

Triathlon Czerwonak 2019

Owińska 31.08.2019 | Wyniki OPEN

Klasyfikacja według czasów netto



| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto |
|------|-----|---|------|---------------------------------------|------------------|---------|------------|----------------|----|---|-------------|--------------|
| 1 | 119 | Łukasz Grycman pływanie: 00:11:33 T1: 00:02:01 rower: 00:55:21 T2: 00:00:48 bieg: 00:54:06 | POL | SPARTA ULTRA TEAM | Trzcinica | 1978 | M40 | 1 | 1 | | 02:03:48 | 02:13:41 |
| 2 | 149 | Piotr Kurek pływanie: 00:10:05 T1: 00:01:34 rower: 00:59:05 T2: 00:00:35 bieg: 00:54:16 | POL | Posnania/Budmix | Kicin | 1981 | M30 | 1 | 2 | | 02:05:34 | 02:17:56 |
| 3 | 144 | Tomasz Radke pływanie: T1: rower: 01:02:21 T2: 00:00:58 bieg: 00:51:47 | POL | | Babki | 1984 | M30 | 2 | 3 | | 02:09:39 | 02:21:32 |
| 4 | 74 | Filip Mańczak pływanie: 00:15:42 T1: 00:01:29 rower: 00:55:34 T2: 00:01:09 bieg: 00:56:24 | POL | Czerwonak Biega | Kicin | 1979 | M40 | 2 | 4 | | 02:10:18 | 02:16:22 |
| 5 | 148 | Tomasz Zdanowski pływanie: 00:11:40 T1: 00:01:29 rower: 01:01:51 T2: 00:00:46 bieg: 00:54:39 | POL | enduhub.com | Kobylniki | 1972 | M40 | 3 | 5 | | 02:10:25 | 02:22:38 |
| 6 | 102 | Edward Królikowski pływanie: 00:12:11 T1: 00:01:46 rower: 01:00:47 T2: 00:00:57 bieg: 00:54:52 | POL | Tri Posnania | Plewiska | 1970 | M40 | 4 | 6 | | 02:10:34 | 02:18:56 |
| 7 | 58 | Bernard Bocian pływanie: 00:13:06 T1: 00:02:28 rower: 00:58:30 T2: 00:01:13 bieg: 00:56:41 | POL | Borant | Sady | 1974 | M40 | 5 | 7 | | 02:11:58 | 02:16:42 |
| 8 | 135 | Przemoc Kocan pływanie: 00:13:17 T1: 00:02:30 rower: 01:02:19 T2: 00:00:56 bieg: 00:53:58 | POL | HANGAR | Chodzież | 1979 | M40 | 6 | 8 | | 02:13:01 | 02:24:14 |
| 9 | 140 | Marcin Mroskowiak pływanie: 00:12:14 T1: 00:01:29 rower: 01:03:29 T2: 00:00:46 bieg: 00:55:48 | POL | Red Fitness | Garby | 1974 | M40 | 7 | 9 | | 02:13:47 | 02:25:19 |
| 10 | 11 | Paweł Muchowicz pływanie: 00:12:17 T1: 00:01:39 rower: 01:01:35 T2: 00:00:52 bieg: 00:59:06 | POL | Dziki z Moraska | Poznań | 1974 | M40 | 8 | 10 | | 02:15:30 | 02:16:22 |
| 11 | 36 | Filip Bogucki pływanie: 00:16:49 T1: 00:01:44 rower: 00:56:12 T2: 00:00:50 bieg: 00:59:55 | POL | Bób Ogór Włoszczyzna | Poznań | 1979 | M40 | 9 | 11 | | 02:15:30 | 02:18:21 |
| 12 | 64 | Bogdan Kaczmarczyk pływanie: 00:13:46 T1: 00:02:10 rower: 01:02:47 T2: 00:01:26 bieg: 00:58:07 | POL | KB Gepard Murowana Goślina | Murowana Goślina | 1980 | M30 | 3 | 12 | | 02:18:15 | 02:23:29 |
| 13 | 31 | Jacek Glapa pływanie: 00:15:24 T1: 00:01:51 rower: 01:00:55 T2: 00:01:07 bieg: 01:00:30 | POL | | Luboń | 1976 | M40 | 10 | 13 | | 02:19:46 | 02:22:19 |
| 14 | 9 | Tomasz Słaby pływanie: 00:13:13 T1: 00:02:00 rower: 01:03:49 T2: 00:00:33 bieg: 01:00:54 | POL | Dziki z Gorzowa | Gorzów Wlkp. | 1972 | M40 | 11 | 14 | | 02:20:29 | 02:21:11 |
| 15 | 5 | Grzegorz Członkowski pływanie: 00:12:30 T1: 00:01:43 rower: 01:01:39 T2: 00:00:44 bieg: 01:04:07 | POL | DomData Run Team / Dziki z Moraska | Poznań | 1976 | M40 | 12 | 15 | | 02:20:44 | 02:21:06 |
| 16 | 147 | Sławomir Debczynski pływanie: 00:13:07 T1: 00:01:51 rower: 01:03:06 T2: 00:01:00 bieg: 01:02:02 | POL | enduhub.com | Dębogóra | 1974 | M40 | 13 | 16 | | 02:21:05 | 02:33:18 |
| 17 | 90 | Adam Pietrzak pływanie: 00:14:07 T1: 00:01:32 rower: 01:09:58 T2: 00:00:50 bieg: 00:54:50 | POL | I-Sport | Gowarzewo | 1990 | M16 | 1 | 17 | | 02:21:17 | 02:28:39 |
