

# Silesiaman Triathlon 1/4 IM

Organizator: Holistix Sports Events  
 Data: 12-06-2016  
 Dystans: 900m pływanie , 40 km rower, 10 km bieg  
 Miejscowość: Świerklaniec



| M-ce | Nr zaw. | Nazwisko Imię       | Miejscowość             | Klub                                  | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | Pływanie       | T1       | Rower         | T2       | Bieg     | Wynik    | M  | K | Kara |
|------|---------|---------------------|-------------------------|---------------------------------------|--------|------------|-----------|------------|----------------|----------|---------------|----------|----------|----------|----|---|------|
| 1    | 91      | WOŹNIAK JAKUB       |                         | DOTSPORT                              | Polska | 1990       | M18-29    | 1          | 00:17:22 (15)  | 00:01:03 | 01:08:09 (1)  | 00:00:27 | 00:36:35 | 02:03:36 | 1  |   |      |
| 2    | 87      | PIKORSKI DOMINIK    | ZABRZE                  | OLSH                                  | Polska | 1993       | M18-29    | 2          | 00:15:05 (4)   | 00:00:41 | 01:11:05 (5)  | 00:00:28 | 00:42:06 | 02:09:25 | 2  |   |      |
| 3    | 119     | KUŚKA ADAM          | RYBNIK                  | GTT GLIWICE ETIXX                     | Polska | 1992       | M18-29    | 3          | 00:16:27 (7)   | 00:00:50 | 01:09:35 (2)  | 00:00:20 | 00:42:22 | 02:09:34 | 3  |   |      |
| 4    | 182     | STWORĄ DAWID        | BIELSKO-BIAŁA           | POLICJA BIELSKO-BIAŁA                 | Polska | 1977       | M30-39    | 1          | 00:17:32 (18)  | 00:00:54 | 01:13:52 (18) | 00:00:42 | 00:39:52 | 02:12:52 | 4  |   |      |
| 5    | 40      | PODSIADŁO ŁUKASZ    | DĄBROWA GÓRNICZA        | 3FLOW TRIATHLON TEAM                  | Polska | 1984       | M30-39    | 2          | 00:17:04 (13)  | 00:01:26 | 01:11:40 (6)  | 00:00:35 | 00:42:13 | 02:12:58 | 5  |   |      |
| 6    | 16      | SZUREK SŁAWOMIR     | RYDUŁTOWY               | UKS "PIĄTKA PLUS" RYDUŁTOWY           | Polska | 1971       | M40-49    | 1          | 00:15:52 (6)   | 00:00:51 | 01:13:49 (16) | 00:00:27 | 00:42:05 | 02:13:04 | 6  |   |      |
| 7    | 200     | RYCYK MACIEJ        | KATOWICE                |                                       | Polska | 1978       | M30-39    | 3          | 00:17:35 (20)  | 00:01:03 | 01:11:00 (4)  | 00:00:34 | 00:43:46 | 02:13:58 | 7  |   |      |
| 8    | 30      | GÓRKA PIOTR         | DĄBROWA                 | BODY I COACH                          | Polska | 1979       | M30-39    | 4          | 00:18:14 (34)  | 00:00:57 | 01:10:47 (3)  | 00:00:49 | 00:45:14 | 02:16:01 | 8  |   |      |
| 9    | 112     | SZYDŁOWSKI MARCIN   | MYSLENICE               |                                       | Polska | 1979       | M30-39    | 5          | 00:18:45 (47)  | 00:01:04 | 01:13:53 (19) | 00:00:35 | 00:41:52 | 02:16:09 | 9  |   |      |
| 10   | 51      | RADCZUK DARIA       | KATOWICE                | KOXBBOX                               | Polska | 1986       | K30-39    | 1          | 00:14:31 (1)   | 00:00:50 | 01:15:34 (29) | 00:00:46 | 00:44:41 | 02:16:22 |    | 1 |      |
| 11   | 77      | BORAL PIOTR         | CZĘSTOCHOWA             | KMICIC                                | Polska | 1981       | M30-39    | 6          | 00:16:55 (12)  | 00:00:57 | 01:12:21 (9)  | 00:00:41 | 00:45:57 | 02:16:51 | 10 |   |      |
| 12   | 42      | BOREK MATEUSZ       | KRAKOW                  | TRIATHLON YMCA KRAKOW                 | Polska | 1986       | M30-39    | 7          | 00:16:43 (8)   | 00:01:17 | 01:14:56 (24) | 00:00:45 | 00:43:18 | 02:16:59 | 11 |   |      |
| 13   | 27      | KRASKI STANISŁAW    | SKRZYSZÓW               | FORMA WODZISŁAW ŚL.                   | Polska | 1974       | M40-49    | 2          | 00:18:47 (49)  | 00:01:14 | 01:12:05 (8)  | 00:00:41 | 00:44:24 | 02:17:11 | 12 |   |      |
