil/59081%2Cglebocki-adam) |  | M45 | 34 | 180 | 01:22:45 (158) | 00:05:41 (146) | 05:29:17 (98) | 00:08:16 (237) | 05:31:43 (235) | **12:37:42** | 04:32:44 |
| 192 | 32 | [Prusaczyk Marcin](https://startlist.pl/profil/60122%2Cprusaczyk-marcin) |  | M50 | 11 | 181 | 01:24:20 (174) | 00:06:57 (177) | 06:16:12 (195) | 00:05:07 (177) | 04:45:36 (192) | **12:38:12** | 04:33:14 |
| 193 | 165 | [Szwedowski Dawid](https://startlist.pl/profil/20043%2Cszwedowski-dawid) | TRI Starogard Gdański | M30 | 36 | 182 | 01:18:45 (121) | 00:07:27 (192) | 06:03:57 (175) | 00:05:35 (190) | 05:02:42 (215) | **12:38:26** | 04:33:28 |
| 194 | 42 | [Liebchen Piotr](https://startlist.pl/profil/48404%2Cliebchen-piotr) |  | M40 | 45 | 183 | 01:42:52 (245) | 00:10:24 (245) | 06:15:31 (193) | 00:03:53 (122) | 04:27:18 (162) | **12:39:58** | 04:35:00 |
| 195 | 179 | [Ruta Bartlomiej](https://startlist.pl/profil/51558%2Cruta-bartlomiej) |  | M35 | 33 | 184 | 01:44:52 (250) | 00:09:43 (238) | 06:05:33 (176) | 00:07:25 (223) | 04:32:58 (173) | **12:40:31** | 04:35:33 |
| 196 | 164 | [Łatanik Rafał](https://startlist.pl/profil/45313%2Clatanik-rafal) |  | M50 | 12 | 185 | 01:21:04 (139) | 00:07:51 (203) | 06:35:55 (229) | 00:06:16 (205) | 04:29:43 (168) | **12:40:49** | 04:35:51 |
| 197 | 62 | [Łesejko Mateusz](https://startlist.pl/profil/54781%2Clesejko-mateusz) |  | M40 | 46 | 186 | 01:16:08 (97) | 00:10:00 (240) | 06:28:27 (222) | 00:05:04 (176) | 04:41:25 (183) | **12:41:04** | 04:36:06 |
| 198 | 187 | [Gluszyk Joanna](https://startlist.pl/profil/17994%2Cgluszyk-joanna) | Way2Champ JMG-dietetyk | K40 | 4 | 12 | 01:35:39 (234) | 00:07:23 (188) | 06:19:08 (201) | 00:07:52 (231) | 04:31:29 (170) | **12:41:31** | 04:36:33 |
| 199 | 247 | [Lizak Włodzimierz](https://startlist.pl/profil/4553%2Clizak-wlodzimierz) | ETT - Elbląg Triathlon Team | M55 | 7 | 187 | 01:21:47 (147) | 00:07:14 (183) | 06:19:25 (203) | 00:04:38 (157) | 04:50:31 (202) | **12:43:35** | 04:38:37 |
| 200 | 166 | [Kochaniec-Matuszak Karolina](https://startlist.pl/profil/38159%2Ckochaniec-matuszak-karolina) | TRIATHLON LUBLIN TEAM | K30 | 3 | 13 | 01:21:39 (146) | 00:05:36 (143) | 06:16:44 (196) | 00:03:36 (105) | 04:56:47 (206) | **12:44:22** | 04:39:24 |
| 201 | 299 | [Kosiński Maciej](https://startlist.pl/profil/38504%2Ckosinski-maciej) | Sportowy Człuchów | M25 | 12 | 188 | 01:19:22 (127) | 00:02:35 (29) | 06:19:25 (204) | 00:02:45 (56) | 05:00:28 (211) | **12:44:35** | 04:39:37 |