| 18 | 60 | Piotr Rostek pływanie: 00:14:49 T1: 00:01:51 rower: 01:06:32 T2: 00:00:48 bieg: 00:57:22 | POL | zmiernie-szacuj.pl Badania wydolności | Jelonek | 1961 | M50+ | 1 | 18 | | 02:21:23 | 02:26:15 |
| 19 | 14 | Michał Czajka pływanie: 00:12:17 T1: 00:03:12 rower: 01:08:16 T2: 00:00:44 bieg: 00:57:21 | POL | 3-M Triathlon Team | Poznań | 1981 | M30 | 4 | 19 | | 02:21:50 | 02:22:53 |
| 20 | 137 | Tomasz Nowicki pływanie: 00:13:43 T1: 00:02:46 rower: 01:03:04 T2: 00:01:39 bieg: 01:01:20 | POL | Szkoła Aspirantów PSP Poznań | Poznań | 1968 | M50+ | 2 | 20 | | 02:22:32 | 02:33:54 |

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|------|-----|---|------|---|-------------|---------|------------|----------------|----|---|-------------|--------------|
| 21 | 25 | Jacek Gołębiwski pływanie: 00:18:21 T1: 00:03:06 rower: 01:01:08 T2: 00:01:40 bieg: 00:59:15 | POL | Goggle Pro Active Eyewear | Poznań | 1977 | M40 | 14 | 21 | | 02:23:29 | 02:25:32 |
| 22 | 127 | Bartosz Pasek pływanie: 00:15:38 T1: 00:02:34 rower: 01:02:07 T2: 00:01:38 bieg: 01:03:16 | POL | | Poznań | 1993 | M16 | 2 | 22 | | 02:25:13 | 02:35:46 |
| 23 | 108 | Marek Wolski pływanie: 00:15:53 T1: 00:02:18 rower: 01:06:09 T2: 00:01:23 bieg: 00:59:39 | POL | | Opalenica | 1989 | M30 | 5 | 23 | | 02:25:22 | 02:34:16 |
| 24 | 116 | Michał Błajet pływanie: 00:17:38 T1: 00:01:46 rower: 01:02:42 T2: 00:00:50 bieg: 01:02:52 | POL | CCR Sport - Kuźnia Triathlonu | Skorzewo | 1980 | M30 | 6 | 24 | | 02:25:47 | 02:35:20 |
| 25 | 85 | Adam Szyszka pływanie: 00:16:53 T1: 00:02:52 rower: 01:09:06 T2: 00:00:56 bieg: 00:56:18 | POL | | Kicin | 1965 | M50+ | 3 | 25 | | 02:26:05 | 02:33:09 |
| 26 | 75 | Dariusz Janas pływanie: 00:14:29 T1: 00:02:40 rower: 01:07:40 T2: 00:01:28 bieg: 01:01:21 | POL | Biegacze Juniora - Runners Team | Czerwonak | 1975 | M40 | 15 | 26 | | 02:27:38 | 02:33:50 |
| 27 | 78 | Marcin Rogaliński pływanie: 00:19:04 T1: 00:01:36 rower: 01:03:11 T2: 00:01:20 bieg: 01:02:33 | POL | Mafia T | Owińska | 1978 | M40 | 16 | 27 | | 02:27:43 | 02:34:07 |
| 28 | 87 | Agnieszka Załuska-Lipa pływanie: 00:17:14 T1: 00:02:01 rower: 01:09:40 T2: 00:00:52 bieg: 00:57:56 | POL | | Mosina | 1979 | K40 | 1 | | 1 | 02:27:43 | 02:34:56 |
| 29 | 22 | Marcin Sterczała pływanie: 00:16:35 T1: 00:01:55 rower: 01:02:59 T2: 00:01:03 bieg: 01:05:18 | POL | Rehau Crossactive | Kicin | 1993 | M16 | 3 | 28 | | 02:27:50 | 02:29:32 |
| 30 | 114 | Jakub Musielski pływanie: 00:14:47 T1: 00:02:35 rower: 01:10:37 T2: 00:00:45 bieg: 00:59:37 | POL | Dziki Team | Koziegłowy | 1987 | M30 | 7 | 29 | | 02:28:21 | 02:37:45 |
| 31 | 128 | Marek Orlik pływanie: 00:15:16 T1: 00:02:22 rower: 01:07:43 T2: 00:01:09 bieg: 01:02:00 | POL | Szybcy (nie) Wściekli | Koziegłowy | 1992 | M16 | 4 | 30 | | 02:28:29 | 02:39:02 |
| 32 | 3 | Maciej Petza pływanie: 00:15:07 T1: 00:02:22 rower: 01:05:09 T2: 00:01:14 bieg: 01:04:47 | POL | montemoro.pl | Poznań | 1966 | M50+ | 4 | 31 | | 02:28:38 | 02:28:52 |
| 33 | 138 | Dariusz Skotnicki pływanie: 00:13:50 T1: 00:02:00 rower: 01:06:30 T2: 00:01:01 bieg: 01:05:32 | POL | SANTANDER TRIATHLON TEAM | Goleńczewo | 1970 | M40 | 17 | 32 | | 02:28:52 | 02:32:54 |
| 34 | 46 | Paweł Stankiewicz pływanie: 00:19:24 T1: 00:02:02 rower: 01:05:11 T2: 00:01:36 bieg: 01:00:51 | POL | Czerwonak Biega | Potasze | 1975 | M40 | 18 | 33 | | 02:29:04 | 02:32:48 |