| 14   | 114     | KAPELA MARIUSZ      | BYTOM                   | CHOP ZE ŻELAZA TRI TEAM               | Polska | 1977       | M30-39    | 8          | 00:16:45 (9)   | 00:01:01 | 01:13:20 (12) | 00:01:46 | 00:44:55 | 02:17:47 | 13 |   |      |
| 15   | 174     | LIGOCKI MICHAŁ      | SIEMIANOWICE ŚLĄSKIE    | CHOP ZE ŻELAZA TRI TEAM               | Polska | 1978       | M30-39    | 9          | 00:20:15 (86)  | 00:01:17 | 01:11:41 (7)  | 00:00:46 | 00:44:07 | 02:18:06 | 14 |   |      |
| 16   | 111     | DYKSZAK FILIP       | WIELICZKA               | KT WATER KNIGHTS                      | Polska | 1983       | M30-39    | 10         | 00:18:49 (50)  | 00:01:41 | 01:12:34 (10) | 00:00:31 | 00:47:08 | 02:20:43 | 15 |   |      |
| 17   | 68      | KRUPIŃSKI MACIEJ    | MOGILANY                |                                       | Polska | 1979       | M30-39    | 11         | 00:18:55 (56)  | 00:01:27 | 01:15:15 (25) | 00:00:49 | 00:44:19 | 02:20:45 | 16 |   |      |
| 18   | 47      | PIKORSKI DAWID      | ZABRZE                  | MYCENTER                              | Polska | 1990       | M18-29    | 4          | 00:17:14 (14)  | 00:01:20 | 01:13:43 (15) | 00:00:42 | 00:47:54 | 02:20:53 | 17 |   |      |
| 19   | 18      | CIEŚLIK PIOTR       | BEŁCHATÓW               | DANMAR-WARACH                         | Polska | 1976       | M40-49    | 3          | 00:18:18 (36)  | 00:01:10 | 01:13:21 (13) | 00:00:50 | 00:47:28 | 02:21:07 | 18 |   |      |
| 20   | 127     | CIUPKA PATRYK       | ŻORY                    | HR MAX                                | Polska | 1977       | M30-39    | 12         | 00:17:59 (28)  | 00:01:31 | 01:13:51 (17) | 00:00:49 | 00:47:11 | 02:21:21 | 19 |   |      |
| 21   | 80      | ŁUGOWSKI ARKADIUSZ  | TYCHY                   | ALPEBIKE.PL                           | Polska | 1982       | M30-39    | 13         | 00:18:54 (54)  | 00:00:46 | 01:13:37 (14) | 00:00:43 | 00:48:18 | 02:22:18 | 20 |   |      |
| 22   | 29      | BOGUS RAFAŁ         | CZĘSTOCHOWA             | CYCLING JURA                          | Polska | 1969       | M40-49    | 4          | 00:17:54 (26)  | 00:01:28 | 01:13:03 (11) | 00:00:46 | 00:49:11 | 02:22:22 | 21 |   |      |
| 23   | 66      | MIKOŚ MARCIN        | KATOWICE                |                                       | Polska | 1979       | M30-39    | 14         | 00:19:10 (65)  | 00:01:58 | 01:14:15 (22) | 00:01:01 | 00:46:01 | 02:22:25 | 22 |   |      |
| 24   | 21      | GORCZYCA JAKUB      | RYBNIK                  |                                       | Polska | 1974       | M40-49    | 5          | 00:17:34 (19)  | 00:00:50 | 01:15:16 (26) | 00:00:40 | 00:48:33 | 02:22:53 | 23 |   |      |
| 25   | 57      | KIEŁBASA BŁAŻEJ     | ŁĄZY                    |                                       | Polska | 1979       | M30-39    | 15         | 00:18:27 (39)  | 00:01:31 | 01:17:33 (38) | 00:00:37 | 00:44:57 | 02:23:05 | 24 |   |      |
| 26   | 79      | CHYLIŃSKI ADAM      | SIEMIANOWICE ŚLĄSKIE    | ANAL CUNT SIEMCE 1 - OS TEAM          | Polska | 1976       | M40-49    | 6          | 00:15:11 (5)   | 00:02:09 | 01:19:25 (49) | 00:00:35 | 00:45:46 | 02:23:06 | 25 |   |      |
| 27   | 4       | AMBORSKI RAFAŁ      | KATOWICE                |                                       | Polska | 1989       | M18-29    | 5          | 00:20:29 (96)  | 00:01:40 | 01:17:37 (39) | 00:00:41 | 00:42:50 | 02:23:17 | 26 |   |      |
| 28   | 133     | ŻMUDZIEJEWSKI JAKUB | KRAKÓW                  | AKTYWNA STRONA ŻYCIA                  | Polska | 1989       | M18-29    | 6          | 00:18:02 (30)  | 00:01:25 | 01:14:16 (23) | 00:01:02 | 00:49:02 | 02:23:47 | 27 |   |      |
| 29   | 156     | CEKIERA MARCIN      | ZIELONKI                | KT WATER KNIGHTS                      | Polska | 1978       | M30-39    | 16         | 00:18:11 (33)  | 00:01:23 | 01:14:13 (21) | 00:00:42 | 00:49:21 | 02:23:50 | 28 |   |      |