| 202 | 93 | [Jurek Daniel](https://startlist.pl/profil/40796%2Cjurek-daniel) | biegiem!radom KOCHANY SYN DAWID | M35 | 34 | 189 | 01:26:56 (196) | 00:04:44 (116) | 06:24:22 (216) | 00:06:11 (204) | 04:43:53 (189) | **12:46:06** | 04:41:08 |
| 203 | 230 | [Szczepanik Andrzej](https://startlist.pl/profil/16079%2Cszczepanik-andrzej) | Rolmet Rolmet | M65 | 1 | 190 | 01:33:54 (227) | 00:05:23 (140) | 05:55:27 (151) | 00:04:59 (172) | 05:11:22 (225) | **12:51:05** | 04:46:07 |
| 204 | 113 | [Wozniak Jacek](https://startlist.pl/profil/16761%2Cwozniak-jacek) | ironteam Iron Team | M50 | 13 | 191 | 01:15:25 (92) | 00:06:14 (166) | 06:33:39 (227) | 00:08:47 (240) | 04:49:51 (197) | **12:53:56** | 04:48:58 |
| 205 | 185 | [Mielcarzewicz Mariusz](https://startlist.pl/profil/46308%2Cmielcarzewicz-mariusz) | VELOCITY UNIT MARTOMBIKE | M35 | 35 | 192 | 01:22:42 (156) | 00:06:11 (163) | 06:19:02 (200) | 00:06:05 (199) | 05:06:49 (217) | **13:00:49** | 04:55:51 |
| 206 | 181 | [Susmarska Ewa](https://startlist.pl/profil/57799%2Csusmarska-ewa) | ZONE3 TEAM TRIATHLONISTA.COM | K18 | 1 | 14 | 01:31:47 (220) | 00:07:11 (182) | 06:21:49 (209) | 00:05:12 (180) | 04:57:29 (207) | **13:03:28** | 04:58:30 |
| 207 | 69 | [Ciastek Grzegorz](https://startlist.pl/profil/54792%2Cciastek-grzegorz) | Amator - niezrzeszony Ciasteks family | M55 | 8 | 193 | 01:38:30 (239) | 00:13:07 (253) | 06:19:23 (202) | 00:06:37 (213) | 04:47:57 (194) | **13:05:34** | 05:00:36 |
| 208 | 68 | [Waśkiewicz Sebastian](https://startlist.pl/profil/41830%2Cwaskiewicz-sebastian) |  | M30 | 37 | 194 | 01:46:08 (254) | 00:10:20 (242) | 06:23:50 (213) | 00:06:02 (198) | 04:39:14 (180) | **13:05:34** | 05:00:36 |
| 209 | 173 | [Suchy Krzysztof](https://startlist.pl/profil/57789%2Csuchy-krzysztof) |  | M25 | 13 | 195 | 01:16:15 (100) | 00:07:16 (185) | 06:45:44 (235) | 00:06:39 (214) | 04:50:46 (203) | **13:06:40** | 05:01:42 |
| 210 | 24 | [Szorkin Janusz](https://startlist.pl/profil/34391%2Cszorkin-janusz) |  | M40 | 47 | 196 | 01:37:14 (236) | 00:08:29 (216) | 06:33:07 (226) | 00:07:36 (225) | 04:41:54 (186) | **13:08:20** | 05:03:22 |
| 211 | 98 | [Glapa Krzysztof](https://startlist.pl/profil/59767%2Cglapa-krzysztof) |  | M40 | 48 | 197 | 01:23:28 (163) | 00:08:26 (214) | 06:13:36 (189) | 00:23:17 (255) | 05:00:54 (213) | **13:09:41** | 05:04:43 |
| 212 | 291 | [Markowski Dariusz](https://startlist.pl/profil/3001%2Cmarkowski-dariusz) | Betri Ewa Bugdoł Team | M60 | 4 | 198 | 01:30:01 (214) | 00:04:29 (98) | 06:06:18 (177) | 00:02:50 (67) | 05:27:47 (232) | **13:11:25** | 05:06:27 |
