

SILESIAAN TRIATHLON 2014

Organizator: HOLISTIX SPORTS EVENTS
 Data: 30.08.2014
 Dystans: 1/8 IRONMAN (0,45 / 22,5 / 5,3)
 Miejscowość: KATOWICE



M-ce Pos.	Nr zaw. Bib	Nazwisko Imię Name	Miejscowość City	Klub Team	Kraj Country	Rok ur. YoB	Kat wiek. Age cat.	M-ce w in Age	Pływanie Swim	Pływanie Swim	T1 T1	Rower Bike	Rower Bike	T2 T2	Bieg Run	Bieg Run	Wynik Time	M	K F	Kara Penalty
1	18	BREMBOR TOMASZ	CHORZÓW	COMPRESSPORT TRIATHLON-TEAM	POLSKA	1994	M20	1	00:06:28	00:06:28 (1)	00:00:37	00:34:19	00:34:19 (1)	00:00:27	00:19:05	00:19:05 (4)	01:00:56	1		
2	263	SZUREK SŁAWEK	RYDUŁTOWY	UKS PIĄTKA PLUS RYDUŁTOWY	POLSKA	1994	M40	1	00:08:28	00:08:28 (12)	00:00:46	00:36:12	00:36:12 (5)	00:00:35	00:20:36	00:20:36 (8)	01:06:37	2		
3	174	NOWAK KRZYSZTOF	CHORZÓW		POLSKA	1986	M20	2	00:07:36	00:07:36 (5)	00:01:31	00:36:25	00:36:25 (6)	00:00:39	00:22:00	00:22:00 (21)	01:08:11	3		
4	106	KOTAS PAWEŁ	RYBNIK	KOTASPORT	POLSKA	1988	M20	3	00:09:27	00:09:27 (22)	00:00:44	00:37:16	00:37:16 (19)	00:00:41	00:20:54	00:20:54 (10)	01:09:02	4		
5	162	MŁODYNIA ŁUKASZ	BRZEG	BODYCOACH.COM	POLSKA	1979	M30	1	00:09:41	00:09:41 (25)	00:00:55	00:36:32	00:36:32 (7)	00:00:42	00:21:22	00:21:22 (12)	01:09:12	5		
6	251	STWORA DAWID	BIELSKO-BIAŁA	POLICJA BIELSKO-BIAŁA	POLSKA	1977	M30	2	00:09:43	00:09:43 (26)	00:01:09	00:36:37	00:36:37 (8)	00:00:36	00:21:25	00:21:25 (14)	01:09:30	6		
7	233	SMOLEŃ JAROSŁAW	MYSŁOWICE		POLSKA	1978	M30	3	00:11:20	00:11:20 (80)	00:01:10	00:35:44	00:35:44 (2)	00:00:43	00:20:51	00:20:51 (9)	01:09:48	7		
8	120	KRÓL KAMIL	MARKLOWICE GÓRNE	KB MOSIR JASTRZĘBIE-ZDRÓJ	POLSKA	1994	M20	4	00:09:21	00:09:21 (20)	00:00:55	00:37:01	00:37:01 (13)	00:00:40	00:22:08	00:22:08 (22)	01:10:05	8		
9	208	ROGACZ KATARZYNA	RACIBÓRZ	AZS AWF KATOWICE	POLSKA	1996	K20	1	00:07:20	00:07:20 (3)	00:00:50	00:37:17	00:37:17 (20)	00:00:33	00:24:06	00:24:06 (42)	01:10:06		1	
10	150	MAKOWSKI KRZYSZTOF	WROCŁAW	FITNESS SETUP	POLSKA	1992	M20	5	00:07:17	00:07:17 (2)	00:01:40	00:38:50	00:38:50 (41)	00:00:49	00:22:21	00:22:21 (24)	01:10:57	9		
11	212	ROSIŃSKI ARTUR	RUDA ŚLĄSKA	ROAD TO IRONMAN MALBORK	POLSKA	1993	M20	6	00:10:03	00:10:03 (35)	00:01:10	00:38:52	00:38:52 (42)	00:00:57	00:19:56	00:19:56 (6)	01:10:58	10		
12	17	BRATEK MARIUSZ	CZĘSTOCHOWA	BRATEK TEAM	POLSKA	1988	M20	7	00:10:12	00:10:12 (41)	00:00:50	00:37:03	00:37:03 (14)	00:00:44	00:22:16	00:22:16 (23)	01:11:05	11		
13	21	BUCZEK MATEUSZ	MIKOŁÓW	GEDORE	POLSKA	1984	M30	4	00:12:24	00:12:24 (122)	00:01:04	00:35:48	00:35:48 (4)	00:00:36	00:21:24	00:21:24 (13)	01:11:16	12		
14	113	KRASKI STANISŁAW	SKRZYSZÓW	FORMA WODZISŁAW ŚL.	POLSKA	1974	M40	2	00:10:35	00:10:35 (52)	00:01:08	00:35:44	00:35:44 (3)	00:00:42	00:23:11	00:23:11 (29)	01:11:20	13		
15	92	KLATKA MARIUSZ	KATOWICE	YANG.PL	POLSKA	1979	M30	5	00:11:31	00:11:31 (86)	00:01:21	00:37:49	00:37:49 (28)	00:00:28	00:20:13	00:20:13 (7)	01:11:22	14		
16	217	RYCYK MACIEJ	KATOWICE		POLSKA	1978	M30	6	00:09:47	00:09:47 (29)	00:01:25	00:36:39	00:36:39 (9)	00:00:50	00:22:52	00:22:52 (25)	01:11:33	15		
17	203	PYKA MAREK	SIEMIANOWICE ŚLĄSKIE	REHABILITACJA MAGVIT	POLSKA	1977	M30	7	00:09:06	00:09:06 (17)	00:01:10	00:37:13	00:37:13 (16)	00:00:41	00:23:24	00:23:24 (33)	01:11:34	16		
18	204	RADCZUK DARIA	KATOWICE		POLSKA	1986	K20	2	00:08:01	00:08:01 (7)	00:01:18	00:37:59	00:37:59 (31)	00:00:41	00:23:42	00:23:42 (38)	01:11:41		2	
19	241	SOLECKI TOMASZ	BIERUŃ	TTA BIERUŃ	POLSKA	1979	M30	8	00:08:26	00:08:26 (11)	00:01:02	00:37:54	00:37:54 (29)	00:00:36	00:23:45	00:23:45 (39)	01:11:43	17		
20	219	RZEPKA ROBERT	GOSTYŃ		POLSKA	1983	M30	9	00:10:09	00:10:09 (37)	00:01:33	00:37:22	00:37:22 (22)	00:01:00	00:21:51	00:21:51 (20)	01:11:55	18		
21	81	KAPELA MARIUSZ	BYTOM	BSR TEAM BYTOM	POLSKA	1977	M30	10	00:09:26	00:09:26 (21)	00:01:20	00:36:44	00:36:44 (10)	00:00:41	00:24:13	00:24:13 (44)	01:12:24	19		
22	138	LIGOCKI TOMASZ	SIEMIANOWICE ŚLĄSKIE	GOMOLA TRANS AIRCO	POLSKA	1969	M40	3	00:08:54	00:08:54 (15)	00:01:08	00:37:16	00:37:16 (18)	00:00:41	00:24:39	00:24:39 (53)	01:12:38	20		
23	123	KRZEMIŃSKA MARIOLA	KĘDZIERZYN KOŹLE	AZS AWF KATOWICE	POLSKA	1992	K20	3	00:07:48	00:07:48 (6)	00:00:51	00:38:40	00:38:40 (40)	00:00:39	00:24:49	00:24:49 (57)	01:12:47		3	
24	152	MALISZEWSKI MIESZKO	SIEMIANOWICE ŚLĄSKIE	9 KUKULEK	POLSKA	1978	M30	11	00:12:23	00:12:23 (121)	00:01:30	00:36:58	00:36:58 (11)	00:01:14	00:21:32	00:21:32 (16)	01:13:37	21		
25	54	GONCZAREK BARTOSZ	KAMIENIEC WROCŁAWSKI	MORRISCOOKE	POLSKA	1978	M30	12	00:10:25	00:10:25 (44)	00:01:24	00:38:01	00:38:01 (33)	00:00:36	00:23:22	00:23:22 (31)	01:13:48	22		