| 30   | 46      | DYGDÓŃ PAWEŁ        | KATOWICE                | SOFT-PONT                             | Polska | 1975       | M40-49    | 7          | 00:14:47 (2)   | 00:01:01 | 01:17:38 (40) | 00:00:53 | 00:49:48 | 02:24:07 | 29 |   |      |
| 31   | 197     | ŻOK FILIP           | SIEMIANOWICE ŚLĄSKIE    |                                       | Polska | 1987       | M18-29    | 7          | 00:18:21 (37)  | 00:01:04 | 01:16:01 (33) | 00:00:36 | 00:48:25 | 02:24:27 | 30 |   |      |
| 32   | 92      | KUBASIAK KRZYSZTOF  | ZIELONKI                | KT WATER KNIGHTS                      | Polska | 1973       | M40-49    | 8          | 00:20:30 (99)  | 00:01:14 | 01:15:45 (31) | 00:01:12 | 00:45:47 | 02:24:28 | 31 |   |      |
| 33   | 49      | SZOSTAK PIOTR       | KRAKÓW                  |                                       | Polska | 1984       | M30-39    | 17         | 00:18:06 (32)  | 00:01:46 | 01:20:08 (55) | 00:00:47 | 00:43:46 | 02:24:33 | 32 |   |      |
| 34   | 28      | MIELKE RAPHAEL      | BAŻANOWICE              |                                       | Polska | 1966       | M50+      | 1          | 00:18:26 (38)  | 00:01:12 | 01:14:03 (20) | 00:00:42 | 00:50:22 | 02:24:45 | 33 |   |      |
| 35   | 24      | STEFANIAK GRZEGORZ  | RAWA MAZOWIECKA         | K.S. TRIATHLON RAWA                   | Polska | 1978       | M30-39    | 18         | 00:20:36 (104) | 00:01:07 | 01:15:36 (30) | 00:00:45 | 00:47:41 | 02:25:45 | 34 |   |      |
| 36   | 98      | NAJUCH WOJCIECH     | TARNOWSKIE GÓRY (REPTY) | TARNOGÓRSKIE TOWARZYSTWO TRIATHLONOWE | Polska | 1980       | M30-39    | 19         | 00:17:58 (27)  | 00:01:04 | 01:17:42 (41) | 00:01:10 | 00:47:53 | 02:25:47 | 35 |   |      |
| 37   | 11      | KARASIŃSKI ŁUKASZ   | GLIWICE                 |                                       | Polska | 1989       | M18-29    | 8          | 00:17:30 (16)  | 00:01:20 | 01:16:05 (34) | 00:00:39 | 00:50:48 | 02:26:22 | 36 |   |      |
| 38   | 22      | GADAJ GRZEGORZ      | RADLIN                  |                                       | Polska | 1986       | M30-39    | 20         | 00:16:50 (11)  | 00:01:23 | 01:15:24 (28) | 00:00:56 | 00:51:55 | 02:26:28 | 37 |   |      |
| 39   | 188     | KUBASA KRZYSZTOF    | WODZISŁAW ŚLĄSKI        |                                       | Polska | 1977       | M30-39    | 21         | 00:17:49 (24)  | 00:02:06 | 01:19:29 (50) | 00:00:23 | 00:48:11 | 02:27:58 | 38 |   |      |
| 40   | 160     | HERDA BARTŁOMIEJ    | BYTOM                   | TRIATHLON TRAINING CENTER             | Polska | 1988       | M18-29    | 9          | 00:19:11 (66)  | 00:01:18 | 01:15:22 (27) | 00:00:40 | 00:51:53 | 02:28:24 | 39 |   |      |
| 41   | 176     | SIEMIŃSKI MARCIN    | KATOWICE                | JHART JCOMMERCE TEAM                  | Polska | 1977       | M30-39    | 22         | 00:18:56 (57)  | 00:01:00 | 01:21:22 (68) | 00:00:40 | 00:47:02 | 02:29:00 | 40 |   |      |
| 42   | 137     | BRODA TOMASZ        | ZABRZE                  | ZABRZAŃSKIE TOWARZYSTWO TRIATHLONOWE  | Polska | 1986       | M30-39    | 23         | 00:18:35 (43)  | 00:02:05 | 01:19:53 (53) | 00:01:03 | 00:47:32 | 02:29:08 | 41 |   |      |
| 43   | 71      | GIBA GRZEGORZ       | JASTRZEBIE ZDRÓJ        | GRUPA BIEGOWA GALOPUJĄCE ŚLIMAKI      | Polska | 1971       | M40-49    | 9          | 00:18:37 (44)  | 00:01:23 | 01:17:49 (42) | 00:00:43 | 00:50:49 | 02:29:21 | 42 |   |      |

# Silesiaman Triathlon 1/4 IM

Organizator: Holistix Sports Events  
 Data: 12-06-2016  
 Dystans: 900m pływanie , 40 km rower, 10 km bieg  
 Miejscowość: Świerklaniec



| M-ce | Nr zaw. | Nazwisko Imię         | Miejscowość        | Klub  | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | Pływanie       | T1       | Rower          | T2       | Bieg     | Wynik    | M  | K | Kara |