| 213 | 199 | [Zych Dawid](https://startlist.pl/profil/1550%2Czych-dawid) | SPARTANIE DZIECIOM | M45 | 35 | 199 | 01:45:24 (252) | 00:11:30 (249) | 05:57:12 (154) | 00:08:12 (236) | 05:11:08 (224) | **13:13:26** | 05:08:28 |
| 214 | 101 | [Żebrakowski Marek](https://startlist.pl/profil/24456%2Czebrakowski-marek) | WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA | M55 | 9 | 200 | 01:34:57 (231) | 00:08:21 (211) | 06:26:26 (219) | 00:05:16 (182) | 04:59:18 (208) | **13:14:18** | 05:09:20 |
| 215 | 31 | [Ołdakowski Maciej](https://startlist.pl/profil/40733%2Coldakowski-maciej) |  | M30 | 38 | 201 | 01:11:32 (59) | 00:03:14 (50) | 06:47:20 (236) | 00:06:35 (212) | 05:06:30 (216) | **13:15:11** | 05:10:13 |
| 216 | 89 | [Kałaczyński Ryszard](https://startlist.pl/profil/53256%2Ckalaczynski-ryszard) | 366 Witunia euroFasada Karol Mejgier | M60 | 5 | 202 | 01:58:09 (262) | 00:09:37 (237) | 06:02:43 (173) | 00:07:55 (232) | 04:59:35 (209) | **13:17:59** | 05:13:01 |
| 217 | 212 | [Litwiniuk Edyta](https://startlist.pl/profil/58790%2Clitwiniuk-edyta) | TRAINING POINT FIT MAMA | K35 | 5 | 15 | 01:26:48 (193) | 00:08:40 (222) | 06:27:56 (221) | 00:07:32 (224) | 05:08:21 (220) | **13:19:17** | 05:14:19 |
| 218 | 211 | [Litwiniuk Wojciech](https://startlist.pl/profil/16157%2Clitwiniuk-wojciech) | Extreme Academy Triathlon Team | M40 | 49 | 203 | 01:26:47 (191) | 00:08:43 (223) | 06:27:51 (220) | 00:07:37 (226) | 05:08:20 (219) | **13:19:18** | 05:14:20 |
| 219 | 210 | [Adamik Mateusz](https://startlist.pl/profil/38251%2Cadamik-mateusz) |  | M30 | 39 | 204 | 01:23:40 (165) | 00:08:08 (208) | 06:19:53 (206) | 00:07:55 (233) | 05:22:19 (231) | **13:21:55** | 05:16:57 |
| 220 | 33 | [Brynkiewicz Dorota](https://startlist.pl/profil/53761%2Cbrynkiewicz-dorota) | Polish Triathletes in UK | K35 | 6 | 16 | 01:31:24 (217) | 00:06:33 (170) | 06:25:47 (218) | 00:05:54 (194) | 05:15:05 (227) | **13:24:43** | 05:19:45 |
| 221 | 285 | [Rusek Robert](https://startlist.pl/profil/60175%2Crusek-robert) | 697 | M30 | 40 | 205 | 01:43:38 (248) | 00:04:56 (125) | 06:41:53 (231) | 00:04:39 (159) | 04:49:52 (198) | **13:24:58** | 05:20:00 |
| 222 | 34 | [Legerski Wojciech](https://startlist.pl/profil/58530%2Clegerski-wojciech) |  | M25 | 14 | 206 | 01:40:37 (243) | 00:04:59 (127) | 06:56:47 (239) | 00:04:41 (161) | 04:38:21 (179) | **13:25:25** | 05:20:27 |
| 223 | 264 | [Kumanski Robert](https://startlist.pl/profil/59153%2Ckumanski-robert) |  | M50 | 14 | 207 | 01:25:46 (185) | 00:08:58 (226) | 07:41:30 (252) | 00:08:06 (235) | 04:03:53 (100) | **13:28:13** | 05:23:15 |