26	132	KWIECIEŃ KRYSZTIAN	SIEWIERZ	4K KWIECIEŃ	POLSKA	1979	M30	13	00:10:04	00:10:04 (36)	00:00:59	00:37:31	00:37:31 (25)	00:00:48	00:24:46	00:24:46 (55)	01:14:08	23		
27	205	RAWICKI JAKUB	KATOWICE	POLITECHNIKA ŚLĄSKA	POLSKA	1993	M20	8	00:09:58	00:09:58 (33)	00:01:23	00:39:40	00:39:40 (58)	00:00:38	00:22:55	00:22:55 (26)	01:14:34	24		
28	294	WRÓBLEWSKI PRZEMYSŁAW	NAKŁO ŚLĄSKIE	TARNOGÓRSKA GRUPA BIEGOWA	POLSKA	1987	M20	9	00:11:47	00:11:47 (95)	00:01:34	00:37:33	00:37:33 (26)	00:00:46	00:23:03	00:23:03 (28)	01:14:43	25		
29	23	BUKAŁA MARCIN	BIELSKO-BIAŁA		POLSKA	1994	M20	10	00:09:07	00:09:07 (18)	00:01:17	00:41:22	00:41:22 (89)	00:00:49	00:22:59	00:22:59 (27)	01:15:34	26		
30	305	DYGDOŃ PAWEŁ	KATOWICE		POLSKA	1975	M30	14	00:08:13	00:08:13 (10)	00:01:17	00:40:39	00:40:39 (79)	00:00:37	00:25:08	00:25:08 (62)	01:15:54	27		
31	231	SKUTKIEWICZ JOANNA	WARSZAWA		POLSKA	1990	K20	4	00:09:32	00:09:32 (23)	00:01:33	00:37:15	00:37:15 (17)	00:01:06	00:26:33	00:26:33 (105)	01:15:59		4	
32	102	KORPAK PIOTR	WARSZAWA	MOTIVATO.PL	POLSKA	1986	M20	11	00:11:03	00:11:03 (67)	00:01:15	00:39:04	00:39:04 (47)	00:00:49	00:23:53	00:23:53 (40)	01:16:04	28		
33	15	BORDOSZEWSKI DARIUSZ	KATOWICE		POLSKA	1987	M20	12	00:08:09	00:08:09 (8)	00:01:32	00:40:31	00:40:31 (76)	00:00:44	00:25:17	00:25:17 (69)	01:16:13	29		
34	270	TŁUSTOCHOWICZ WOJCIECH	KRAKÓW		POLSKA	1977	M30	15	00:09:44	00:09:44 (27)	00:02:14	00:39:02	00:39:02 (45)	00:01:00	00:24:24	00:24:24 (46)	01:16:24	30		
35	222	SANAK BARTŁOMIEJ	JAWISZOWICE	AZS AGH	POLSKA	1990	M20	13	00:08:45	00:08:45 (14)	00:01:01	00:38:14	00:38:14 (36)	00:00:44	00:27:41	00:27:41 (137)	01:16:25	31		
36	105	KOTAS MACIEJ	RYBNIK	KOTASPORT	POLSKA	1993	M20	14	00:10:49	00:10:49 (58)	00:02:01	00:38:05	00:38:05 (34)	00:00:53	00:24:38	00:24:38 (52)	01:16:26	32		
37	286	WINSŁAW RAFAŁ	WROCŁAW		POLSKA	1992	M20	15	00:11:11	00:11:11 (73)	00:01:39	00:38:09	00:38:09 (35)	00:00:55	00:24:53	00:24:53 (59)	01:16:47	33		
38	109	KOZAK DOMINIKA	SIEMIANOWICE ŚLĄSKIE	UKS WODNIK	POLSKA	1993	K20	5	00:08:56	00:08:56 (16)	00:00:55	00:40:47	00:40:47 (81)	00:00:41	00:25:43	00:25:43 (81)	01:17:02		5	
39	36	DOMAGAŁA PIOTR	JAROSZOWIEC	VITANESPORTS-INTERMOBI	POLSKA	1977	M30	16	00:10:18	00:10:18 (42)	00:01:49	00:38:39	00:38:39 (39)	00:01:13	00:25:12	00:25:12 (65)	01:17:11	34		
40	73	JARLAČYŃSKI ŁUKASZ	TYCHY		POLSKA	1974	M40	4	00:11:19	00:11:19 (78)	00:02:08	00:37:36	00:37:36 (27)	00:00:57	00:25:17	00:25:17 (67)	01:17:17	35		
41	128	KUREK DAWID	BYTOM	TRENUJTRIATHLON.PL	POLSKA	1990	M20	16	00:10:29	00:10:29 (48)	00:01:39	00:39:15	00:39:15 (51)	00:01:01	00:24:58	00:24:58 (61)	01:17:22	36		
42	296	CYGAN PIOTR	ZABRZE		POLSKA	1969	M40	5	00:11:09	00:11:09 (72)	00:01:53	00:38:00	00:38:00 (32)	00:00:45	00:25:38	00:25:38 (78)	01:17:25	37		
43	78	KALAMARZ KAMIL	RYBNIK		POLSKA	1981	M30	17	00:12:27	00:12:27 (124)	00:01:24	00:37:08	00:37:08 (15)	00:01:02	00:25:26	00:25:26 (73)	01:17:27	38		
44	255	SZCZESNY ŁUKASZ	SCHRAMBERG		NIEMCY	1977	M30	18	00:10:02	00:10:02 (34)	00:01:09	00:39:00	00:39:00 (43)	00:00:46	00:26:31	00:26:31 (103)	01:17:28	39		
45	38	DROSIK SZYMON	KATOWICE		POLSKA	1988	M20	17	00:10:58	00:10:58 (63)	00:01:48	00:37:01	00:37:01 (12)	00:00:42	00:27:07	00:27:07 (119)	01:17:36	40		
46	188	PIERÓG MAREK	KNURÓW	ASSECO ACTIVE TEAM	POLSKA	1976	M30	19	00:11:46	00:11:46 (94)	00:01:57	00:37:21	00:37:21 (21)	00:00:53	00:25:41	00:25:41 (80)	01:17:38	41		
47	265	SZWEDA BENJAMIN	CHORZÓW		POLSKA	1993	M20	18	00:09:37	00:09:37 (24)	00:01:05	00:37:57	00:37:57 (30)	00:00:44	00:28:18	00:28:18 (150)	01:17:41	42		
48	146	ŁUKOWSKI DARIUSZ	STRZELCE OPOLSKIE	GMINA STRZELCE OPOLSKIE	POLSKA	1964	M50+	1	00:10:55	00:10:55 (61)	00:01:53	00:41:00	00:41:00 (84)	00:00:59	00:23:24	00:23:24 (34)	01:18:11	43		
49	242	SONTAG MAREK	SIEMIANOWICE ŚLĄSKIE		POLSKA	1987	M20	19	00:09:15	00:09:15 (19)	00:01:32	00:40:39	00:40:39 (80)	00:00:49	00:26:08	00:26:08 (91)	01:18:23	44		
50	245	SOWA KATARZYNA	TARNOWSKIE GÓRY	DIAGNOSTIX TEAM	POLSKA	1975	K30	1	00:12:03	00:12:03 (106)	00:01:31	00:37:24	00:37:24 (23)	00:01:05	00:26:29	00:26:29 (102)	01:18:32		6	
51	114	PATER WOJCIECH	KOBIÓR		POLSKA	1983	M30	20	00:10:11	00:10:11 (39)	00:02:01	00:40:24	00:40:24 (72)	00:00:38	00:25:21	00:25:21 (71)	01:18:35	45		
52	224	SAWCZYN TOMASZ	BRZĘKOLWICE DOLNE	3XZ	POLSKA	1979	M30	21	00:10:53	00:10:53 (60)	00:01:23	00:40:21	00:40:21 (69)	00:01:04	00:24:55	00:24:55 (60)	01:18:36	46		