|------|---------|-----------------------|--------------------|---|--------|------------|-----------|------------|----------------|----------|----------------|----------|----------|----------|----|---|------|
| 44   | 60      | TRUS MARIUSZ          | LUBLIN             | LEKARSKA GRUPA KOLARSKA                       | Polska | 1974       | M40-49    | 10         | 00:18:01 (29)  | 00:01:45 | 01:15:46 (32)  | 00:00:58 | 00:53:41 | 02:30:11 | 43 |   |      |
| 45   | 85      | BIELAŃSKI TYBERIUSZ   | KATOWICE           | ASSECO ACTIVE TEAM                            | Polska | 1974       | M40-49    | 11         | 00:20:17 (87)  | 00:01:33 | 01:18:17 (45)  | 00:00:39 | 00:49:30 | 02:30:16 | 44 |   |      |
| 46   | 8       | RYBAK PAWEŁ           | TARNOWSKIE GÓRY    | TARNOGÓRSKIE TOWARZYSTWO TRIATHLONOWE         | Polska | 1977       | M30-39    | 24         | 00:17:54 (25)  | 00:01:01 | 01:21:26 (70)  | 00:00:48 | 00:49:23 | 02:30:32 | 45 |   |      |
| 47   | 32      | KUREK DAWID           | BYTOM              | TRENUJTRIATHLON                               | Polska | 1990       | M18-29    | 10         | 00:17:40 (22)  | 00:01:20 | 01:21:38 (71)  | 00:00:53 | 00:49:16 | 02:30:47 | 46 |   |      |
| 48   | 146     | DOMAGAŁA PIOTR        | JAROSZOWIEC        |   | Polska | 1977       | M30-39    | 25         | 00:19:37 (74)  | 00:01:16 | 01:19:13 (47)  | 00:01:36 | 00:49:15 | 02:30:57 | 47 |   |      |
| 49   | 41      | CZŁONKOWSKI KRZYSZTOF | SZCZĘKOCINY        | OLIMPIJCZYK SZCZĘKOCINY                       | Polska | 1976       | M40-49    | 12         | 00:21:12 (116) | 00:01:39 | 01:19:59 (54)  | 00:01:12 | 00:47:16 | 02:31:18 | 48 |   |      |
| 50   | 166     | WRÓBLEWSKI PRZEMYSŁAW | NAKŁO ŚLĄSKIE      | TARNOGÓRSKIE TOWARZYSTWO TRIATHLONOWE         | Polska | 1987       | M18-29    | 11         | 00:18:53 (52)  | 00:01:31 | 01:26:50 (109) | 00:00:44 | 00:43:20 | 02:31:18 | 49 |   |      |
| 51   | 53      | HRYSZKO KAZIMIERZ     | TYCHY              | 40-LATEK TYCHY                                | Polska | 1963       | M50+      | 2          | 00:23:02 (139) | 00:01:46 | 01:18:12 (44)  | 00:01:18 | 00:47:07 | 02:31:25 | 50 |   |      |
| 52   | 109     | PARDYGAŁ TOMASZ       | KRAKÓW             | LABOSPORT TEAM                                | Polska | 1975       | M40-49    | 13         | 00:18:53 (53)  | 00:00:58 | 01:20:11 (56)  | 00:00:56 | 00:50:30 | 02:31:28 | 51 |   |      |
| 53   | 82      | SOKÓŁ ŁUKASZ          | OPOCZNO            | SOKOL RUNNING TEAM                            | Polska | 1985       | M30-39    | 26         | 00:22:49 (137) | 00:02:28 | 01:20:56 (63)  | 00:01:19 | 00:43:57 | 02:31:29 | 52 |   |      |
| 54   | 70      | MAĆKOWSKI MARCIN      | GOCZAŁKOWICE ZDRÓJ |   | Polska | 1973       | M40-49    | 14         | 00:19:30 (72)  | 00:01:28 | 01:16:49 (36)  | 00:00:59 | 00:52:44 | 02:31:30 | 53 |   |      |
| 55   | 35      | SZCZYRBOWSKI MICHAŁ   | RYBNIK             | AKADEMIAROLKARZA.PL                           | Polska | 1981       | M30-39    | 27         | 00:19:46 (76)  | 00:02:54 | 01:22:13 (78)  | 00:01:07 | 00:46:05 | 02:32:05 | 54 |   |      |
| 56   | 95      | CZESUŁA MICHAŁ        | RYBNIK             |   | Polska | 1978       | M30-39    | 28         | 00:17:40 (23)  | 00:02:06 | 01:17:25 (37)  | 00:01:14 | 00:53:45 | 02:32:10 | 55 |   |      |
| 57   | 2       | KOPYDŁOWSKI ROBERT    | OŚWIĘCIM           | WWW.E-PODRÓŻNIK.PL                            | Polska | 1992       | M18-29    | 12         | 00:19:09 (64)  | 00:01:58 | 01:21:20 (67)  | 00:00:55 | 00:49:12 | 02:32:34 | 56 |   |      |
| 58   | 108     | ORLIK MATEUSZ         | PIEKARY ŚLĄSKIE    | OPP KATOWICE , OLIVKOVELOVE                   | Polska | 1988       | M18-29    | 13         | 00:19:00 (58)  | 00:02:08 | 01:22:19 (80)  | 00:00:49 | 00:48:46 | 02:33:02 | 57 |   |      |