| 224 | 281 | [Wieczorek Bartosz](https://startlist.pl/profil/4522%2Cwieczorek-bartosz) |  | M30 | 41 | 208 | 01:23:16 (162) | 00:07:16 (184) | 07:00:20 (243) | 00:05:37 (191) | 04:52:18 (204) | **13:28:47** | 05:23:49 |
| 225 | 270 | [Michalik Michał](https://startlist.pl/profil/30084%2Cmichalik-michal) |  | M40 | 50 | 209 | 01:46:36 (255) | 00:19:53 (262) | 06:34:15 (228) | 00:08:34 (239) | 04:41:38 (184) | **13:30:56** | 05:25:58 |
| 226 | 274 | [Miller Tomek](https://startlist.pl/profil/55201%2Cmiller-tomek) | KGHM ZG RUN KGHM ZG RUN | M40 | 51 | 210 | 01:13:35 (73) | 00:09:06 (229) | 06:38:52 (230) | 00:09:10 (244) | 05:21:37 (229) | **13:32:20** | 05:27:22 |
| 227 | 137 | [Ziemiakowski Sławomir](https://startlist.pl/profil/44924%2Cziemiakowski-slawomir) | VEOLIA VEOLIA Energia Łódź SA | M45 | 36 | 211 | 01:21:34 (144) | 00:08:18 (209) | 06:53:01 (238) | 00:03:40 (113) | 05:09:02 (221) | **13:35:35** | 05:30:37 |
| 228 | 168 | [Gwiazda Radosław](https://startlist.pl/profil/58826%2Cgwiazda-radoslaw) |  | M30 | 42 | 212 | 01:26:03 (188) | 00:18:08 (259) | 06:23:58 (215) | 00:09:20 (245) | 05:22:11 (230) | **13:39:40** | 05:34:42 |
| 229 | 77 | [Sienkiewicz Michał](https://startlist.pl/profil/55051%2Csienkiewicz-michal) | Fitness z Pasją Fitness z Pasją | M35 | 36 | 213 | 01:35:18 (232) | 00:08:25 (213) | 06:15:33 (194) | 00:06:57 (218) | 05:36:51 (236) | **13:43:04** | 05:38:06 |
| 230 | 192 | [Gugulski Antoni](https://startlist.pl/profil/58779%2Cgugulski-antoni) |  | M55 | 10 | 214 | 01:46:45 (256) | 00:07:23 (189) | 06:10:14 (185) | 00:04:57 (171) | 05:49:25 (239) | **13:58:44** | 05:53:46 |
| 231 | 95 | [Żurawski Mateusz](https://startlist.pl/profil/56506%2Czurawski-mateusz) |  | M25 | 15 | 215 | 01:46:58 (257) | 00:20:22 (263) | 06:59:39 (241) | 00:09:48 (247) | 04:42:35 (187) | **13:59:22** | 05:54:24 |
| 232 | 172 | [Peplinski Tomasz](https://startlist.pl/profil/28160%2Cpeplinski-tomasz) | Stara Szkoła Maxa | M50 | 15 | 216 | 01:24:14 (171) | 00:08:36 (221) | 07:11:42 (247) | 00:05:34 (188) | 05:09:28 (222) | **13:59:34** | 05:54:36 |
| 233 | 162 | [Andrzejewski Piotr](https://startlist.pl/profil/2816%2Candrzejewski-piotr) | 100 Marathon Club Poland | M60 | 6 | 217 | 01:48:06 (258) | 00:09:09 (230) | 06:58:59 (240) | 00:06:17 (206) | 04:59:41 (210) | **14:02:12** | 05:57:14 |
| 234 | 208 | [Wszoła Paweł](https://startlist.pl/profil/58614%2Cwszola-pawel) |  | M25 | 16 | 218 | 01:14:51 (88) | 00:08:35 (220) | 06:49:19 (237) | 00:08:03 (234) | 05:41:26 (238) | **14:02:14** | 05:57:16 |