| 35 | 146 | Dominik Tomiak pływanie: 00:16:53 T1: 00:04:05 rower: 01:09:14 T2: 00:01:00 bieg: 00:58:39 | POL | Grzmot Komorniki | Komoniki | 1980 | M30 | 8 | 34 | | 02:29:52 | 02:41:56 |
| 36 | 105 | Martyna Paszkowska pływanie: 00:14:48 T1: 00:02:43 rower: 01:07:34 T2: 00:00:50 bieg: 01:04:14 | POL | Rybczyński Bikes Remmers Team | Poznań | 1987 | K30 | 1 | | 2 | 02:30:08 | 02:38:51 |
| 37 | 1 | Remik Świątek pływanie: 00:15:30 T1: 00:02:18 rower: 01:09:00 T2: 00:01:02 bieg: 01:02:34 | POL | MB Motors / #nicsieniezmienniaodnadupiesiedzeniaOwińska | Owińska | 1976 | M40 | 19 | 35 | | 02:30:24 | 02:30:25 |
| 38 | 139 | Kamil Gadomski pływanie: 00:15:17 T1: 00:02:25 rower: 01:13:54 T2: 00:00:34 bieg: 00:58:23 | POL | AZS AWF CZIKAGO | Katowice | 1998 | M16 | 5 | 36 | | 02:30:33 | 02:42:06 |
| 39 | 112 | Dawid Nowak pływanie: 00:15:02 T1: 00:02:05 rower: 01:05:32 T2: 00:01:12 bieg: 01:07:05 | POL | TRICeratops | Poznań | 1981 | M30 | 9 | 37 | | 02:30:55 | 02:40:08 |
| 40 | 21 | Maciej Strażyński pływanie: 00:16:24 T1: 00:02:24 rower: 01:03:32 T2: 00:01:20 bieg: 01:07:42 | POL | Enduhub | Poznan | 1965 | M50+ | 5 | 38 | | 02:31:22 | 02:33:05 |

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|------|-----|---|------|--|-------------|---------|------------|----------------|----|---|-------------|--------------|
| 41 | 123 | Robert Pakuła | POL | | Poznań | 1978 | M40 | 20 | 39 | | 02:32:09 | 02:42:23 |
| | | plywanie: 00:18:11 T1: 00:02:23 rower: 01:05:46 T2: 00:01:12 bieg: 01:04:37 | | | | | | | | | | |
| 42 | 111 | Paweł Jazikowski | POL | | Poznań | 1972 | M40 | 21 | 40 | | 02:32:41 | 02:41:54 |
| | | plywanie: 00:13:49 T1: 00:02:14 rower: 01:11:37 T2: 00:00:39 bieg: 01:04:23 | | | | | | | | | | |
| 43 | 150 | Krzysztof Kownacki | POL | Drużyna szpiku | Poznań | 1988 | M30 | 10 | 41 | | 02:32:44 | 02:45:09 |
| | | plywanie: 00:17:40 T1: 00:02:35 rower: 01:08:04 T2: 00:01:06 bieg: 01:03:19 | | | | | | | | | | |
| 44 | 6 | Marcin Basiński | POL | | Paczkowo | 1974 | M40 | 22 | 42 | | 02:33:17 | 02:33:39 |
| | | plywanie: 00:13:32 T1: 00:02:46 rower: 01:07:54 T2: 00:01:11 bieg: 01:07:54 | | | | | | | | | | |
| 45 | 2 | Michał Łakomy | POL | MB Motors/ #nicsięniezmieniaodnadupiesiedzenia | Czerwonak | 1997 | M16 | 6 | 43 | | 02:34:43 | 02:34:45 |
| | | plywanie: 00:17:06 T1: 00:02:18 rower: 01:13:48 T2: 00:00:36 bieg: 01:00:55 | | | | | | | | | | |
| 46 | 118 | Gizela Rakowska | POL | NORTHTEC BIKE TEAM/ ROWERTRAM | Poznań | 1984 | K30 | 2 | | 3 | 02:34:47 | 02:44:30 |
| | | plywanie: 00:15:01 T1: 00:02:12 rower: 01:08:38 T2: 00:01:23 bieg: 01:07:33 | | | | | | | | | | |
| 47 | 40 | Ewelina Burzyńska | POL | Natura Biedrusko | Biedrusko | 1978 | K40 | 2 | | 4 | 02:34:56 | 02:38:10 |
| | | plywanie: 00:20:36 T1: 00:02:45 rower: 01:10:16 T2: 00:01:25 bieg: 00:59:54 | | | | | | | | | | |
| 48 | 142 | Roman Nowak | POL | cojaturębię | Poznań | 1978 | M40 | 23 | 44 | | 02:35:13 | 02:46:57 |
| | | plywanie: 00:12:02 T1: 00:02:56 rower: 01:04:06 T2: 00:01:39 bieg: 01:14:30 | | | | | | | | | | |
| 49 | 20 | Jarosław Wojtalik | POL | | Koziegłowy | 1980 | M30 | 11 | 45 | | 02:37:06 | 02:38:39 |
| | | plywanie: 00:14:50 T1: 00:02:18 rower: 01:05:55 T2: 00:01:39 bieg: 01:12:22 | | | | | | | | | | |
| 50 | 125 | Janusz Andrzejewski | POL | | Grochowy | 1989 | M30 | 12 | 46 | | 02:37:48 | 02:48:11 |
| | | plywanie: 00:14:10 T1: 00:03:33 rower: 01:14:48 T2: 00:00:40 bieg: 01:04:38 | | | | | | | | | | |