| 59   | 96      | KOTRA JACEK           | SMOLNICA           | GTT   | Polska | 1981       | M30-39    | 29         | 00:17:30 (17)  | 00:01:35 | 01:20:39 (59)  | 00:01:02 | 00:52:23 | 02:33:09 | 58 |   |      |
| 60   | 90      | JANUS JACEK           | ŻORY               | HRMAX ŻORY                                    | Polska | 1979       | M30-39    | 30         | 00:17:38 (21)  | 00:02:38 | 01:20:46 (60)  | 00:01:19 | 00:51:10 | 02:33:31 | 59 |   |      |
| 61   | 122     | WRONICZ PAWEŁ         | KRAKÓW             |   | Polska | 1980       | M30-39    | 31         | 00:20:25 (92)  | 00:01:52 | 01:22:11 (77)  | 00:01:48 | 00:47:42 | 02:33:58 | 60 |   |      |
| 62   | 163     | WĘGRZYK STEFAN        | WODZISŁAW ŚLĄSKI   | KS TKKF "KARLIK" WODZISŁAW ŚL.                | Polska | 1964       | M50+      | 3          | 00:18:17 (35)  | 00:01:07 | 01:16:38 (35)  | 00:00:53 | 00:57:08 | 02:34:03 | 61 |   |      |
| 63   | 140     | TWARDOKĘS MACIEJ      | BYTOM              |   | Polska | 1985       | M30-39    | 32         | 00:19:30 (73)  | 00:01:05 | 01:19:03 (46)  | 00:00:50 | 00:54:01 | 02:34:29 | 62 |   |      |
| 64   | 19      | WILK TOMASZ           | MIKOŁÓW            |   | Polska | 1978       | M30-39    | 33         | 00:19:47 (78)  | 00:02:03 | 01:22:16 (79)  | 00:00:58 | 00:50:10 | 02:35:14 | 63 |   |      |
| 65   | 89      | PAWLICA PIOTR         | JELEŚNIA           |   | Polska | 1981       | M30-39    | 34         | 00:23:58 (144) | 00:02:42 | 01:21:25 (69)  | 00:02:40 | 00:44:31 | 02:35:16 | 64 |   |      |
| 66   | 167     | SOWA KATARZYNA        | TARNOWSKIE GÓRY    | HOTEL PODIUM DIAGNOSTIX TEAM                  | Polska | 1975       | K40-49    | 1          | 00:18:41 (45)  | 00:01:39 | 01:22:55 (85)  | 00:01:02 | 00:51:01 | 02:35:18 |    | 2 |      |
| 67   | 64      | MOLIS PAWEŁ           | LIBIDZA            | JUNEK TEAM                                    | Polska | 1971       | M40-49    | 15         | 00:19:54 (81)  | 00:01:40 | 01:21:47 (73)  | 00:00:54 | 00:51:23 | 02:35:38 | 65 |   |      |
| 68   | 183     | NOWAKOWSKI JAROSŁAW   | GLIWICE            | DLA GOSI                                      | Polska | 1973       | M40-49    | 16         | 00:18:32 (41)  | 00:01:27 | 01:20:24 (57)  | 00:00:41 | 00:55:20 | 02:36:24 | 66 |   |      |
| 69   | 17      | SOBK ANDRZEJ          | CZYŻOWICE          |   | Polska | 1978       | M30-39    | 35         | 00:19:17 (68)  | 00:02:40 | 01:22:04 (74)  | 00:01:09 | 00:51:19 | 02:36:29 | 67 |   |      |
| 70   | 73      | PRAŁAT DAWID          | ZELÓW              | BIEGING TEAM ZELÓW                            | Polska | 1978       | M30-39    | 36         | 00:18:27 (40)  | 00:01:43 | 01:19:21 (48)  | 00:01:13 | 00:56:14 | 02:36:58 | 68 |   |      |
| 71   | 54      | WAGNER ROBERT         | BYTOM              |   | Polska | 1971       | M40-49    | 17         | 00:20:14 (85)  | 00:03:07 | 01:22:10 (76)  | 00:01:45 | 00:50:02 | 02:37:18 | 69 |   |      |
| 72   | 84      | CYGAN PIOTR           | ZABRZE             | OLSHCOACHING                                  | Polska | 1969       | M40-49    | 18         | 00:20:35 (103) | 00:01:48 | 01:21:01 (64)  | 00:00:52 | 00:53:19 | 02:37:35 | 70 |   |      |
| 73   | 145     | BŁOŃSKI ZBIGNIEW      | WODZISŁAW ŚLĄSKI   | POLSKIE STOWARZYSZENIE SPORTU PO TRANSPLANTAC | Polska | 1963       | M50+      | 4          | 00:19:19 (69)  | 00:01:51 | 01:20:47 (61)  | 00:01:27 | 00:54:39 | 02:38:03 | 71 |   |      |
| 74   | 186     | NOSIADEK MICHAŁ       | WODZISŁAW ŚLĄSKI   | K.S. CROSS SPORT                              | Polska | 1985       | M30-39    | 37         | 00:20:26 (93)  | 00:02:59 | 01:23:48 (91)  | 00:01:24 | 00:50:00 | 02:38:37 | 72 |   |      |
| 75   | 190     | LIZIS BARBARA         | KIELCE             | HOTEL PODIUM DIAGNOSTIX TEAM                  | Polska | 1967       | K40-49    | 2          | 00:20:37 (105) | 00:02:11 | 01:20:31 (58)  | 00:01:19 | 00:54:25 | 02:39:03 |    | 3 |      |