| 235 | 190 | [Włodarczyk Mariusz](https://startlist.pl/profil/37906%2Cwlodarczyk-mariusz) |  | M40 | 52 | 219 | 01:26:57 (197) | 00:13:52 (256) | 07:01:02 (244) | 00:10:33 (250) | 05:10:17 (223) | **14:02:41** | 05:57:43 |
| 236 | 85 | [Kruczek Robert](https://startlist.pl/profil/31799%2Ckruczek-robert) | WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA | M55 | 11 | 220 | 01:55:29 (261) | 00:17:56 (258) | 06:43:17 (233) | 00:06:11 (202) | 05:08:00 (218) | **14:10:53** | 06:05:55 |
| 237 | 301 | [Dubiński Bogdan](https://startlist.pl/profil/49404%2Cdubinski-bogdan) |  | M65 | 2 | 221 | 01:16:11 (99) | 00:07:32 (195) | 06:08:38 (182) | 00:05:55 (195) | 06:32:45 (242) | **14:11:01** | 06:06:03 |
| 238 | 151 | [Janicki Tomek](https://startlist.pl/profil/57009%2Cjanicki-tomek) | AQ Wiring Systems Team | M35 | 37 | 222 | 01:19:14 (126) | 00:12:19 (251) | 06:43:37 (234) | 00:04:39 (158) | 05:54:49 (240) | **14:14:38** | 06:09:40 |
| 239 | 217 | [Pieprzyca Michal](https://startlist.pl/profil/33591%2Cpieprzyca-michal) | Krakowski Klub Przyjaciół Piwa i Wina "Tłusty Miś" | M40 | 53 | 223 | 01:39:09 (240) | 00:13:48 (255) | 07:15:56 (249) | 00:17:25 (254) | 04:55:14 (205) | **14:21:32** | 06:16:34 |
| 240 | 79 | [Młodzik Daniel](https://startlist.pl/profil/35455%2Cmlodzik-daniel) |  | M40 | 54 | 224 | 01:29:14 (209) | 00:09:26 (235) | 07:09:41 (246) | 00:09:33 (246) | 05:31:43 (234) | **14:29:37** | 06:24:39 |
| 241 | 96 | [Lech Marek](https://startlist.pl/profil/56363%2Clech-marek) | WHM TEM | M35 | 38 | 225 | 01:45:52 (253) | 00:09:24 (234) | 07:43:50 (253) | 00:05:11 (179) | 05:00:34 (212) | **14:44:51** | 06:39:53 |
| 242 | 146 | [Paterek Leszek](https://startlist.pl/profil/56713%2Cpaterek-leszek) | Trenuj.triathlon | M50 | 16 | 226 | 01:43:35 (247) | 00:15:41 (257) | 07:25:16 (251) | 00:15:37 (253) | 05:15:48 (228) | **14:55:57** | 06:50:59 |
| 243 | 195 | [Berta Damian](https://startlist.pl/profil/38165%2Cberta-damian) |  | M40 | 55 | 227 | 01:44:12 (249) | 00:07:33 (197) | 07:03:43 (245) | 00:09:08 (243) | 06:08:42 (241) | **15:13:18** | 07:08:20 |
| 244 | 180 | [Jasnoch Adam](https://startlist.pl/profil/42719%2Cjasnoch-adam) | BEZTLENOWI MALBORK | M45 | 37 | 228 | 02:22:21 (265) | 00:07:23 (187) | 07:12:46 (248) | 00:05:37 (192) | 05:41:16 (237) | **15:29:23** | 07:24:25 |
| 245 | 47 | [Nowak Tomasz Zenon](https://startlist.pl/profil/54036%2Cnowak-tomasz-zenon) | VELOCITY SANTANDER | M55 | 12 | 229 | 01:49:36 (259) | 00:13:08 (254) | 06:29:22 (223) | 00:10:07 (248) | 07:00:59 (243) | **15:43:12** | 07:38:14 |