| 51 | 28 | Maciej Siodła | POL | | Czerwonak | 1975 | M40 | 24 | 47 | | 02:37:48 | 02:40:01 |
| | | plywanie: 00:16:41 T1: 00:02:19 rower: 01:09:00 T2: 00:01:32 bieg: 01:08:16 | | | | | | | | | | |
| 52 | 54 | Michał Dymek | POL | Rehau Crossactive | Komorniki | 1977 | M40 | 25 | 48 | | 02:38:02 | 02:42:25 |
| | | plywanie: 00:16:49 T1: 00:03:18 rower: 01:03:10 T2: 00:03:40 bieg: 01:11:05 | | | | | | | | | | |
| 53 | 71 | Tomasz Niemir | POL | | Koziegłowy | 1993 | M16 | 7 | 49 | | 02:38:06 | 02:44:00 |
| | | plywanie: 00:19:04 T1: 00:02:59 rower: 01:13:32 T2: 00:02:11 bieg: 01:00:19 | | | | | | | | | | |
| 54 | 145 | Daniel Roszak | POL | Radaway Team | Komorniki | 1978 | M40 | 26 | 50 | | 02:38:22 | 02:50:27 |
| | | plywanie: 00:17:39 T1: 00:02:47 rower: 01:11:23 T2: 00:01:37 bieg: 01:04:56 | | | | | | | | | | |
| 55 | 10 | Michał Bąkowski | POL | Dziki z Moraska | Komorniki | 1978 | M40 | 27 | 51 | | 02:40:01 | 02:40:44 |
| | | plywanie: 00:16:51 T1: 00:02:46 rower: 01:07:30 T2: 00:02:16 bieg: 01:10:37 | | | | | | | | | | |
| 56 | 63 | Marek Jankowski | POL | LIPTON | Poznań | 1982 | M30 | 13 | 52 | | 02:40:12 | 02:45:25 |
| | | plywanie: 00:15:27 T1: 00:02:54 rower: T2: bieg: 01:08:29 | | | | | | | | | | |
| 57 | 37 | Ewa Susmarska | POL | MUAY RUNNING TEAM | Poznań | 1996 | K16 | 1 | | 5 | 02:40:32 | 02:43:37 |
| | | plywanie: 00:15:03 T1: 00:01:37 rower: 01:13:37 T2: 00:00:38 bieg: 01:09:37 | | | | | | | | | | |
| 58 | 70 | Tomasz Krupa | POL | Klub Błyskawicznego Kalosza | Wiry | 1981 | M30 | 14 | 53 | | 02:40:34 | 02:46:18 |
| | | plywanie: 00:14:24 T1: 00:03:03 rower: 01:15:35 T2: 00:00:41 bieg: 01:06:51 | | | | | | | | | | |
| 59 | 93 | Mateusz Cichy | POL | Etiopia Biega | Poznań | 1996 | M16 | 8 | 54 | | 02:40:50 | 02:48:34 |
| | | plywanie: 00:16:18 T1: 00:02:36 rower: 01:15:16 T2: 00:01:02 bieg: 01:05:38 | | | | | | | | | | |
| 60 | 48 | Wiesław Stefan Majewski | POL | Kuźnia Triathlonu | Komorniki | 1973 | M40 | 28 | 55 | | 02:40:57 | 02:44:51 |
| | | plywanie: 00:16:58 T1: 00:03:19 rower: 01:14:27 T2: 00:01:12 bieg: 01:05:02 | | | | | | | | | | |

| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto |
|------|-----|---|------|--------------------------------|-------------|---------|------------|----------------|----|---|-------------|--------------|
| 61 | 61 | Adrian Sierzant | POL | S-brothers | Poznan | 1989 | M30 | 15 | 56 | | 02:41:19 | 02:46:22 |
| | | plywanie: 00:15:26 T1: 00:02:56 rower: 01:08:36 T2: 00:00:41 bieg: 01:13:40 | | | | | | | | | | |
| 62 | 56 | Marcin Brzostowski | POL | MBM PROJEKT | Lusówko | 1979 | M40 | 29 | 57 | | 02:42:52 | 02:47:27 |
| | | plywanie: 00:17:06 T1: 00:04:24 rower: 01:07:38 T2: 00:03:00 bieg: 01:10:44 | | | | | | | | | | |
| 63 | 86 | Marcin Adamski | POL | - | Trzemeszno | 1975 | M40 | 30 | 58 | | 02:43:01 | 02:50:05 |
| | | plywanie: 00:17:53 T1: 00:04:14 rower: 01:13:53 T2: 00:00:52 bieg: 01:06:10 | | | | | | | | | | |
| 64 | 121 | Agnieszka Jackowiak | POL | Runner's Power | Śrem | 1985 | K30 | 3 | | 6 | 02:43:06 | 02:53:09 |
| | | plywanie: 00:16:03 T1: 00:02:23 rower: 01:19:15 T2: 00:01:19 bieg: 01:04:06 | | | | | | | | | | |
| 65 | 50 | Michał Zieliński | POL | | Koziegłowy | 1974 | M40 | 31 | 59 | | 02:43:10 | 02:47:14 |
| | | plywanie: 00:16:09 T1: 00:02:39 rower: 01:08:39 T2: 00:01:15 bieg: 01:14:28 | | | | | | | | | | |
| 66 | 101 | Błażej Grzybowski | POL | | Koziegłowy | 1993 | M16 | 9 | 60 | | 02:43:13 | 02:54:35 |