| 76   | 5       | MACIEJCZYK MARCIN     | GLIWICE            | AKS DRAGON                                    | Polska | 1986       | M30-39    | 38         | 00:19:07 (63)  | 00:01:55 | 01:23:36 (89)  | 00:00:52 | 00:53:39 | 02:39:09 | 73 |   |      |
| 77   | 88      | SAMIN PRZEMEK         | KATOWICE           |   | Polska | 1972       | M40-49    | 19         | 00:21:32 (119) | 00:02:11 | 01:20:52 (62)  | 00:02:11 | 00:52:26 | 02:39:12 | 74 |   |      |
| 78   | 59      | NIKIEL MARCIN         | BIELSKO - BIAŁA    | NIEZRZESZONY                                  | Polska | 1978       | M30-39    | 39         | 00:20:04 (83)  | 00:01:49 | 01:24:17 (96)  | 00:01:13 | 00:52:27 | 02:39:50 | 75 |   |      |
| 79   | 93      | BAKOTA ZBIGNIEW       | KRAKÓW             |   | Polska | 1971       | M40-49    | 20         | 00:16:46 (10)  | 00:02:23 | 01:21:47 (72)  | 00:01:54 | 00:57:09 | 02:39:59 | 76 |   |      |
| 80   | 62      | SULKA PAWEŁ           | KATOWICE           | AZAGO   | Polska | 1974       | M40-49    | 21         | 00:20:40 (107) | 00:02:10 | 01:23:01 (86)  | 00:01:16 | 00:52:53 | 02:40:00 | 77 |   |      |
| 81   | 185     | BOBRYK ŁUKASZ         | WOJKOWICE          | TRI TEAM PRACUJ.PL                            | Polska | 1988       | M18-29    | 14         | 00:19:38 (75)  | 00:01:10 | 01:19:48 (52)  | 00:00:44 | 00:58:46 | 02:40:06 | 78 |   |      |
| 82   | 194     | WANIA MIREK           | BYTOM              | BYTOM   | Polska | 1981       | M30-39    | 40         | 00:19:48 (80)  | 00:01:26 | 01:22:41 (83)  | 00:01:01 | 00:55:23 | 02:40:19 | 79 |   |      |
| 83   | 158     | TERECH TOMASZ         | RADZIONKOW         |   | Polska | 1974       | M40-49    | 22         | 00:18:03 (31)  | 00:01:39 | 01:28:47 (123) | 00:01:05 | 00:50:45 | 02:40:19 | 80 |   |      |
| 84   | 6       | ĆWIK DAREK            | BIELSKO-BIAŁA      | BESKIDY TRI SPORT TEAM                        | Polska | 1974       | M40-49    | 23         | 00:24:16 (148) | 00:02:41 | 01:26:14 (104) | 00:01:22 | 00:45:49 | 02:40:22 | 81 |   |      |
| 85   | 120     | TRZENSIOK MAREK       | BYTOM              | STOMATOLOGIA 24 H TEL.698 530 204             | Polska | 1977       | M30-39    | 41         | 00:14:56 (3)   | 00:00:42 | 01:18:10 (43)  | 00:00:59 | 01:06:20 | 02:41:07 | 82 |   |      |
| 86   | 105     | PĘCEK MARIUSZ         | TOKARNIA           |   | Polska | 1983       | M30-39    | 42         | 00:24:10 (146) | 00:03:08 | 01:25:06 (102) | 00:01:10 | 00:47:49 | 02:41:23 | 83 |   |      |

# Silesiaman Triathlon 1/4 IM

Organizator: Holistix Sports Events  
 Data: 12-06-2016  
 Dystans: 900m pływanie , 40 km rower, 10 km bieg  
 Miejscowość: Świerklaniec



| M-ce | Nr zaw. | Nazwisko Imię       | Miejscowość          | Klub  | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | Pływanie       | T1       | Rower          | T2       | Bieg     | Wynik    | M   | K | Kara     |
|------|---------|---------------------|----------------------|---|--------|------------|-----------|------------|----------------|----------|----------------|----------|----------|----------|-----|---|----------|
| 87   | 116     | FRĄCZEK TOMASZ      | KRAKÓW               |   | Polska | 1969       | M40-49    | 24         | 00:25:58 (155) | 00:02:40 | 01:21:16 (65)  | 00:01:29 | 00:50:04 | 02:41:27 | 84  |   |          |
| 88   | 104     | BARTECKI ALEKSANDER | ŻORY                 |   | Polska | 1972       | M40-49    | 25         | 00:25:17 (152) | 00:02:44 | 01:27:40 (115) | 00:00:37 | 00:46:04 | 02:42:22 | 85  |   |          |
| 89   | 1       | KOZAK ADAM          | SIEMIANOWICE ŚLĄSKIE | KUŹNIA TRIATHLONU                           | Polska | 1964       | M50+      | 5          | 00:18:33 (42)  | 00:01:36 | 01:24:53 (101) | 00:01:00 | 00:56:38 | 02:42:40 | 86  |   |          |