| 246 | 288 | [Wycisłowski Krzysztof](https://startlist.pl/profil/25548%2Cwycislowski-krzysztof) | MKB Dreptak | M65 | 3 | 230 | 01:52:54 (260) | 00:19:34 (261) | 08:11:26 (255) | 00:10:12 (249) | 05:30:57 (233) | **16:05:03** | 08:00:05 |
| 247 | 223 | [Jurczak Jakub Jurczak Przemysław](https://startlist.pl/profil/44932%2Cjurczak-jakub-jurczak-przemyslaw) |  | M18 | 6 | 231 | 02:06:39 (263) | 00:09:13 (233) | 08:53:10 (257) | 00:07:44 (228) | 04:50:00 (200) | **16:06:46** | 08:01:48 |
| 248 | 222 | [Jurczak Przemysław](https://startlist.pl/profil/44931%2Cjurczak-przemyslaw) |  | M40 | 56 | 232 | 02:06:40 (264) | 00:09:11 (231) | 08:53:10 (258) | 00:07:46 (229) | 04:50:00 (199) | **16:06:47** | 08:01:49 |
| 249 | 7 | [Adam Kacper](https://startlist.pl/profil/814%2Cadam-kacper) | Olimpius/TheSport/PCG | M25 |  |  | 00:50:58 (3) | 00:01:48 (9) |  |  |  | **DNF** |  |
| 250 | 189 | [Daszewski Filip](https://startlist.pl/profil/44663%2Cdaszewski-filip) |  | M18 |  |  | 01:17:27 (112) | 00:03:54 (79) | 06:17:22 (198) | 00:07:19 (222) |  | **DNF** |  |
| 251 | 221 | [Dominikowski Krzysztof](https://startlist.pl/profil/24879%2Cdominikowski-krzysztof) | Żelazna Świdnica LABOSPORT Team | M40 |  |  | 01:22:14 (152) | 00:05:32 (142) | 04:52:30 (26) | 00:03:30 (102) |  | **DNF** |  |
| 252 | 84 | [Gintowt Tomasz](https://startlist.pl/profil/17714%2Cgintowt-tomasz) |  | M35 |  |  | 01:29:31 (210) | 00:07:48 (202) | 07:23:41 (250) | 00:06:05 (200) |  | **DNF** |  |
| 253 | 158 | [Hauk Krzysztof](https://startlist.pl/profil/40707%2Chauk-krzysztof) | Kabar Emerson | M45 |  |  | 01:42:59 (246) | 00:08:00 (207) | 08:05:18 (254) | 00:05:16 (183) |  | **DNF** |  |
| 254 | 6 | [Jakimiuk Daniel](https://startlist.pl/profil/13130%2Cjakimiuk-daniel) | Twister Team Z Bogiem przez Triathlon | M25 |  |  | 01:02:17 (24) | 00:01:48 (11) | 04:35:51 (10) | 00:01:58 (5) |  | **DNF** |  |
| 255 | 276 | [Jaroszewski Łukasz](https://startlist.pl/profil/3271%2Cjaroszewski-lukasz) | Velocity Warszawa | M35 |  |  | 01:25:39 (183) | 00:06:58 (178) | 06:23:54 (214) | 00:05:09 (178) |  | **DNF** |  |
| 256 | 81 | [Karwat Kamil](https://startlist.pl/profil/49547%2Ckarwat-kamil) | WHM Polska Szukam sponsora ;) | M35 |  |  | 01:18:30 (119) | 00:03:53 (78) | 04:37:05 (11) | 00:02:19 (25) |  | **DNF** |  |
| 257 | 143 | [Kern Peter](https://startlist.pl/profil/59373%2Ckern-peter) | pb3coaching | M45 |  |  | 00:55:32 (9) | 00:01:47 (6) | 04:35:01 (9) | 00:02:17 (24) |  | **DNF** |  |