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Dystans: 1/8 IRONMAN (0,45 / 22,5 / 5,3)

Miejscowość: KATOWICE

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok ur.	Kat wiek.	M-ce w	Pływanie	Pływanie	T1	Rower	Rower	T2	Bieg	Bieg	Wynik	M	K	Kara
53	247	STAŃCZYK MARCIN	KATOWICE	KATOWICE. DLA ODMIANY	POLSKA	1976	M30	22	00:10:27	00:10:27 (46)	00:01:13	00:40:56	00:40:56 (83)	00:00:45	00:25:18	00:25:18 (70)	01:18:39	47		
54	206	RAWLUK DAMIAN	KĘDZIERZYN-KOZŁE	KS KOZIOŁEK	POLSKA	1979	M30	23	00:11:27	00:11:27 (84)	00:01:20	00:39:49	00:39:49 (61)	00:01:01	00:25:15	00:25:15 (66)	01:18:52	48		
55	189	PIETRYJA ŁUKASZ	WISŁA WIELKA		POLSKA	1979	M30	24	00:14:42	00:14:42 (213)	00:01:55	00:38:18	00:38:18 (37)	00:00:36	00:23:33	00:23:33 (36)	01:19:04	49		
56	76	KACZMAREK ŁUKASZ	SIEWIERZ	3WATERS	POLSKA	1996	M20	20	00:10:33	00:10:33 (49)	00:01:14	00:39:17	00:39:17 (53)	00:00:55	00:27:16	00:27:16 (122)	01:19:15	50		
57	49	GEBLER PRZEMYSŁAW	KATOWICE		POLSKA	1984	M30	25	00:12:02	00:12:02 (104)	00:01:27	00:39:05	00:39:05 (48)	00:00:38	00:26:08	00:26:08 (92)	01:19:20	51		
58	82	KARASIŃSKI ŁUKASZ	GLIWICE		POLSKA	1989	M20	21	00:09:57	00:09:57 (32)	00:01:37	00:39:23	00:39:23 (54)	00:00:53	00:27:43	00:27:43 (139)	01:19:33	52		
59	160	MIKOŁAJCZYK JAKUB	ZABRZE	KLUB SPORTOWY STULEJKA	POLSKA	1992	M20	22	00:09:55	00:09:55 (31)	00:02:29	00:40:10	00:40:10 (67)	00:01:20	00:25:52	00:25:52 (83)	01:19:46	53		
60	228	SIEMIENSKI MARCIN	KATOWICE	TEAM JCOMMERCE	POLSKA	1977	M30	26	00:11:56	00:11:56 (97)	00:01:13	00:40:36	00:40:36 (78)	00:01:26	00:24:35	00:24:35 (48)	01:19:46	54		
61	220	S KRZYSZTOF	RYBNIK		POLSKA	1975	M30	27	00:12:05	00:12:05 (110)	00:01:33	00:40:12	00:40:12 (68)	00:01:06	00:16:35	00:16:35 (1)	01:19:49	55		00:08:18
62	167	NAWROT DARIUSZ	SIEWIERZ	3WATERS	POLSKA	1975	M30	28	00:10:28	00:10:28 (47)	00:01:10	00:40:55	00:40:55 (82)	00:01:08	00:26:08	00:26:08 (93)	01:19:49	56		
63	46	GAWĘŁCZYK MATEUSZ	ŚWIĘTOCHŁOWICE	CEZIS MULTISPORT TEAM	POLSKA	1990	M20	23	00:07:28	00:07:28 (4)	00:01:38	00:41:02	00:41:02 (85)	00:01:01	00:28:44	00:28:44 (159)	01:19:53	57		
64	176	ORZEŁ ADAM	GLIWICE	LOS BOHATEJROS	POLSKA	1984	M30	29	00:10:45	00:10:45 (57)	00:01:40	00:39:00	00:39:00 (44)	00:01:06	00:27:23	00:27:23 (127)	01:19:54	58		
65	69	IWAN PIOTR	RYBNIK		POLSKA	1993	M20	24				00:41:37	00:41:37 (95)	00:00:39	00:25:17	00:25:17 (68)	01:19:57	59		
66	169	NEUMANN PIOTR	GLIWICE	TRICLUB	POLSKA	1986	M20	25	00:11:07	00:11:07 (70)	00:00:56	00:38:29	00:38:29 (38)	00:00:46	00:28:42	00:28:42 (158)	01:20:00	60		
67	240	SOLARCZYK ARTUR	TYCHY	T-MOBILE RUNNING TEAM	POLSKA	1975	M30	30	00:11:05	00:11:05 (68)	00:01:59	00:42:34	00:42:34 (112)	00:01:00	00:23:23	00:23:23 (32)	01:20:01	61		
68	99	KONIECZNAK MAREK	RACIBÓRZ		POLSKA	1972	M40	6	00:11:17	00:11:17 (76)	00:02:30	00:39:29	00:39:29 (56)	00:00:53	00:25:54	00:25:54 (86)	01:20:03	62		
69	190	PIJANOWSKI LESZEK	KATOWICE	ROWERLECH	POLSKA	1959	M50+	2	00:12:09	00:12:09 (112)	00:02:07	00:39:28	00:39:28 (55)	00:00:57	00:25:31	00:25:31 (75)	01:20:12	63		
70	100	KOPYŁOWSKI ROBERT	OŚWIĘCIM		POLSKA	1992	M20	26	00:14:31	00:14:31 (208)	00:01:22	00:39:40	00:39:40 (59)	00:00:36	00:24:10	00:24:10 (43)	01:20:19	64		
71	119	KROWIAK TOMASZ	SOSNOWIEC		POLSKA	1990	M20	27	00:12:27	00:12:27 (125)	00:01:28	00:41:46	00:41:46 (98)	00:01:04	00:23:39	00:23:39 (37)	01:20:24	65		
72	181	PAJĄK WOJCIECH	KATOWICE	EMPROJEKT	POLSKA	1980	M30	31	00:08:35	00:08:35 (13)	00:02:15	00:40:24	00:40:24 (71)	00:01:14	00:28:06	00:28:06 (144)	01:20:34	66		
73	259	SZEWCZYK MICHAŁ	OPOLE		POLSKA	1989	M20	28	00:11:30	00:11:30 (85)	00:03:09	00:40:29	00:40:29 (74)	00:00:56	00:24:49	00:24:49 (56)	01:20:53	67		
74	267	ŚWIERC KAROL	MIKOŁÓW		POLSKA	1980	M30	32	00:11:59	00:11:59 (102)	00:01:44	00:40:04	00:40:04 (65)	00:00:46	00:26:21	00:26:21 (98)	01:20:54	68		
75	43	FILIPCZYK PRZEMYSŁAW	KATOWICE	TRENUJTRIATHLON.PL	POLSKA	1980	M30	33	00:10:26	00:10:26 (45)	00:01:48	00:39:07	00:39:07 (50)	00:01:05	00:28:35	00:28:35 (155)	01:21:01	69		
76	25	CICHY ANDRZEJ	GLIWICE	KOMBO KURCZAKI	POLSKA	1987	M20	29	00:12:03	00:12:03 (107)	00:01:26	00:40:35	00:40:35 (77)	00:01:12	00:25:53	00:25:53 (84)	01:21:09	70		
77	199	PROKSA ROBERT	MYSŁOWICE	TRUCHTACZ MYSŁOWICE	POLSKA	1964	M50+	3	00:14:13	00:14:13 (194)	00:01:38	00:43:25	00:43:25 (127)	00:00:33	00:21:44	00:21:44 (19)	01:21:33	71		
78	55	GORCZYCA JAKUB	RYBNIK		POLSKA	1974	M40	7	00:10:11	00:10:11 (40)	00:01:21	00:42:36	00:42:36 (113)	00:00:40	00:26:48	00:26:48 (110)	01:21:36	72		