| 90   | 74      | ADAMCZYK GRZEGORZ   | MIKOŁÓW              | STS BIEGATON                                | Polska | 1974       | M40-49    | 26         | 00:22:17 (125) | 00:03:45 | 01:27:14 (111) | 00:01:54 | 00:47:32 | 02:42:42 | 87  |   |          |
| 91   | 164     | SALA KRZYSZTOF      | RYBNIK               |   | Polska | 1975       | M40-49    | 27         | 00:21:53 (121) | 00:01:34 | 01:22:25 (81)  | 00:01:11 | 00:51:21 | 02:43:24 | 88  |   | 00:05:00 |
| 92   | 65      | OWCZAREK TOMASZ     | CZĘSTOCHOWA          |   | Polska | 1967       | M40-49    | 28         | 00:19:23 (71)  | 00:01:11 | 01:22:05 (75)  | 00:00:47 | 01:00:21 | 02:43:47 | 89  |   |          |
| 93   | 58      | KRZYK JAROSŁAW      | TYCHY                |   | Polska | 1974       | M40-49    | 29         | 00:20:31 (100) | 00:02:20 | 01:26:45 (108) | 00:01:14 | 00:53:15 | 02:44:05 | 90  |   |          |
| 94   | 44      | BANASIK PIOTR       | KATOWICE             | BANANA SMOOTHIE                             | Polska | 1982       | M30-39    | 43         | 00:18:46 (48)  | 00:02:39 | 01:24:24 (99)  | 00:01:11 | 00:57:21 | 02:44:21 | 91  |   |          |
| 95   | 9       | STRENIOK DARIUSZ    | TARNOWSKIE GORY      | AT TEAM/TARNOGORSKIE TOWARZYSTWO TRIATHLONU | Polska | 1966       | M50+      | 6          | 00:20:32 (102) | 00:02:14 | 01:24:23 (98)  | 00:01:52 | 00:55:23 | 02:44:24 | 92  |   |          |
| 96   | 69      | MŁODZIK DANIEL      | SOSNOWIEC            |   | Polska | 1977       | M30-39    | 44         | 00:19:05 (61)  | 00:04:02 | 01:23:48 (92)  | 00:01:42 | 00:55:52 | 02:44:29 | 93  |   |          |
| 97   | 138     | ZAGRABSKI DAWID     | BIELSKO-BIAŁA        | BESKIDY TRI SPORT TEAM                      | Polska | 1975       | M40-49    | 30         | 00:20:53 (110) | 00:02:02 | 01:22:51 (84)  | 00:01:15 | 00:57:32 | 02:44:33 | 94  |   |          |
| 98   | 117     | POSTULKA ADAM       | RUDA ŚLĄSKA          | CHORZOWSKIE CENTRUM SZTUK I SPORTÓW WALKI   | Polska | 1967       | M40-49    | 31         | 00:20:20 (88)  | 00:01:38 | 01:25:35 (103) | 00:00:58 | 00:56:27 | 02:44:58 | 95  |   |          |
| 99   | 171     | WIĘCZKOWSKI PIOTR   | KATOWICE             | KUŹNIA TRIATHLONU                           | Polska | 1978       | M30-39    | 45         | 00:20:57 (111) | 00:02:10 | 01:26:57 (110) | 00:00:38 | 00:54:43 | 02:45:25 | 96  |   |          |
| 100  | 189     | SIWY SEBASTIAN      | MIKOŁÓW              | OLAX  | Polska | 1976       | M40-49    | 32         | 00:24:34 (149) | 00:04:53 | 01:22:28 (82)  | 00:01:34 | 00:51:58 | 02:45:27 | 97  |   |          |
| 101  | 12      | ZALEGA JAREK        | BĘDZIN               | GHOSTBIKERS                                 | Polska | 1971       | M40-49    | 33         | 00:20:21 (89)  | 00:01:49 | 01:24:35 (100) | 00:01:23 | 00:57:32 | 02:45:40 | 98  |   |          |
| 102  | 136     | SZAFRAŃSKI MICHAŁ   | KATOWICE             |   | Polska | 1978       | M30-39    | 46         | 00:18:50 (51)  | 00:02:10 | 01:27:26 (113) | 00:01:51 | 00:55:34 | 02:45:51 | 99  |   |          |
| 103  | 23      | JARNOT BARTŁOMIEJ   | SOSNOWIEC            | CIEPLE BAMBOSE                              | Polska | 1979       | M30-39    | 47         | 00:20:29 (97)  | 00:03:24 | 01:19:45 (51)  | 00:01:44 | 00:55:37 | 02:45:59 | 100 |   | 00:05:00 |
| 104  | 36      | BUCHAŁIK ARKADIUSZ  | CZELADŹ              |   | Polska | 1973       | M40-49    | 34         | 00:24:39 (150) | 00:02:32 | 01:28:27 (121) | 00:02:06 | 00:48:27 | 02:46:11 | 101 |   |          |
| 105  | 181     | KOWALEWSKI PIOTR    | KATOWICE             |   | Polska | 1985       | M30-39    | 48         | 00:19:20 (70)  | 00:03:38 | 01:28:30 (122) | 00:01:14 | 00:53:33 | 02:46:15 | 102 |   |          |
| 106  | 110     | HALSKA ANIA         | CIESZYN              | OLZA CIESZYN                                | Polska | 1984       | K30-39    | 2          | 00:19:04 (59)  | 00:02:34 | 01:30:12 (129) | 00:01:05 | 00:48:29 | 02:46:24 |     | 4 | 00:05:00 |