| 258 | 74 | [Kuciński Michał](https://startlist.pl/profil/39949%2Ckucinski-michal) |  | M55 |  |  | 01:40:13 (242) | 00:08:21 (212) | 08:21:43 (256) |  |  | **DNF** |  |
| 259 | 104 | [Masarczyk Szymon](https://startlist.pl/profil/56735%2Cmasarczyk-szymon) |  | M30 |  |  | 01:24:08 (169) | 00:06:09 (161) | 05:27:39 (92) | 00:04:00 (133) |  | **DNF** |  |
| 260 | 302 | [Nemcik Marek](https://startlist.pl/profil/60378%2Cnemcik-marek) | TRIAX TEAM SLOVAKIA | M45 |  |  | 01:14:32 (87) | 00:06:32 (169) |  |  |  | **DNF** |  |
| 261 | 145 | [Pocentek Krzysztof](https://startlist.pl/profil/28237%2Cpocentek-krzysztof) | PocentTeam Osada Ossa | M45 |  |  | 01:15:59 (95) | 00:05:25 (141) | 05:27:01 (89) | 00:02:40 (49) |  | **DNF** |  |
| 262 | 92 | [Romanow Marcin](https://startlist.pl/profil/2949%2Cromanow-marcin) | Centrum Rowerowe Olsztyn | M40 |  |  | 01:20:17 (134) | 00:05:10 (134) | 04:22:29 (3) |  |  | **DNF** |  |
| 263 | 105 | [Wadełek Robert](https://startlist.pl/profil/48006%2Cwadelek-robert) |  | M25 |  |  | 01:21:12 (141) | 00:05:40 (145) | 04:18:19 (1) |  |  | **DNF** |  |
| 264 | 4 | [Wilkowiecki Robert](https://startlist.pl/profil/16413%2Cwilkowiecki-robert) | Colnaga Tri Team | M25 |  |  | 00:50:57 (2) | 00:01:42 (5) |  |  |  | **DNF** |  |
| 265 | 207 | [Zajda Tomasz](https://startlist.pl/profil/53695%2Czajda-tomasz) | Endure Team | M35 |  |  | 01:10:50 (57) | 00:03:15 (52) |  |  |  | **DNF** |  |
| 266 | 216 | [Żak Rafał](https://startlist.pl/profil/48158%2Czak-rafal) | AKS ZŁY | M40 |  |  | 01:34:27 (229) | 00:04:38 (109) | 05:57:35 (157) | 00:03:54 (124) |  | **DNF** |  |
| 267 | 194 | [Zieliński Tomasz](https://startlist.pl/profil/23964%2Czielinski-tomasz) | Velocity Warszawa | M40 |  |  | 01:26:51 (194) | 00:05:10 (135) | 06:24:26 (217) | 00:05:12 (181) |  | **DNF** |  |
| 268 | 250 | [Stolarek Weronika](https://startlist.pl/profil/13333%2Cstolarek-weronika) | Complexports/ Tri Ladies | K35 |  |  | 01:32:10 (222) | 00:07:33 (196) |  |  |  | **DNF** |  |
| 269 | 39 | [Bołkowski Piotr](https://startlist.pl/profil/53880%2Cbolkowski-piotr) |  | M30 |  |  |  |  |  |  |  | **DNS** |  |
| 270 | 10 | [Brembor Tomasz](https://startlist.pl/profil/10374%2Cbrembor-tomasz) | KS AZS-AWF Katowice | M25 |  |  |  |  |  |  |  | **DNS** |  |
| 271 | 41 | [Bryliński Bartosz](https://startlist.pl/profil/53947%2Cbrylinski-bartosz) | TRI LEVEL | M40 |  |  |  |  |  |  |  | **DNS** |  |
| 272 | 156 | [Carrington Ced](https://startlist.pl/profil/57275%2Ccarrington-ced) |  | M45 |  |  |  |  |  |  |  | **DNS** |  |