79	200	PRONOBIS BORYS	KATOWICE	CZYSTA KŁODNICA	POLSKA	1974	M40	8	00:10:09	00:10:09 (38)	00:02:13	00:43:17	00:43:17 (123)	00:00:37	00:25:32	00:25:32 (76)	01:21:48	73		
80	51	GIBA GRZEGORZ	JASTRZEBIE ZDRÓJ		POLSKA	1971	M40	9	00:10:42	00:10:42 (55)	00:02:07	00:41:17	00:41:17 (87)	00:01:04	00:26:45	00:26:45 (109)	01:21:55	74		
81	148	ŁYCZAK LUCJAN	SIEMIANOWICE ŚLĄSKIE	TRENUJTRIATHLON.PL	POLSKA	1980	M30	34	00:12:04	00:12:04 (108)	00:01:42	00:39:56	00:39:56 (64)	00:00:47	00:27:31	00:27:31 (131)	01:22:00	75		
82	183	PAWLEC PAWEŁ	SIEMIANOWICE ŚLĄSKIE	TRENUJTRIATHLON.PL	POLSKA	1990	M20	30	00:12:17	00:12:17 (116)	00:01:23	00:40:06	00:40:06 (66)	00:00:59	00:27:28	00:27:28 (129)	01:22:13	76		
83	281	WELTER DARIUSZ	LEGNICA	WYZNAWCY KARBONU LEGNICA	POLSKA	1977	M30	35	00:10:39	00:10:39 (54)	00:01:15	00:42:04	00:42:04 (104)	00:01:09	00:27:07	00:27:07 (118)	01:22:14	77		
84	144	LUBINA ŁUKASZ	KATOWICE		POLSKA	1982	M30	36	00:10:43	00:10:43 (56)	00:02:39	00:41:51	00:41:51 (100)	00:00:57	00:26:09	00:26:09 (94)	01:22:19	78		
85	226	SIEGMUND TADEUSZ	JASTRZEBIE ZDRÓJ	KB MISIR JASTRZEBIE	POLSKA	1970	M40	10	00:13:54	00:13:54 (184)	00:02:26	00:44:02	00:44:02 (138)	00:00:33	00:21:41	00:21:41 (18)	01:22:36	79		
86	272	TRZENIOK MAREK	BYTOM	STOMATOLOG TEL. 698 530 204	POLSKA	1977	M30	37	00:08:11	00:08:11 (9)	00:00:48	00:39:16	00:39:16 (52)	00:00:48	00:33:36	00:33:36 (229)	01:22:39	80		
87	179	PADUSZYŃSKI PIOTR	WARSZAWA	EDUSTACYJKA.PL TRIATHLON TEAM	POLSKA	1972	M40	11	00:11:34	00:11:34 (88)	00:02:36	00:41:25	00:41:25 (90)	00:01:17	00:25:48	00:25:48 (82)	01:22:40	81		
88	12	BOBRYK ŁUKASZ	WOJKOWICE	MTB AWF KATOWICE	POLSKA	1988	M20	31	00:13:00	00:13:00 (147)	00:01:20	00:39:29	00:39:29 (57)	00:00:48	00:28:11	00:28:11 (145)	01:22:48	82		
89	11	BOBROWICZ PAWEŁ	WARSZAWA	TRICLUB	POLSKA	1989	M20	32	00:09:46	00:09:46 (28)	00:01:22	00:43:36	00:43:36 (129)	00:01:12	00:26:53	00:26:53 (111)	01:22:49	83		
90	283	WILDNER WITOLD	BYTOM	REDPAPRICA OUTDOOR TEAM	POLSKA	1975	M30	38	00:14:16	00:14:16 (196)	00:01:34	00:39:54	00:39:54 (63)	00:00:57	00:26:10	00:26:10 (95)	01:22:51	84		
91	248	STASIK KAMIL	CHORZÓW		POLSKA	1993	M20	33	00:10:56	00:10:56 (62)	00:02:22	00:41:57	00:41:57 (102)	00:01:21	00:26:25	00:26:25 (100)	01:23:01	85		
92	85	KARWAT ROMAN	BIERUŃ	GOMOLA TRANS AIRCO	POLSKA	1966	M40	12	00:12:10	00:12:10 (114)	00:02:36	00:39:03	00:39:03 (46)	00:01:03	00:28:12	00:28:12 (147)	01:23:04	86		
93	260	SZPULARZ ADAM	WROCLAW		POLSKA	1983	M30	39	00:14:59	00:14:59 (216)	00:02:07	00:37:26	00:37:26 (24)	00:01:27	00:27:06	00:27:06 (117)	01:23:05	87		
94	304	ŻOK FILIP	SIEMIANOWICE ŚLĄSKIE	FREEZEBEATZ KATOWICE	POLSKA	1987	M20	34	00:12:11	00:12:11 (115)	00:01:53	00:41:56	00:41:56 (101)	00:00:47	00:26:23	00:26:23 (99)	01:23:10	88		
95	300	ZELENT SŁAWEK	ALWERNIA		POLSKA	1981	M30	40	00:12:51	00:12:51 (142)	00:02:25	00:43:22	00:43:22 (125)	00:00:34	00:23:59	00:23:59 (41)	01:23:11	89		
96	137	LEWANDOWICZ MICHAŁ	NYSZA	NYSZA BIEGA	POLSKA	1984	M30	41	00:12:41	00:12:41 (137)	00:01:54	00:39:06	00:39:06 (49)	00:00:32	00:29:02	00:29:02 (166)	01:23:15	90		
97	42	FIGURA ŁUKASZ	WROCLAW	NOKIA	POLSKA	1983	M30	42	00:13:28	00:13:28 (163)	00:01:57	00:42:27	00:42:27 (109)	00:01:00	00:24:37	00:24:37 (51)	01:23:29	91		
98	292	WOŁYŃSKI KAROL	KĘDZIERZYN-KOZŁE	CARDIO-SPORT	POLSKA	1973	M40	13	00:12:10	00:12:10 (113)	00:01:46	00:42:07	00:42:07 (105)	00:00:39	00:26:54	00:26:54 (112)	01:23:36	92		
99	26	CIUPKA PATRYK	ŻORY		POLSKA	1977	M30	43	00:09:49	00:09:49 (30)	00:01:37	00:44:00	00:44:00 (136)	00:00:56	00:27:21	00:27:21 (126)	01:23:43	93		
100	126	KUMOR TOMASZ	GLIWICE	CITI	POLSKA	1986	M20	35	00:10:34	00:10:34 (51)	00:04:00	00:43:13	00:43:13 (121)	00:01:23	00:24:35	00:24:35 (49)	01:23:45	94		
101	164	MROWIEC DAMIAN	ORZESZE	RUCH NARODOWY	POLSKA	1993	M20	36	00:11:23	00:11:23 (82)	00:01:45	00:42:28	00:42:28 (111)	00:00:58	00:27:21	00:27:21 (125)	01:23:55	95		
102	223	SATERNUS ROBERT	MYSLOWICE	AZS UŚ KATOWICE	POLSKA	1993	M20	37	00:13:27	00:13:27 (162)	00:02:07	00:39:51	00:39:51 (62)	00:00:56	00:27:42	00:27:42 (138)	01:24:03	96		
103	35	DANKÓW KRZYSZTOF	OPOLE		POLSKA	1978	M30	44	00:13:36	00:13:36 (168)	00:02:56	00:40:24	00:40:24 (70)	00:01:19	00:25:58	00:25:58 (89)	01:24:13	97		
104	253	SULKA PAWEŁ	KATOWICE		POLSKA	1974	M40	14	00:12:40	00:12:40 (136)	00:01:23	00:41:18	00:41:18 (88)	00:01:13	00:27:40	00:27:40 (136)	01:24:14	98		
105	122	KRUSZELNICKI JANUSZ	KUŹNIA RACIBORSKA		POLSKA	1982	M30	45	00:13:50	00:13:50 (180)	00:01:20	00:41:31	00:41:31 (93)	00:00:54	00:26:41	00:26:41 (108)	01:24:16	99		