| | | plywanie: 00:13:05 T1: 00:02:31 rower: T2: bieg: 01:16:46 | | | | | | | | | | |
| 67 | 43 | Karolina Jarczyk | POL | MSICS | Potasze | 1993 | K16 | 2 | | 7 | 02:44:42 | 02:48:16 |
| | | plywanie: 00:16:36 T1: 00:02:04 rower: 01:20:00 T2: 00:00:45 bieg: 01:05:18 | | | | | | | | | | |
| 68 | 15 | Michał Frąckowiak | POL | Czerwonak Biega | Koziegłowy | 1978 | M40 | 32 | 61 | | 02:44:43 | 02:45:55 |
| | | plywanie: 00:19:20 T1: 00:02:44 rower: 01:06:24 T2: 00:01:34 bieg: 01:14:41 | | | | | | | | | | |
| 69 | 32 | Jarosław Szygenda | POL | Maratończyk Poznań | Poznań | 1972 | M40 | 33 | 62 | | 02:44:43 | 02:47:16 |
| | | plywanie: 00:17:16 T1: 00:04:22 rower: 01:13:34 T2: 00:01:47 bieg: 01:07:44 | | | | | | | | | | |
| 70 | 62 | Krzysztof Tyczyński | POL | Czerwonak Biega | Czerwonak | 1980 | M30 | 16 | 63 | | 02:44:50 | 02:49:53 |
| | | plywanie: 00:15:32 T1: 00:02:57 rower: 01:15:32 T2: 00:01:13 bieg: 01:09:36 | | | | | | | | | | |
| 71 | 66 | Marek Cybul | POL | Team DaliDali | Owińska | 1980 | M30 | 17 | 64 | | 02:45:15 | 02:50:39 |
| | | plywanie: 00:17:47 T1: 00:02:37 rower: 01:07:47 T2: 00:02:15 bieg: 01:14:48 | | | | | | | | | | |
| 72 | 44 | Dominik Łastowski | POL | Lubu Best | Poznań | 1974 | M40 | 34 | 65 | | 02:45:56 | 02:49:29 |
| | | plywanie: 00:14:13 T1: 00:04:24 rower: 01:10:47 T2: 00:03:20 bieg: 01:13:11 | | | | | | | | | | |
| 73 | 81 | Ryszard Otto | POL | | Swarzędz | 1956 | M50+ | 6 | 66 | | 02:46:12 | 02:52:55 |
| | | plywanie: 00:17:05 T1: 00:03:13 rower: 01:10:53 T2: 00:01:38 bieg: 01:13:24 | | | | | | | | | | |
| 74 | 59 | Dominik Stolinski | POL | | Poznan | 1976 | M40 | 35 | 67 | | 02:46:23 | 02:51:17 |
| | | plywanie: 00:15:27 T1: 00:02:53 rower: 01:08:54 T2: 00:01:47 bieg: 01:17:22 | | | | | | | | | | |
| 75 | 95 | Dariusz Foltynowicz | POL | | Tulce | 1980 | M30 | 18 | 68 | | 02:46:46 | 02:54:40 |
| | | plywanie: 00:16:55 T1: 00:02:41 rower: 01:14:55 T2: 00:00:49 bieg: 01:11:27 | | | | | | | | | | |
| 76 | 129 | Damian Kurkowiak | POL | | Sielinko | 1987 | M30 | 19 | 69 | | 02:47:03 | 02:57:46 |
| | | plywanie: 00:17:30 T1: 00:02:37 rower: 01:17:33 T2: 00:01:25 bieg: 01:07:59 | | | | | | | | | | |
| 77 | 91 | Tomasz Kasprzak | POL | | Poznań | 1990 | M16 | 10 | 70 | | 02:47:41 | 02:55:13 |
| | | plywanie: 00:16:27 T1: 00:02:28 rower: 01:03:54 T2: 00:00:56 bieg: 01:23:56 | | | | | | | | | | |
| 78 | 19 | Krzysztof Błasiak | POL | camouflage_shop | Poznań | 1973 | M40 | 36 | 71 | | 02:48:04 | 02:49:36 |
| | | plywanie: 00:17:01 T1: 00:04:08 rower: 01:14:15 T2: 00:02:26 bieg: 01:10:14 | | | | | | | | | | |
| 79 | 73 | Dariusz Małasiewicz | POL | | Komorniki | 1981 | M30 | 20 | 72 | | 02:48:36 | 02:54:40 |
| | | plywanie: 00:15:41 T1: 00:02:19 rower: 01:13:17 T2: 00:01:18 bieg: 01:16:01 | | | | | | | | | | |
| 80 | 26 | Artur Kasperski | POL | Polonia Środa/ Goggle PAE Team | Poznań | 1979 | M40 | 37 | 73 | | 02:48:52 | 02:50:55 |
| | | plywanie: 00:20:51 T1: 00:03:19 rower: 01:19:11 T2: 00:00:40 bieg: 01:04:51 | | | | | | | | | | |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto |
|------|-----|---|------|---------------------------|------------------|---------|------------|----------------|----|----|-------------|--------------|
| 81 | 133 | Sebastian Kujawa | POL | Owoc Team | Koziegłowy | 1979 | M40 | 38 | 74 | | 02:49:29 | 03:00:33 |
| | | plywanie: 00:18:54 T1: 00:04:43 rower: 01:15:05 T2: 00:02:25 bieg: 01:08:23 | | | | | | | | | | |