| 273 | 72 | [Hruszetskyj Wiktor](https://startlist.pl/profil/55092%2Chruszetskyj-wiktor) | MetrDoor team Luck | M35 |  |  |  |  |  |  |  | **DNS** |  |
| 274 | 57 | [Janiak Marek](https://startlist.pl/profil/24298%2Cjaniak-marek) |  | M60 |  |  |  |  |  |  |  | **DNS** |  |
| 275 | 174 | [Kozak Michał](https://startlist.pl/profil/57378%2Ckozak-michal) |  | M25 |  |  |  |  |  |  |  | **DNS** |  |
| 276 | 140 | [Koźma Michał](https://startlist.pl/profil/56955%2Ckozma-michal) |  | M40 |  |  |  |  |  |  |  | **DNS** |  |
| 277 | 136 | [Kozłowicz Mateusz](https://startlist.pl/profil/45746%2Ckozlowicz-mateusz) |  | M30 |  |  |  |  |  |  |  | **DNS** |  |
| 278 | 114 | [Kołowrotny Wojciech](https://startlist.pl/profil/3095%2Ckolowrotny-wojciech) | Kotki Kołowrotki | M45 |  |  |  |  |  |  |  | **DNS** |  |
| 279 | 60 | [Krakowski Edwin](https://startlist.pl/profil/31762%2Ckrakowski-edwin) |  | M30 |  |  |  |  |  |  |  | **DNS** |  |
| 280 | 176 | [Maciejczyk Dariusz](https://startlist.pl/profil/41095%2Cmaciejczyk-dariusz) |  | M60 |  |  |  |  |  |  |  | **DNS** |  |
| 281 | 51 | [Małachowski Sebastian](https://startlist.pl/profil/54049%2Cmalachowski-sebastian) | BORSUK | M45 |  |  |  |  |  |  |  | **DNS** |  |
| 282 | 251 | [Osmond Glen](https://startlist.pl/profil/11504%2Cosmond-glen) | TRINERGY TEAM | M45 |  |  |  |  |  |  |  | **DNS** |  |
| 283 | 36 | [Przybyła Karol](https://startlist.pl/profil/10187%2Cprzybyla-karol) | MASADA | M35 |  |  |  |  |  |  |  | **DNS** |  |
| 284 | 26 | [Rafalak Grzegorz](https://startlist.pl/profil/117%2Crafalak-grzegorz) | SAMSUNG | M40 |  |  |  |  |  |  |  | **DNS** |  |
| 285 | 198 | [Siodła Maciej](https://startlist.pl/profil/51098%2Csiodla-maciej) |  | M45 |  |  |  |  |  |  |  | **DNS** |  |
| 286 | 191 | [Suchy Przemek](https://startlist.pl/profil/43458%2Csuchy-przemek) | TMTeam Betula Ogrody | M40 |  |  |  |  |  |  |  | **DNS** |  |
| 287 | 294 | [Usidus Piotr](https://startlist.pl/profil/9483%2Cusidus-piotr) | ŚWIDNIK TRIATHLON TEAM | M30 |  |  |  |  |  |  |  | **DNS** |  |
| 288 | 183 | [Zahn Patrick](https://startlist.pl/profil/59564%2Czahn-patrick) |  | M40 |  |  |  |  |  |  |  | **DNS** |  |
| 289 | 110 | [Žvykas Eugenijus](https://startlist.pl/profil/55628%2Czvykas-eugenijus) | Lucky Johnny | M30 |  |  |  |  |  |  |  | **DNS** |  |
| 290 | 15 | [Komander Ewa](https://startlist.pl/profil/16350%2Ckomander-ewa) | Niezrzeszona | K35 |  |  |  |  |  |  |  | **DNS** |  |
| 291 | 159 | [Promińska-Goss Eliza](https://startlist.pl/profil/56783%2Cprominska-goss-eliza) | Celironman CelIronMan | K40 |  |  |  |  |  |  |  | **DNS** |  |