SILESIAMAN TRIATHLON 2014



Organizator: HOLIDISTX SPORTS EVENTS
Data: 30.08.2014
Dystans: 1/8 IRONMAN (0,45 / 22,5 / 5,3)
Miejscowość: KATOWICE

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok ur.	Kat wiek.	M-ce w	Pływanie	Pływanie	T1	Rower	Rower	T2	Bieg	Bieg	Wynik	M	K	Kara
106	157	MARSZAŁ JOANNA	GRĘBOCICE		POLSKA	1986	K20	6	00:11:35	00:11:35 (90)	00:02:23	00:44:03	00:44:03 (139)	00:01:07	00:25:09	00:25:09 (63)	01:24:17		7	
107	135	LELITO JERZY	KRAKÓW	HURRA I DO PRZODU	POLSKA	1960	M50+	4	00:12:21	00:12:21 (119)	00:02:15	00:42:52	00:42:52 (116)	00:00:56	00:25:54	00:25:54 (87)	01:24:18	100		
108	291	WOLNY KRZYSZTOF	KRAKÓW	CTVA	POLSKA	1981	M30	46	00:12:32	00:12:32 (128)	00:03:17	00:40:24	00:40:24 (73)	00:00:50	00:27:25	00:27:25 (128)	01:24:28	101		
109	70	JABKOWSKI ROBERT	WROCLAW		POLSKA	1965	M40	15	00:12:31	00:12:31 (127)	00:02:28	00:40:30	00:40:30 (75)	00:01:28	00:27:35	00:27:35 (132)	01:24:32	102		
110	275	TURSKI PRZEMYSŁAW	BIELSKO-BIAŁA		POLSKA	1974	M40	16	00:11:56	00:11:56 (98)	00:01:52	00:42:16	00:42:16 (108)	00:01:09	00:27:20	00:27:20 (124)	01:24:33	103		
111	27	CWETLER JAKUB	ZABRZE	42DOSZCZESCIA.PL	POLSKA	1992	M20	38	00:13:50	00:13:50 (179)	00:02:02	00:41:32	00:41:32 (94)	00:01:36	00:25:33	00:25:33 (77)	01:24:33	104		
112	31	CZELNY ZBYSZEK	KRAKÓW	JAH CREATION	POLSKA	1983	M30	47	00:11:19	00:11:19 (79)	00:01:31	00:42:40	00:42:40 (114)	00:01:02	00:28:11	00:28:11 (146)	01:24:43	105		
113	195	POPIEL-KRUK ALEKSANDRA	GLIWICE		POLSKA	1978	K30	2	00:12:49	00:12:49 (139)	00:02:05	00:43:58	00:43:58 (135)	00:00:48	00:25:09	00:25:09 (64)	01:24:49		8	
114	187	PIĄTEK MARCIN	ZABRZE	ASSECO ACTIVE TEAM	POLSKA	1983	M30	48	00:12:19	00:12:19 (117)	00:02:59	00:42:13	00:42:13 (107)	00:02:05	00:25:25	00:25:25 (72)	01:25:01	106		
115	127	KURCZYK KAMIL	GLIWICE	AGATKA	POLSKA	1991	M20	39	00:13:58	00:13:58 (189)	00:02:04	00:43:15	00:43:15 (122)	00:01:25	00:24:21	00:24:21 (45)	01:25:03	107		
116	91	KISIEL ANITA	CZĘSTOCHOWA	LEKARSKA GRUPA KOLARSKA	POLSKA	1974	K40+	1	00:11:41	00:11:41 (93)	00:01:41	00:42:12	00:42:12 (106)	00:01:07	00:28:28	00:28:28 (152)	01:25:09		9	
117	3	BANERT FILIP	PSZCZYNA		POLSKA	1990	M20	40	00:14:00	00:14:00 (191)	00:01:43	00:45:19	00:45:19 (161)	00:00:41	00:23:27	00:23:27 (35)	01:25:10	108		
118	34	DACHOWSKI PAWEŁ	KLUCZBORK	SPARTAN TEAM	POLSKA	1990	M20	41	00:10:36	00:10:36 (53)	00:03:09	00:44:01	00:44:01 (137)	00:00:51	00:26:37	00:26:37 (106)	01:25:14	109		
119	118	KROMKOWSKI MACIEJ	TARNOWSKIE GÓRY		POLSKA	1978	M30	49	00:13:22	00:13:22 (160)	00:02:25	00:41:45	00:41:45 (96)	00:01:37	00:26:13	00:26:13 (96)	01:25:22	110		
120	285	WILK TOMASZ	MIKOŁÓW		POLSKA	1978	M30	50	00:12:34	00:12:34 (129)	00:01:59	00:43:01	00:43:01 (118)	00:01:12	00:27:03	00:27:03 (115)	01:25:49	111		
121	7	BEDLICKI MICHAŁ	KATOWICE	TS SOKÓŁ ŚLĄSK	POLSKA	1969	M40	17	00:11:00	00:11:00 (66)	00:02:30	00:43:11	00:43:11 (120)	00:00:42	00:28:34	00:28:34 (154)	01:25:57	112		
122	29	CZECHOWSKA-MADEJ KATARZYNA	IWANOWICE	MILEK TRIATHLON TEAM	POLSKA	1981	K30	3	00:11:35	00:11:35 (89)	00:03:06	00:42:49	00:42:49 (115)	00:01:22	00:27:16	00:27:16 (121)	01:26:08		10	
123	5	BAK WAWRZYNIEC	STRZELCE OPOLSKIE		POLSKA	1989	M20	42	00:11:13	00:11:13 (75)	00:02:13	00:43:07	00:43:07 (119)	00:00:48	00:28:56	00:28:56 (162)	01:26:17	113		
124	191	POLASZEK MICHAŁ	GLIWICE		POLSKA	1979	M30	51	00:10:23	00:10:23 (43)	00:02:35	00:42:28	00:42:28 (110)	00:01:25	00:29:32	00:29:32 (176)	01:26:23	114		
125	129	KUREK ŁUKASZ	RUDA ŚLĄSKA	FREEDIVING RUDA ŚLĄSKA	POLSKA	1986	M20	43	00:11:25	00:11:25 (83)	00:01:50	00:45:53	00:45:53 (175)	00:01:11	00:26:04	00:26:04 (90)	01:26:23	115		
126	161	MLYNARCZYK MARCIN	KRAKÓW		POLSKA	1976	M30	52	00:14:28	00:14:28 (205)	00:01:46	00:41:16	00:41:16 (86)	00:01:08	00:27:48	00:27:48 (141)	01:26:26	116		
127	171	NIEMCZOK DANIEL	IMIELIN		POLSKA	1981	M30	53	00:14:00	00:14:00 (192)	00:02:30	00:41:27	00:41:27 (92)	00:01:17	00:27:40	00:27:40 (135)	01:26:54	117		
128	158	MIELESZKIEWICZ PIOTR	ZDUŃSKA WOLA		POLSKA	1989	M20	44	00:11:36	00:11:36 (91)	00:03:42	00:43:56	00:43:56 (133)	00:01:13	00:26:38	00:26:38 (107)	01:27:05	118		
129	84	KARLOWSKA KATARZYNA	GLIWICE		POLSKA	1986	K20	7	00:12:40	00:12:40 (134)	00:01:41	00:44:29	00:44:29 (150)	00:01:14	00:18:03	00:18:03 (2)	01:27:09		11	00:09:02
130	238	SOB CZYŃSKI ŁUKASZ	RYBNIK		POLSKA	1990	M20	45	00:11:32	00:11:32 (87)	00:02:11	00:45:24	00:45:24 (164)	00:00:49	00:27:29	00:27:29 (130)	01:27:25	119		
131	142	LIZIS BARBARA	KIELCE	DIAGNOSTIX TEAM	POLSKA	1967	K40+	2	00:13:32	00:13:32 (165)	00:02:24	00:39:42	00:39:42 (60)	00:01:38	00:30:32	00:30:32 (190)	01:27:48		12	