| 82 | 4 | Michał Szczepaniak | POL | Muay Runing Team | Plewiska | 1988 | M30 | 21 | 75 | | 02:49:32 | 02:49:45 |
| | | plywanie: 00:23:30 T1: 00:02:48 rower: 01:16:24 T2: 00:00:52 bieg: 01:05:58 | | | | | | | | | | |
| 83 | 47 | Roman Marciniak | POL | | Czerwonak | 1976 | M40 | 39 | 76 | | 02:49:58 | 02:53:52 |
| | | plywanie: 00:22:13 T1: 00:03:11 rower: 01:10:58 T2: 00:01:41 bieg: 01:11:55 | | | | | | | | | | |
| 84 | 89 | Michał Zboralski | POL | | Poznań | 1975 | M40 | 40 | 77 | | 02:51:16 | 02:58:38 |
| | | plywanie: 00:13:36 T1: 00:03:49 rower: 01:14:32 T2: 00:01:28 bieg: 01:17:51 | | | | | | | | | | |
| 85 | 151 | Zuzanna Kownacka | POL | Szczyt słodczy | Poznań | 1990 | K16 | 3 | | 8 | 02:52:34 | 03:05:06 |
| | | plywanie: 00:17:43 T1: 00:01:33 rower: 01:09:55 T2: 00:00:55 bieg: 01:22:29 | | | | | | | | | | |
| 86 | 29 | Kacper Wielgosz | POL | Dziki z Moraska | Poznań | 1982 | M30 | 22 | 78 | | 02:52:46 | 02:55:08 |
| | | plywanie: 00:13:40 T1: 00:03:24 rower: 01:18:26 T2: 00:01:51 bieg: 01:15:25 | | | | | | | | | | |
| 87 | 82 | Ariel Restel | POL | Mafia T | Owińska | 1982 | M30 | 23 | 79 | | 02:53:15 | 02:59:57 |
| | | plywanie: 00:15:12 T1: 00:03:16 rower: 01:10:29 T2: 00:01:47 bieg: 01:22:30 | | | | | | | | | | |
| 88 | 106 | Waldemar Buszewicz | POL | | Poznań | 1980 | M30 | 24 | 80 | | 02:53:38 | 03:02:21 |
| | | plywanie: 00:15:59 T1: 00:02:51 rower: 01:08:26 T2: 00:00:53 bieg: 01:25:29 | | | | | | | | | | |
| 89 | 132 | Paweł Madaj | POL | Madaj Team | Murowana Goślina | 1964 | M50+ | 7 | 81 | | 02:54:12 | 03:05:05 |
| | | plywanie: 00:16:32 T1: 00:02:58 rower: 01:09:07 T2: 00:01:54 bieg: 01:23:40 | | | | | | | | | | |
| 90 | 134 | Rafał Szczap | POL | Carlsberg Shared Services | Poznań | 1993 | M16 | 11 | 82 | | 02:54:41 | 03:05:44 |
| | | plywanie: 00:14:34 T1: 00:02:00 rower: 01:21:28 T2: 00:01:43 bieg: 01:14:56 | | | | | | | | | | |
| 91 | 130 | Krzysztof Gorynia | POL | Amator | Poznań | 1974 | M40 | 41 | 83 | | 02:55:00 | 03:05:45 |
| | | plywanie: 00:17:49 T1: 00:02:01 rower: 01:12:30 T2: 00:01:12 bieg: 01:21:28 | | | | | | | | | | |
| 92 | 143 | Dariusz Cybulski | POL | INTREX klub rowerowy | Poznań | 1981 | M30 | 25 | 84 | | 02:55:27 | 03:07:21 |
| | | plywanie: 00:19:27 T1: 00:04:03 rower: 01:10:06 T2: 00:01:41 bieg: 01:20:09 | | | | | | | | | | |
| 93 | 131 | Mateusz Żuk | POL | TRIMIND | Poznań | 1983 | M30 | 26 | 85 | | 02:55:51 | 03:06:44 |
| | | plywanie: 00:17:48 T1: 00:01:45 rower: 01:19:00 T2: 00:04:19 bieg: 01:12:58 | | | | | | | | | | |
| 94 | 136 | Tomasz Nowak | POL | Gniezno | Gniezno | 1977 | M40 | 42 | 86 | | 02:57:08 | 03:08:21 |
| | | plywanie: 00:15:38 T1: 00:02:57 rower: 01:19:52 T2: 00:01:55 bieg: 01:16:46 | | | | | | | | | | |
| 95 | 12 | Bartosz Seidler | POL | Hart Skoki | Skoki | 1977 | M40 | 43 | 87 | | 02:59:29 | 03:00:22 |
| | | plywanie: 00:18:30 T1: 00:02:05 rower: 01:14:10 T2: 00:00:59 bieg: 01:23:44 | | | | | | | | | | |
| 96 | 55 | Hanna Witkowska | POL | | Koziegłowy | 1980 | K30 | 4 | | 9 | 02:59:46 | 03:04:21 |
| | | plywanie: 00:20:41 T1: 00:02:16 rower: 01:23:19 T2: 00:01:13 bieg: 01:12:17 | | | | | | | | | | |
| 97 | 100 | Bartosz Eleganczyk | POL | Mafia T | Bolechówko | 1982 | M30 | 27 | 88 | | 02:59:57 | 03:08:12 |
| | | plywanie: 00:15:26 T1: 00:02:41 rower: 01:17:49 T2: 00:01:30 bieg: 01:22:30 | | | | | | | | | | |