132	101	KORNATOWSKI WACŁAW	BYTOM		POLSKA	1987	M20	46	00:13:55	00:13:55 (186)	00:01:53	00:43:01	00:43:01 (117)	00:00:51	00:28:15	00:28:15 (148)	01:27:55	120		
133	96	KOCHANOWSKI RAFAŁ	OPOLE	TRANS EKSPERT RAFAŁ KOCHANOWSKI	POLSKA	1976	M30	54	00:15:51	00:15:51 (232)	00:01:39	00:41:51	00:41:51 (99)	00:01:18	00:27:17	00:27:17 (123)	01:27:56	121		
134	277	UCKA WOJCIECH	MIKOŁÓW		POLSKA	1992	M20	47	00:12:04	00:12:04 (109)	00:02:14	00:44:40	00:44:40 (153)	00:00:46	00:18:53	00:18:53 (3)	01:28:04	122		00:09:27
135	198	PÓŹNIEWSKI PAWEŁ	OSTROLEKA	NOKIA	POLSKA	1985	M20	48	00:13:25	00:13:25 (161)	00:00:48	00:43:37	00:43:37 (130)	00:00:44	00:29:32	00:29:32 (177)	01:28:06	123		
136	209	ROGOSZ MICHAŁ	GLIWICE	PSP GLIWICE	POLSKA	1989	M20	49	00:13:58	00:13:58 (188)	00:01:36	00:41:59	00:41:59 (103)	00:00:59	00:29:35	00:29:35 (180)	01:28:07	124		
137	276	TWARUSZKA MARCIN	RUDA ŚLĄSKA		POLSKA	1979	M30	55	00:11:18	00:11:18 (77)	00:02:18	00:44:12	00:44:12 (142)	00:01:25	00:29:13	00:29:13 (169)	01:28:26	125		
138	134	LACHOWSKI GRZEGORZ	MYSŁOWICE		POLSKA	1977	M30	56	00:11:58	00:11:58 (100)	00:01:17	00:44:18	00:44:18 (145)	00:00:58	00:30:00	00:30:00 (184)	01:28:31	126		
139	136	LESZ MAREK	KATOWICE	PERSPEKTO	POLSKA	1984	M30	57	00:13:02	00:13:02 (149)	00:02:24	00:45:32	00:45:32 (166)	00:01:07	00:26:32	00:26:32 (104)	01:28:37	127		
140	250	STRENIŃCZAK DARIUSZ	TARNOWSKIE GÓRY	AT TEAM	POLSKA	1966	M40	18	00:11:59	00:11:59 (103)	00:02:44	00:44:04	00:44:04 (141)	00:01:18	00:28:38	00:28:38 (157)	01:28:43	128		
141	80	KANIA MICHAŁ	RYBNIK		POLSKA	1975	M30	58	00:14:25	00:14:25 (201)	00:02:24	00:45:04	00:45:04 (159)	00:02:14	00:24:36	00:24:36 (50)	01:28:43	129		
142	236	SMYLA ROBERT	ŚWIĘTOCHŁOWICE	GASTRO24.PL	POLSKA	1978	M30	59	00:11:38	00:11:38 (92)	00:02:55	00:44:48	00:44:48 (157)	00:01:14	00:28:31	00:28:31 (153)	01:29:06	130		
143	41	FELIKS MARCIN	SOSNOWIEC	GIGOPR	POLSKA	1974	M40	19	00:13:09	00:13:09 (153)	00:02:26	00:47:21	00:47:21 (191)	00:00:47	00:25:27	00:25:27 (74)	01:29:10	131		
144	71	JANOWSKA MAGDALENA	KATOWICE	SLIMAK SLIMAK	POLSKA	1976	K30	4	00:12:20	00:12:20 (118)	00:01:59	00:49:48	00:49:48 (218)	00:00:33	00:24:30	00:24:30 (47)	01:29:10		13	
145	45	GAMZA-BŁASZCZYK BOGUSŁAWA	SIEMIANOWICE ŚLĄSKIE		POLSKA	1978	K30	5	00:13:20	00:13:20 (157)	00:01:41	00:44:14	00:44:14 (144)	00:00:55	00:29:01	00:29:01 (165)	01:29:11		14	
146	53	GOŁAWSKI KRZYSZTOF	WROCLAW		POLSKA	1982	M30	60	00:15:11	00:15:11 (222)	00:02:21	00:41:46	00:41:46 (97)	00:01:04	00:28:51	00:28:51 (160)	01:29:13	132		
147	87	KASIŃSKI MACIEJ	PSZCZYNA	SERDECZNA FARMA 1	POLSKA	1988	M20	50	00:16:55	00:16:55 (246)	00:03:09	00:45:21	00:45:21 (163)	00:00:46	00:23:20	00:23:20 (30)	01:29:31	133		
148	301	ZGRAJ LESZEK	MIKOŁÓW		POLSKA	1971	M40	20	00:14:23	00:14:23 (199)	00:02:06	00:44:20	00:44:20 (146)	00:00:55	00:27:50	00:27:50 (142)	01:29:34	134		
149	273	TRZĘSIMIECH ADAM	SOSNOWIEC		POLSKA	1964	M50+	5	00:13:52	00:13:52 (182)	00:02:31	00:45:52	00:45:52 (174)	00:01:01	00:26:18	00:26:18 (97)	01:29:34	135		
150	10	BIENIASZEWski MARCIN	BRZEŃ		POLSKA	1987	M20	51	00:12:40	00:12:40 (135)	00:02:44	00:44:39	00:44:39 (152)	00:00:42	00:28:56	00:28:56 (163)	01:29:41	136		
151	196	POSTUŁKA ADAM	RUDA ŚLĄSKA	CCSW	POLSKA	1967	M40	21	00:12:54	00:12:54 (145)	00:01:18	00:44:42	00:44:42 (156)	00:01:03	00:29:45	00:29:45 (181)	01:29:42	137		
152	112	KRASKA WIESŁAW	KATOWICE	CALIFICATION TEAM	POLSKA	1982	M30	61	00:14:29	00:14:29 (207)	00:01:43	00:45:51	00:45:51 (173)	00:00:43	00:27:01	00:27:01 (114)	01:29:47	138		
153	98	KOŁCZEK ADRIAN	CZECHOWICE - DZIEDZICE		POLSKA	1977	M30	62	00:14:24	00:14:24 (200)	00:02:15	00:44:13	00:44:13 (143)	00:01:16	00:27:45	00:27:45 (140)	01:29:53	139		
154	40	DUDEK EMILIA	NYSA	NYSA BIEGA	POLSKA	1972	K40+	3	00:12:26	00:12:26 (123)					00:28:26		01:29:58		15	
155	177	OZIEBŁOWSKI PAWEŁ	SIE		POLSKA	1983	M30	63	00:12:49	00:12:49 (140)	00:02:01	00:45:33	00:45:33 (168)	00:00:31	00:29:10	00:29:10 (168)	01:30:04	140		
156	19	BROM PRZEMYSŁAW	KATOWICE		POLSKA	1976	M30	64	00:12:37	00:12:37 (132)	00:02:28	00:45:45	00:45:45 (172)	00:01:00	00:28:15	00:28:15 (149)	01:30:05	141		
157	62	GRUSZKA ŁUKASZ	MYSŁOWICE		POLSKA	1986	M20	52	00:13:35	00:13:35 (167)	00:01:45	00:45:38	00:45:38 (169)	00:00:47	00:28:26	00:28:26 (151)	01:30:11	142		
158	50	STAWICKI GRZEGORZ	PAWŁOWICE		POLSKA	1970	M40	22	00:14:25	00:14:25 (202)	00:03:12	00:46:14	00:46:14 (179)	00:00:47	00:25:41	00:25:41 (79)	01:30:19	143		

SILESIA MAN TRIATHLON 2014

Organizator: HOLISTIX SPORTS EVENTS
Data: 30.08.2014
Dystans: 1/8 IRONMAN (0,45 / 22,5 / 5,3)
Miejsowość: KATOWICE