| 98 | 8 | Katarzyna Budziszewska | POL | | Bolechówko | 1984 | K30 | 5 | | 10 | 03:00:23 | 03:00:55 |
| | | plywanie: 00:26:03 T1: 00:03:57 rower: 01:21:32 T2: 00:00:50 bieg: 01:08:01 | | | | | | | | | | |
| 99 | 13 | Agnieszka Gałowska | POL | A.G. Multischool Project | Wągrowiec | 1979 | K40 | 3 | | 11 | 03:00:28 | 03:01:31 |
| | | plywanie: 00:16:16 T1: 00:01:32 rower: 01:28:56 T2: 00:01:01 bieg: 01:12:44 | | | | | | | | | | |
| 100 | 38 | Jacek Kuciel | POL | | Gruszczyn | 1979 | M40 | 44 | 89 | | 03:01:13 | 03:04:17 |
| | | plywanie: 00:19:28 T1: 00:03:56 rower: 01:20:33 T2: 00:01:02 bieg: 01:16:13 | | | | | | | | | | |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto |
|------|-----|---|------|------------------------------------|-------------|---------|------------|----------------|-----|----|-------------|--------------|
| 101 | 124 | Damian Graczyk pływanie: 00:19:23 T1: 00:03:15 rower: 01:17:35 T2: 00:00:48 bieg: 01:20:57 | POL | Czerwonak Biega | Owińska | 1982 | M30 | 28 | 90 | | 03:01:57 | 03:12:11 |
| 102 | 53 | Paweł Łupkowski pływanie: 00:19:45 T1: 00:03:08 rower: 01:14:25 T2: 00:01:16 bieg: 01:24:14 | POL | | Poznań | 1980 | M30 | 29 | 91 | | 03:02:48 | 03:07:11 |
| 103 | 84 | Bartosz Antczak pływanie: 00:14:23 T1: 00:01:43 rower: 01:15:42 T2: 00:01:51 bieg: 01:29:14 | POL | | Plewiska | 1976 | M40 | 45 | 92 | | 03:02:55 | 03:09:48 |
| 104 | 30 | Iza Jabłońska pływanie: 00:16:44 T1: 00:02:17 rower: 01:16:19 T2: 00:01:46 bieg: 01:26:14 | POL | | Koziegłowy | 1981 | K30 | 6 | | 12 | 03:03:22 | 03:05:43 |
| 105 | 68 | Joanna Trómińska-Starczyńska pływanie: 00:16:30 T1: 00:02:53 rower: 01:19:48 T2: 00:02:32 bieg: 01:21:47 | POL | Team Aktywny Stęszew | Gowarzewo | 1981 | K30 | 7 | | 13 | 03:03:31 | 03:09:03 |
| 106 | 67 | Bronisław Szkarapata pływanie: 00:18:53 T1: 00:03:19 rower: 01:22:17 T2: 00:01:10 bieg: 01:17:53 | POL | Auto-Dar | Chabowo | 1971 | M40 | 46 | 93 | | 03:03:32 | 03:09:05 |
| 107 | 27 | Jarosław Czerwiński pływanie: 00:20:03 T1: 00:04:19 rower: 01:19:27 T2: 00:02:18 bieg: 01:17:43 | POL | | Czerwonak | 1959 | M50+ | 8 | 94 | | 03:03:51 | 03:06:04 |
| 108 | 77 | Dawid Baśniak pływanie: 00:17:12 T1: 00:04:41 rower: 01:13:01 T2: 00:02:39 bieg: 01:27:00 | POL | | Koziegłowy | 1987 | M30 | 30 | 95 | | 03:04:34 | 03:10:57 |
| 109 | 7 | Kalina Wiśniewska pływanie: 00:18:32 T1: 00:02:24 rower: 01:17:54 T2: 00:01:46 bieg: 01:24:04 | POL | Owińska | Owińska | 1984 | K30 | 8 | | 14 | 03:04:39 | 03:05:11 |
| 110 | 126 | Tomasz Rostecki pływanie: 00:15:33 T1: 00:02:29 rower: 01:26:22 T2: 00:01:37 bieg: 01:18:47 | POL | | Złotniki | 1968 | M50+ | 9 | 96 | | 03:04:48 | 03:15:12 |
| 111 | 104 | Jarosław Pazoła pływanie: 00:16:26 T1: 00:02:41 rower: 01:42:51 T2: 00:00:46 bieg: 01:03:15 | POL | PGO Biega | Śrem | 1973 | M40 | 47 | 97 | | 03:06:00 | 03:14:32 |
| 112 | 57 | Przemysław Prymas pływanie: 00:21:38 T1: 00:03:03 rower: 01:21:40 T2: 00:01:11 bieg: 01:18:45 | POL | | Swarzędz | 1979 | M40 | 48 | 98 | | 03:06:17 | 03:11:01 |
| 113 | 34 | Piotr Szłapka pływanie: 00:14:25 T1: 00:05:07 rower: 01:28:06 T2: 00:01:34 bieg: 01:17:54 | POL | OLEŚKÓW TEAM | Plewiska | 1975 | M40 | 49 | 99 | | 03:07:06 | 03:09:50 |
| 114 | 79 | Piotr Olejniczak pływanie: 00:18:29 T1: 00:03:40 rower: 01:14:47 T2: bieg: | POL | Mesondzi Lajf Stajl | Poznań | 1983 | M30 | 31 | 100 | | 03:07:21 | 03:13:58 |