M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Kraj	Rok ur.	Kat wiek.	M-ce w	Pływanie	Pływanie	T1	Rower	Rower	T2	Bieg	Bieg	Wynik	M	K	Kara
159	131	KWIECIEŃ KATARZYNA	SIEWIERZ	4K KWIECIEŃ	POLSKA	1980	K30	6	00:13:05	00:13:05 (150)	00:01:25	00:43:42	00:43:42 (132)	00:01:00	00:31:21	00:31:21 (206)	01:30:33		16	
160	141	LITWIN SŁAWOMIR	SOSNOWIEC		POLSKA	1976	M30	65	00:11:58	00:11:58 (101)	00:02:33	00:47:24	00:47:24 (192)	00:00:53	00:27:57	00:27:57 (143)	01:30:45	144		
161	48	GAWLIKOWSKI ROBERT	KATOWICE	GRUPA PGD	POLSKA	1975	M30	66	00:18:45	00:18:45 (254)	00:04:46	00:41:25	00:41:25 (91)	00:01:06	00:24:51	00:24:51 (58)	01:30:53	145		
162	110	KOZDRA KRZYSZTOF	KRAKÓW	NIEZRZESZONY	POLSKA	1966	M40	23	00:12:36	00:12:36 (131)	00:02:28	00:43:56	00:43:56 (134)	00:00:46	00:31:13	00:31:13 (203)	01:30:59	146		
163	37	DOMIN PIOTR	SIEMIANOWICE ŚLĄSKIE		POLSKA	1986	M20	53	00:15:02	00:15:02 (219)	00:01:34	00:47:19	00:47:19 (189)	00:00:50	00:26:29	00:26:29 (101)	01:31:14	147		
164	61	GRÓŃSKI MIROSLAW	ŁAZISKA GÓRNE		POLSKA	1974	M40	24	00:11:07	00:11:07 (71)	00:01:26	00:46:43	00:46:43 (184)	00:01:02	00:30:58	00:30:58 (200)	01:31:16	148		
165	63	GRZYBZYK MICHAŁ	NOWE CHECHŁO	GRUPA BIEGOWA TARNOWSKIE GÓRY	POLSKA	1974	M40	25	00:16:00	00:16:00 (237)	00:02:40	00:44:24	00:44:24 (148)	00:00:59	00:27:35	00:27:35 (133)	01:31:38	149		
166	90	KIROW KRZYSZTOF	CZELADŹ		POLSKA	1971	M40	26	00:10:59	00:10:59 (65)	00:02:13	00:46:53	00:46:53 (185)	00:00:44	00:30:51	00:30:51 (198)	01:31:40	150		
167	192	POLKO ROMAN	TYCHY	WKB META LUBLINIEC	POLSKA	1962	M50+	6	00:13:20	00:13:20 (158)	00:02:35	00:47:32	00:47:32 (195)	00:01:27	00:26:55	00:26:55 (113)	01:31:49	151		
168	268	THAMM MARCIN	KATOWICE		POLSKA	1984	M30	67	00:16:13	00:16:13 (243)	00:02:20	00:46:02	00:46:02 (177)	00:01:29	00:25:58	00:25:58 (88)	01:32:02	152		
169	269	THAMM MARIUSZ	KATOWICE		POLSKA	1976	M30	68	00:16:13	00:16:13 (242)	00:02:18	00:46:02	00:46:02 (178)	00:01:42	00:25:54	00:25:54 (85)	01:32:09	153		
170	165	MРУK BARTOSZ	BĘDZIN		POLSKA	1986	M20	54	00:10:49	00:10:49 (59)	00:02:17	00:43:24	00:43:24 (126)	00:01:36	00:34:06	00:34:06 (235)	01:32:12	154		
171	30	CZEKA ROBERT	MYSŁOWICE		POLSKA	1991	M20	55	00:13:36	00:13:36 (169)	00:03:33	00:44:42	00:44:42 (154)	00:01:53	00:28:36	00:28:36 (156)	01:32:20	155		
172	216	RYBZYŃSKI MICHAŁ	GLIWICE	ASSECO ACTIVE TEAM	POLSKA	1977	M30	69	00:12:50	00:12:50 (141)	00:02:03	00:43:18	00:43:18 (124)	00:00:54	00:33:23	00:33:23 (225)	01:32:28	156		
173	289	WITAŃSKI OSKAR	PSZCZYNA		POLSKA	1988	M20	56	00:16:11	00:16:11 (240)	00:02:02	00:43:34	00:43:34 (128)	00:01:23	00:29:26	00:29:26 (173)	01:32:36	157		
174	124	KUBASIK WOJCIECH	KATOWICE	GALEN TRIATHLON TEAM	POLSKA	1986	M20	57	00:13:34	00:13:34 (166)	00:01:24	00:46:58	00:46:58 (186)	00:00:49	00:29:56	00:29:56 (183)	01:32:41	158		
175	117	KROKIEWICZ MAREK	KATOWICE		POLSKA	1978	M30	70	00:12:42	00:12:42 (138)	00:02:31	00:48:43	00:48:43 (202)	00:01:06	00:27:39	00:27:39 (134)	01:32:41	159		
176	66	HUMPA FILIP	KATOWICE	GALEN TEAM	POLSKA	1986	M20	58	00:13:53	00:13:53 (183)	00:01:26	00:45:56	00:45:56 (176)	00:00:45	00:31:25	00:31:25 (208)	01:33:25	160		
177	202	PTASZEK JAROSŁAW	ORZESZE-WOSZCZYCE	PTAKU TEAM	POLSKA	1977	M30	71	00:14:26	00:14:26 (203)	00:02:57	00:45:20	00:45:20 (162)	00:00:51	00:29:53	00:29:53 (182)	01:33:27	161		
178	252	SUCHECKI BARTOSZ	KATOWICE	GREENCONTRAST	POLSKA	1980	M30	72	00:12:36	00:12:36 (130)	00:03:14	00:47:00	00:47:00 (187)	00:01:13	00:29:33	00:29:33 (179)	01:33:36	162		
179	153	MALSKI TOMASZ	SIEMIANOWICE ŚLĄSKIE		POLSKA	1983	M30	73	00:12:27	00:12:27 (126)	00:02:26	00:49:00	00:49:00 (205)	00:00:54	00:28:53	00:28:53 (161)	01:33:40	163		
180	111	KOZIŃSKA AGATA	KATOWICE	TS SOKÓL ŚLĄSK	POLSKA	1974	K40+	4	00:12:02	00:12:02 (105)	00:02:49	00:44:42	00:44:42 (155)	00:01:06	00:33:23	00:33:23 (226)	01:34:02		17	
181	108	KOWALSKI PIOTR	KRAKÓW	MAMOOINI TEAM	POLSKA	1978	M30	74	00:12:07	00:12:07 (111)	00:02:45	00:49:32	00:49:32 (211)	00:00:56	00:19:14	00:19:14 (5)	01:34:11	164	00:09:37	
182	64	GUNIA GRZEGORZ	BIELSKO-BIAŁA		POLSKA	1973	M40	27	00:12:57	00:12:57 (146)	00:03:02	00:48:09	00:48:09 (200)	00:00:43	00:29:28	00:29:28 (174)	01:34:19	165		
183	175	NYGA ROBERT	KATOWICE	FUTURE PROCESSING RUNNING TEAM	POLSKA	1989	M20	59	00:13:06	00:13:06 (151)	00:03:06	00:45:39	00:45:39 (170)	00:01:31	00:30:58	00:30:58 (201)	01:34:20	166		
184	39	DUDA TOMASZ	GOSTYŃ		POLSKA	1990	M20	60	00:15:17	00:15:17 (225)	00:03:35	00:47:21	00:47:21 (190)	00:01:06	00:27:07	00:27:07 (120)	01:34:26	167		
185	279	WAŚ ROBERT	MOGILANY		POLSKA	1969	M40	28	00:13:50	00:13:50 (181)	00:03:36	00:46:15	00:46:15 (180)	00:01:25	00:29:25	00:29:25 (171)	01:34:31	168		
186	57	GÓRECKI DARIUSZ	USTRYKI DOLNE		POLSKA	1983	M30	75	00:14:15	00:14:15 (195)	00:03:32	00:45:13	00:45:13 (160)	00:01:12	00:30:20	00:30:20 (189)	01:34:32	169		
187	230	SKRABEL MAGDALENA	JAWORZNO		POLSKA	1982	K30	7	00:12:39	00:12:39 (133)	00:02:49	00:46:16	00:46:16 (181)	00:01:31	00:31:23	00:31:23 (207)	01:34:38		18	
188	44	FURGOŁ MICHAŁ	WROCŁAW		POLSKA	1978	M30	76	00:11:47	00:11:47 (96)	00:01:45	00:49:26	00:49:26 (209)	00:01:14	00:30:36	00:30:36 (191)	01:34:48	170		
189	168	NEUMANN MONIKA	GLIWICE	TRICLUB	POLSKA	1986	K20	8	00:13:21	00:13:21 (159)	00:01:27	00:47:11	00:47:11 (188)	00:01:48	00:31:34	00:31:34 (209)	01:35:21		19	
190	16	BORKOWSKA SONIA	SIEWIERZ	3WATERS	POLSKA	1975	K30	8	00:11:12	00:11:12 (74)	00:01:25	00:46:34	00:46:34 (183)	00:00:56	00:35:23	00:35:23 (244)	01:35:30		20	
191	20	BRUECK MACIEJ	KATOWICE		POLSKA	1987	M20	61	00:15:30	00:15:30 (226)	00:02:50	00:44:21	00:44:21 (147)	00:02:06	00:30:48	00:30:48 (197)	01:35:35	171		
192	47	GAWĘZIŃSKI IRENEUSZ	WARSZAWA	CBRE	POLSKA	1977	M30	77	00:14:36	00:14:36 (212)	00:02:35	00:52:53	00:52:53 (233)	00:00:55	00:24:40	00:24:40 (54)	01:35:39	172		
193	303	ZOBER MAREK	SIEMIANOWICE ŚLĄSKIE		POLSKA	1985	M20	62	00:11:58	00:11:58 (99)	00:01:35	00:51:37	00:51:37 (227)	00:01:15	00:29:17	00:29:17 (170)	01:35:42	173		
194	235	SMORCZEWSKI JACEK	CHORZÓW	TS SOKÓL ŚLĄSK	POLSKA	1973	M40	29	00:13:12	00:13:12 (155)	00:02:48	00:49:29	00:49:29 (210)	00:01:16	00:28:58	00:28:58 (164)	01:35:43	174		
195	140	LISZKA TOMASZ	KATOWICE		POLSKA	1981	M30	78	00:13:13	00:13:13 (156)	00:03:35	00:44:53	00:44:53 (158)	00:01:37	00:33:16	00:33:16 (224)	01:36:34	175		
196	302	ZIEMBA MAGDALENA	PSZCZYNA	BIKE TEAM PSZCZYNA	POLSKA	1988	K20	9	00:16:10	00:16:10 (239)	00:02:10	00:45:32	00:45:32 (167)	00:01:29	00:31:14	00:31:14 (204)	01:36:35		21	
197	28	CZECH ANDRZEJ	KUŹNIA RACIBORSKA	BRONTES PROCESSING	POLSKA	1980	M30	79	00:14:27	00:14:27 (204)	00:03:08	00:48:53	00:48:53 (203)	00:00:56	00:29:25	00:29:25 (172)	01:36:49	176		
198	116	KRAWUICKI MARCIN	RUDA ŚLĄSKA		POLSKA	1978	M30	80	00:13:59	00:13:59 (190)	00:02:52	00:47:26	00:47:26 (193)	00:01:01	00:31:35	00:31:35 (210)	01:36:53	177		
199	95	KNOLL MAREK	GLIWICE	MOTIVATO	POLSKA	1953	M50+	7	00:13:30	00:13:30 (164)	00:03:04	00:44:03	00:44:03 (140)	00:02:13	00:34:20	00:34:20 (237)	01:37:10	178		
200	278	WALICZEK WOJCIECH	TYCHY	SOKOL SLASK	POLSKA	1969	M40	30	00:14:16	00:14:16 (197)	00:02:04	00:45:26	00:45:26 (165)	00:01:23	00:34:02	00:34:02 (234)	01:37:11	179		
201	59	GRĄDYS RAFAŁ	CZĘSTOCHOWA		POLSKA	1974	M40	31	00:13:47	00:13:47 (178)	00:03:15	00:47:58	00:47:58 (199)	00:01:40	00:30:43	00:30:43 (193)	01:37:23	180		
202	159	MIELKE RAPHAEL	BAŻANOWICE		POLSKA	1966	M40	32	00:14:54	00:14:54 (215)	00:02:31	00:47:51	00:47:51 (198)	00:01:47	00:30:41	00:30:41 (192)	01:37:44	181		
203	173	NOWACZYK TOMASZ	KATOWICE	BOMBARDIER	POLSKA	1991	M20	63	00:14:19	00:14:19 (198)	00:02:08	00:47:27	00:47:27 (194)	00:01:21	00:32:40	00:32:40 (218)	01:37:55	182		
204	227	SIEMIĄTKOWSKA ANNA	KATOWICE		POLSKA	1973	K40+	5	00:12:22	00:12:22 (120)	00:02:19	00:50:18	00:50:18 (221)	00:01:27	00:21:01	00:21:01 (11)	01:37:57		22	00:10:30
205	298	ZARUDZKI ŁUKASZ	GLIWICE	NOTHING TO FEAR	POLSKA	1976	M30	81	00:11:23	00:11:23 (81)	00:03:01	00:49:08	00:49:08 (207)	00:01:36	00:33:01	00:33:01 (221)	01:38:09	183		
206	2	BALARYN PAWEŁ	TORUŃ	BBL TORUŃ	POLSKA	1977	M30	82	00:15:12	00:15:12 (223)	00:02:40	00:49:00	00:49:00 (206)	00:00:53	00:30:47	00:30:47 (195)	01:38:32	184		
207	147	ŁUŻYŃSKI JANUSZ	JÓZEFÓW	HP IRON TEAM	POLSKA	1971	M40	33	00:14:34	00:14:34 (211)	00:04:01	00:45:40	00:45:40 (171)	00:02:36	00:31:49	00:31:49 (213)	01:38:40	185		
208	201	PRZYBYŁA EWA	KATOWICE	AWF KATOWICE	POLSKA	1965	K40+	6	00:13:39	00:13:39 (172)	00:02:31	00:50:47	00:50:47 (225)	00:01:33	00:30:19	00:30:19 (188)	01:38:49		23	
209	149	MACIEJEWSKI RAFAŁ	TYCHY		POLSKA	1988	M20	64	00:13:55	00:13:55 (185)	00:02:30	00:48:39	00:48:39 (201)	00:01:10	00:32:46	00:32:46 (220)	01:39:00	186		
210	254	SZCZERBAK BARTŁOMIEJ	WROCŁAW	SPARTAN TEAM	POLSKA	1988	M20	65	00:13:44	00:13:44 (175)	00:02:26	00:47:42	00:47:42 (196)	00:01:55	00:33:30	00:33:30 (228)	01:39:17	187		
211	86	KARWIŃSKA																		

SILESIA MAN TRIATHLON 2014

Organizator: HOLISTIX SPORTS EVENTS
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 Dystans: 1/8 IRONMAN (0,45 / 22,5 / 5,3)
 Miejscowość: KATOWICE



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Kraj	Rok ur.	Kat wiek.	M-ce w	Pływanie	Pływanie	T1	Rower	Rower	T2	Bieg	Bieg	Wynik	M	K	Kara
212	163	MOSKWA PRZEMYSŁAW	TYCHY	WARSZTAT FORMY TYCHY	POLSKA	1974	M40	34	00:18:04	00:18:04 (252)	00:02:09	00:43:38	00:43:38 (131)	00:01:32	00:33:56	00:33:56 (233)	01:39:19	188		
213	184	PAWLAK ANNA	KATOWICE		POLSKA	1982	K30	9	00:13:44	00:13:44 (176)	00:02:27	00:49:47	00:49:47 (216)	00:00:54	00:32:36	00:32:36 (216)	01:39:28		25	
214	33	CZUPRYN AGATA	KEDZIERZYN-KOZŁE		POLSKA	1987	K20	11	00:13:01	00:13:01 (148)	00:02:58	00:49:35	00:49:35 (212)	00:01:27	00:32:44	00:32:44 (219)	01:39:45		26	
215	170	NIELABA ANNA	MIKOŁÓW		POLSKA	1978	K30	10	00:13:41	00:13:41 (173)	00:02:34	00:49:52	00:49:52 (219)	00:01:09	00:32:36	00:32:36 (215)	01:39:52		27	
216	154	MAŁEK MIROSLAW	KATOWICE	BIEGAM BO LUBIĘ	POLSKA	1973	M40	35	00:13:11	00:13:11 (154)	00:04:20	00:44:27	00:44:27 (149)	00:02:57	00:35:06	00:35:06 (242)	01:40:01		189	
217	14	BOMBA ANDRZEJ	STRZELCE OPOLSKIE		POLSKA	1989	M20	66	00:16:06	00:16:06 (238)	00:02:17	00:52:29	00:52:29 (230)	00:00:45	00:29:08	00:29:08 (167)	01:40:45		190	
218	225	SENCZENKO WALDEMAR	BYTOM	NOTHING TO FEAR	POLSKA	1981	M30	83	00:11:06	00:11:06 (69)	00:02:40	00:49:45	00:49:45 (215)	00:01:37	00:35:47	00:35:47 (245)	01:40:55		191	
219	264	SZURKOWSKI ANDRZEJ	KATOWICE	UROVITA CHORZÓW TEAM	POLSKA	1957	M50+	8	00:14:11	00:14:11 (193)	00:02:21	00:49:38	00:49:38 (214)	00:01:51	00:33:27	00:33:27 (227)	01:41:28		192	
220	207	RODAK PIOTR	KATOWICE	OMC TRIATHLONISTA	POLSKA	1985	M20	67	00:13:57	00:13:57 (187)	00:02:15	00:47:42	00:47:42 (197)	00:01:43	00:36:12	00:36:12 (250)	01:41:49		193	
221	1	BACŁAWSKI RAFAŁ	TYCHY		POLSKA	1974	M40	36	00:12:51	00:12:51 (143)	00:01:23	00:55:57	00:55:57 (247)	00:00:43	00:31:00	00:31:00 (202)	01:41:54		194	
222	107	KOWALSKI MARCIN	SOSNOWIEC	MDR CONSULITNG	POLSKA	1981	M30	84	00:13:36	00:13:36 (170)	00:02:10	00:50:41	00:50:41 (224)	00:00:49	00:34:40	00:34:40 (241)	01:41:56		195	
223	218	RZEMIEŃSKI TOMASZ	WARSZAWA	HP IRON MAN	POLSKA	1984	M30	85	00:15:58	00:15:58 (235)	00:02:41	00:48:57	00:48:57 (204)	00:01:25	00:33:11	00:33:11 (223)	01:42:12		196	
224	94	KLIMAS ADAM	GLIWICE		POLSKA	1983	M30	86	00:24:00	00:24:00 (261)	00:02:27	00:44:36	00:44:36 (151)	00:01:56	00:29:32	00:29:32 (178)	01:42:31		197	
225	104	KOTAS ADAM	RYBNIK	KOTASPORT	POLSKA	1963	M50+	9	00:12:52	00:12:52 (144)	00:01:38	00:49:36	00:49:36 (213)	00:01:31	00:37:43	00:37:43 (252)	01:43:20		198	
226	280	WEKWERT DARIUSZ	ZABRZE	BIEGAMYSERCEM.PL	POLSKA	1983	M30	87	00:13:45	00:13:45 (177)	00:04:15	00:50:29	00:50:29 (223)	00:01:11	00:33:54	00:33:54 (232)	01:43:34		199	
227	229	SIUDA JAKUB	ZAWIERCIE	BRONTES PROCESSING	POLSKA	1990	M20	68	00:17:22	00:17:22 (249)	00:02:28	00:55:41	00:55:41 (246)	00:01:00	00:27:04	00:27:04 (116)	01:43:35		200	
228	246	STACHURSKA ANNA	KATOWICE		POLSKA	1993	K20	12	00:13:42	00:13:42 (174)	00:02:47	00:55:59	00:55:59 (248)	00:01:06	00:30:02	00:30:02 (185)	01:43:36		28	
229	257	SZCZYRA AGNIESZKA	KATOWICE	INDYWIDUALNIE	POLSKA	1987	K20	13	00:16:12	00:16:12 (241)	00:02:03	00:53:08	00:53:08 (235)	00:01:09	00:31:46	00:31:46 (211)	01:44:18		29	
230	93	KLAUDEL ALEKSANDRA	ŻORY	AKADEMIA PŁYWKÓW	POLSKA	1992	K20	14	00:10:34	00:10:34 (50)	00:02:46	00:57:34	00:57:34 (251)	00:01:11	00:21:26	00:21:26 (15)	01:44:19		30	00:10:48
231	172	NIEMCZYK PAWEŁ	JAWORZNO		POLSKA	1979	M30	88	00:15:07	00:15:07 (220)	00:01:54	00:52:24	00:52:24 (229)	00:01:19	00:33:41	00:33:41 (230)	01:44:25		201	
232	13	KOCHAŃSKI JAKUB	KATOWICE		POLSKA	1975	M30	89	00:15:38	00:15:38 (230)	00:02:56	00:46:23	00:46:23 (182)	00:02:02	00:37:35	00:37:35 (251)	01:44:34		202	
233	197	PÓLTORAK PRZEMYSŁAW	SOSNOWIEC		POLSKA	1978	M30	90	00:20:30	00:20:30 (256)	00:02:21	00:49:53	00:49:53 (220)	00:01:53	00:30:11	00:30:11 (186)	01:44:48		203	
234	133	KWOSEK MAGDALENA	KATOWICE		POLSKA	1978	K30	11	00:15:58	00:15:58 (236)	00:02:04	00:52:35	00:52:35 (232)	00:03:44	00:30:47	00:30:47 (194)	01:45:08		31	
235	221	SAMBORSKA MARIA	KRAKÓW		POLSKA	1986	K20	15	00:14:28	00:14:28 (206)	00:05:59	00:52:14	00:52:14 (228)	00:01:48	00:31:20	00:31:20 (205)	01:45:49		32	
236	297	ZALEWSKI MICHAŁ	ŚWIERKLANIEC	BIEGAM BO LUBIĘ MEDALE	POLSKA	1982	M30	91	00:15:51	00:15:51 (233)	00:02:49	00:50:28	00:50:28 (222)	00:00:45	00:36:02	00:36:02 (249)	01:45:55		204	
237	156	MARKIEWICZ RAFAŁ	CHORZÓW		POLSKA	1985	M20	69	00:16:20	00:16:20 (244)	00:02:28	00:54:06	00:54:06 (239)	00:01:02	00:32:03	00:32:03 (214)	01:45:59		205	
238	22	BUGAJ GRZEGORZ	KATOWICE	TRAVIS	POLSKA	1974	M40	37	00:14:33	00:14:33 (209)	00:02:25	00:53:49	00:53:49 (237)	00:00:49	00:34:36	00:34:36 (239)	01:46:12		206	
239	56	GORZKOWSKI BARTŁOŃMIJ	KRAKÓW		POLSKA	1981	M30	92	00:15:38	00:15:38 (229)	00:03:25	00:54:55	00:54:55 (242)	00:01:22	00:31:46	00:31:46 (212)	01:47:06		207	
240	249	PAJĄK ALICJA	KATOWICE		POLSKA	1985	K20	16	00:13:38	00:13:38 (171)	00:01:49	00:49:48	00:49:48 (217)	00:01:24	00:41:00	00:41:00 (256)	01:47:39		33	
241	186	PAŹDZIÓRA ŁUKASZ	MYSŁOWICE		POLSKA	1983	M30	93	00:15:37	00:15:37 (228)	00:03:09	00:55:32	00:55:32 (245)	00:00:49	00:32:38	00:32:38 (217)	01:47:45		208	
242	166	MUSIAŁ WITOLD	KRAKÓW	NIE ZRZESZONY	POLSKA	1976	M30	94	00:17:38	00:17:38 (251)	00:03:24	00:52:31	00:52:31 (231)	00:01:19	00:34:36	00:34:36 (240)	01:49:28		209	
243	290	WOCHNIK NICOLE	KATOWICE		POLSKA	1995	K20	17	00:10:59	00:10:59 (64)	00:01:28	00:53:34	00:53:34 (236)	00:01:19	00:42:41	00:42:41 (257)	01:50:01		34	
244	287	WIŚLA-PŁONKA JOANNA	BIELSKO-BIAŁA		POLSKA	1977	K30	12	00:19:50	00:19:50 (255)	00:05:29	00:53:02	00:53:02 (234)	00:01:37	00:30:19	00:30:19 (187)	01:50:17		35	
245	244	SOTER BARTŁOŃMIJ	CZELADŹ		POLSKA	1987	M20	70	00:15:12	00:15:12 (224)	00:04:27	00:55:21	00:55:21 (244)	00:01:52	00:34:07	00:34:07 (236)	01:50:59		210	
246	75	JUŚKIEWICZ JAROSŁAW	KRAKÓW		POLSKA	1978	M30	95	00:14:49	00:14:49 (214)	00:01:45	01:02:50	01:02:50 (259)	00:01:19	00:30:57	00:30:57 (199)	01:51:40		211	
247	210	ROMANOWSKA ZOFIA	WARSZAWA		POLSKA	1990	K20	18	00:13:06	00:13:06 (152)	00:03:07	00:59:45	00:59:45 (254)	00:00:39	00:35:14	00:35:14 (243)	01:51:51		36	
248	185	PAWLAK KATARZYNA	ŚWIDNICA		POLSKA	1976	K30	13	00:15:08	00:15:08 (221)	00:04:25	00:58:26	00:58:26 (252)	00:01:24	00:33:04	00:33:04 (222)	01:52:27		37	
249	155	MARKIEWICZ KAROLINA	ŚWIDNICA		POLSKA	1979	K30	14	00:15:53	00:15:53 (234)					00:33:04		01:52:27		38	
250	143	LORENC DARIUSZ	BIELSKO-BIAŁA		POLSKA	1991	M20	71	00:21:31	00:21:31 (259)	00:02:51	00:53:49	00:53:49 (238)	00:02:10	00:21:36	00:21:36 (17)	01:52:40		212	00:10:43
251	293	WÓJCİK MICHAŁ	ANDRYCHÓW		POLSKA	1980	M30	96	00:17:11	00:17:11 (247)	00:03:49	00:54:40	00:54:40 (240)	00:01:16	00:35:51	00:35:51 (246)	01:52:47		213	
252	145	ŁOBODA KATARZYNA	ANDRYCHÓW		POLSKA	1981	K30	15	00:17:11	00:17:11 (248)	00:03:48	00:54:42	00:54:42 (241)	00:01:14	00:35:52	00:35:52 (247)	01:52:47		39	
253	65	GUT MARIUSZ	BIELSKO-BIAŁA		POLSKA	1979	M30	97	00:21:26	00:21:26 (258)	00:02:20	00:58:34	00:58:34 (253)	00:01:29	00:30:47	00:30:47 (196)	01:54:36		214	
254	9	BIENIASZEWSKA MARTA	BRZEG		POLSKA	1988	K20	19	00:14:33	00:14:33 (210)	00:02:43	00:56:11	00:56:11 (249)	00:00:54	00:40:53	00:40:53 (255)	01:55:14		40	
255	6	BEDLIĆKA JOANNA	KATOWICE	TS SOKÓŁ ŚLĄSK	POLSKA	1973	K40+	7	00:15:36	00:15:36 (227)	00:03:50	01:01:12	01:01:12 (258)	00:00:52	00:33:48	00:33:48 (231)	01:55:18		41	
256	237	SOBCZAK ANNA	POZNAŃ	INTROVERTED HANDMADE DOLLS	POLSKA	1978	K30	16	00:22:39	00:22:39 (260)	00:05:11	00:51:02	00:51:02 (226)	00:01:56	00:36:01	00:36:01 (248)	01:56:49		42	
257	52	GLINKA JAROSŁAW	TARNOWSKIE GÓRY		POLSKA	1975	M30	98	00:17:35	00:17:35 (250)	00:02:27	00:56:53	00:56:53 (250)	00:01:09	00:39:07	00:39:07 (253)	01:57:11		215	
258	60	GREC RUDOLF	KRAKÓW		POLSKA	1951	M50+	10	00:16:33	00:16:33 (245)	00:05:11	01:00:02	01:00:02 (255)	00:02:50	00:34:29	00:34:29 (238)	01:59:05		216	
259	139	LIPIŃSKA JOLANTA	CZĘSTOCHOWA	NIEZRZESZONA	POLSKA	1951	K40+	8	00:18:05	00:18:05 (253)	00:04:10	00:55:17	00:55:17 (243)	00:02:23	00:48:23	00:48:23 (260)	02:08:18		43	
260	182	PALISZEWSKI SŁAWOMIR	TARNÓW	TEAM IGI	POLSKA	1971	M40	38	00:14:59	00:14:59 (218)	00:04:17	01:00:10	01:00:10 (256)	00:01:32	00:47:20	00:47:20 (258)	02:08:18		217	
261	193	POMYKACZ IGA	TARNÓW	TEAM SŁAWKA	POLSKA	1981	K30	17	00:14:59	00:14:59 (217)	00:04:23	01:00:10	01:00:10 (257)	00:01:22	00:47:24	00:47:24 (259)	02:08:18		44	
262	72	JANUSZEWSKA MAGDA	KRAKÓW	NIEZRZESZONA	POLSKA	1986	K20	20	00:20:49	00:20:49 (257)	00:04:43	01:04:13	01:04:13 (260)	00:01:12	00:39:42	00:39:42 (254)	02:10:39		45	