| 115 | 113 | Marcin Bodych pływanie: 00:17:10 T1: 00:03:50 rower: 01:26:05 T2: 00:03:39 bieg: 01:17:57 | POL | BOTECH Group GmbH | Lubonieczek | 1982 | M30 | 32 | 101 | | 03:08:41 | 03:18:04 |
| 116 | 117 | Paweł Tarnowski pływanie: 00:14:34 T1: 00:05:58 rower: 01:10:34 T2: 00:01:35 bieg: 01:36:15 | POL | Restauracja TRZY SMAKI Pobiedziska | Poznan | 1981 | M30 | 33 | 102 | | 03:08:56 | 03:18:40 |
| 117 | 72 | Joanna Jagodzińska pływanie: 00:25:14 T1: 00:03:32 rower: 01:19:44 T2: 00:03:53 bieg: 01:17:16 | POL | Team Aktywny Stęszew | Stęszew | 1984 | K30 | 9 | | 15 | 03:09:40 | 03:15:33 |
| 118 | 122 | Adam Krystek pływanie: 00:20:59 T1: 00:03:01 rower: 01:12:38 T2: 00:00:41 bieg: 01:32:20 | POL | | Poznań | 1987 | M30 | 34 | 103 | | 03:09:40 | 03:19:43 |
| 119 | 109 | Rafał Musiał pływanie: 00:23:07 T1: 00:03:12 rower: 01:14:58 T2: 00:01:42 bieg: 01:27:11 | POL | | Poznań | 1988 | M30 | 35 | 104 | | 03:10:09 | 03:19:13 |
| 120 | 141 | Marek Ozdoba pływanie: 00:16:51 T1: 00:06:12 rower: 01:17:01 T2: 00:02:37 bieg: 01:27:43 | POL | KB Intrex Poznań | Poznań | 1978 | M40 | 50 | 105 | | 03:10:24 | 03:22:08 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto |
|------|-----|---|------|---------------------------------|-------------|---------|------------|----------------|-----|----|-------------|--------------|
| 121 | 45 | Sonia Łastowska pływanie: 00:19:45 T1: 00:04:20 rower: 01:33:22 T2: 00:02:03 bieg: 01:10:56 | POL | Lubu Best | Poznań | 1973 | K40 | 4 | | 16 | 03:10:26 | 03:14:10 |
| 122 | 16 | Robert Wójtych pływanie: 00:15:34 T1: 00:02:39 rower: 01:25:03 T2: 00:01:18 bieg: 01:28:12 | POL | | Gołańcz | 1972 | M40 | 51 | 106 | | 03:12:46 | 03:13:59 |
| 123 | 18 | Patryk Meyer pływanie: 00:18:04 T1: 00:03:34 rower: 01:30:39 T2: 00:01:44 bieg: 01:19:01 | POL | | Czerwonak | 1998 | M16 | 12 | 107 | | 03:13:03 | 03:14:25 |
| 124 | 24 | Zenon Filipowski pływanie: 00:20:57 T1: 00:04:01 rower: T2: bieg: 01:25:09 | POL | SCIM/W TRITEAM | Komorniki | 1973 | M40 | 52 | 108 | | 03:15:41 | 03:17:35 |
| 125 | 69 | Michał Eleganczyk pływanie: 00:19:43 T1: 00:03:55 rower: 01:22:12 T2: 00:01:25 bieg: 01:30:08 | POL | Mafia T | Owinska | 1979 | M40 | 53 | 109 | | 03:17:23 | 03:23:06 |
| 126 | 110 | Lech Gruszka pływanie: 00:20:03 T1: 00:03:01 rower: 01:20:34 T2: 00:01:59 bieg: 01:33:01 | POL | OMIDA Cyclo Team | Plewiska | 1974 | M40 | 54 | 110 | | 03:18:38 | 03:27:41 |
| 127 | 42 | Andrzej Tyra pływanie: 00:16:09 T1: 00:06:37 rower: 01:20:10 T2: 00:03:33 bieg: 01:35:07 | POL | | Promnice | 1969 | M50+ | 10 | 111 | | 03:21:35 | 03:24:58 |
| 128 | 96 | Sławomir Antoniak pływanie: 00:19:23 T1: 00:04:20 rower: 01:35:33 T2: 00:01:02 bieg: 01:21:19 | POL | TICON | Poznań | 1962 | M50+ | 11 | 112 | | 03:21:38 | 03:29:31 |
| 129 | 80 | Grzegorz Karpiński pływanie: 00:15:09 T1: 00:04:00 rower: 01:28:37 T2: 00:01:45 bieg: 01:36:39 | POL | Mesondzi Lajf Stajl | Poznań | 1983 | M30 | 36 | 113 | | 03:26:09 | 03:32:44 |
| 130 | 99 | Przemysław Jankowski pływanie: 00:23:09 T1: 00:03:24 rower: 01:29:48 T2: 00:01:17 bieg: 01:32:11 | POL | | Poznań | 1981 | M30 | 37 | 114 | | 03:29:49 | 03:38:04 |
| 131 | 23 | Agata Nowaczyk pływanie: 00:21:17 T1: 00:03:41 rower: 01:30:27 T2: 00:01:38 bieg: 01:33:07 | POL | | Komorniki | 1987 | K30 | 10 | | 17 | 03:30:10 | 03:32:03 |
| 132 | 107 | Maria Janas pływanie: 00:17:50 T1: 00:02:34 rower: 01:36:06 T2: 00:00:58 bieg: 01:38:28 | POL | Biegacze Juniora - Runners Team | Czerwonak | 1975 | K40 | 5 | | 18 | 03:35:57 | 03:44:50 |