| 107  | 141     | FIREK ADRIAN        | BIELSKO-BIAŁA        |   | Polska | 1985       | M30-39    | 49         | 00:22:39 (134) | 00:02:11 | 01:24:21 (97)  | 00:01:30 | 00:55:51 | 02:46:32 | 103 |   |          |
| 108  | 61      | ADAMOWSKI ZBIGNIEW  | MYSZKÓW              | START BIELSKO-BIAŁA                         | Polska | 1979       | M30-39    | 50         | 00:23:47 (143) | 00:04:55 | 01:26:18 (106) | 00:01:41 | 00:49:55 | 02:46:36 | 104 |   |          |
| 109  | 72      | MULARCZYK SEBASTIAN | ZAWIERCIE            | VICTORIA ZAWIERCIE                          | Polska | 1977       | M30-39    | 51         | 00:20:13 (84)  | 00:01:42 | 01:21:19 (66)  | 00:00:55 | 01:02:30 | 02:46:39 | 105 |   |          |
| 110  | 20      | JACKIEWICZ MIROSŁAW | JASTRZĘBIE-ZDRÓJ     |   | Polska | 1969       | M40-49    | 35         | 00:20:27 (95)  | 00:03:25 | 01:30:25 (131) | 00:01:14 | 00:51:08 | 02:46:39 | 106 |   |          |
| 111  | 25      | WIERZBIcki ARTUR    | KĘDZIERZYN-KOŹLE     |   | Polska | 1967       | M40-49    | 36         | 00:20:27 (94)  | 00:04:10 |                |          | 00:52:27 | 02:46:56 | 107 |   |          |
| 112  | 94      | FELKA DARIUSZ       | OPOLE                |   | Polska | 1989       | M18-29    | 15         | 00:20:39 (106) | 00:01:32 | 01:23:36 (88)  | 00:01:21 | 01:00:26 | 02:47:34 | 108 |   |          |
| 113  | 103     | KISIEL ANITA        | CZĘSTOCHOWA          | WLKS KMICIC                                 | Polska | 1974       | K40-49    | 3          | 00:22:07 (122) | 00:02:09 | 01:26:15 (105) | 00:01:07 | 00:56:00 | 02:47:38 |     | 5 |          |
| 114  | 162     | LORON PIERRE        | KATOWICE             |   | FRANCE | 1987       | M18-29    | 16         | 00:19:48 (79)  | 00:02:43 | 01:29:20 (125) | 00:01:21 | 00:54:42 | 02:47:54 | 109 |   |          |
| 115  | 3       | GODYŃ JAN           | KATOWICE             | DELOITTE ADVENTURE TEAM                     | Polska | 1983       | M30-39    | 52         | 00:22:27 (128) | 00:03:54 | 01:28:14 (120) | 00:01:17 | 00:52:27 | 02:48:19 | 110 |   |          |
| 116  | 26      | KAPICA MAREK        | BYTOM                |   | Polska | 1980       | M30-39    | 53         | 00:23:01 (138) | 00:01:31 | 01:29:54 (127) | 00:00:31 | 00:53:39 | 02:48:36 | 111 |   |          |
| 117  | 101     | KWIECIEŃ KATARZYNA  | SIEWIERZ             | 3FLOW TRIATHLON TEAM                        | Polska | 1980       | K30-39    | 3          | 00:22:22 (127) | 00:00:56 | 01:24:12 (94)  | 00:00:32 | 00:55:35 | 02:48:37 |     | 6 | 00:05:00 |
| 118  | 100     | KWIECIEŃ KRYSZTYAN  | SIEWIERZ             | 3FLOW TRIATHLON TEAM                        | Polska | 1979       | M30-39    | 54         | 00:22:36 (131) | 00:00:59 | 01:24:13 (95)  | 00:00:40 | 00:55:10 | 02:48:38 | 112 |   | 00:05:00 |
| 119  | 121     | MYRMUS GRZEGORZ     | SKOCZÓW              |   | Polska | 1977       | M30-39    | 55         | 00:20:52 (109) | 00:02:16 | 01:30:05 (128) | 00:01:22 | 00:55:07 | 02:49:42 | 113 |   |          |
| 120  | 154     | SZYJKA ROBERT       | BRZESZCZE            |   | Polska | 1970       | M40-49    | 37         | 00:19:16 (67)  | 00:02:11 | 01:30:43 (133) | 00:02:15 | 00:55:44 | 02:50:09 | 114 |   |          |
| 121  | 107     | BARTECKA SABINA     | ŻORY                 | HRRMAX ŻORY                                 | Polska | 1977       | K30-39    | 4          | 00:20:48 (108) | 00:02:04 | 01:29:52 (126) | 00:00:57 | 00:56:32 | 02:50:13 |     | 7 |          |
| 122  | 175     | DEROŃ SEBASTIAN     | KRAKÓW               |   | Polska | 1984       | M30-39    | 56         | 00:19:06 (62)  | 00:02:09 | 01:27:35 (114) | 00:01:14 | 01:00:19 | 02:50:23 | 115 |   |          |
| 123  | 14      | GRZYBZYK MICHAŁ     | NOWE CHECHŁO         | TARNOGÓRSKIE TOWARZYSTWO TRIATHLONOWE       | Polska | 1974       | M40-49    | 38         | 00:20:24 (91)  | 00:01:48 | 01:23:31 (87)  | 00:01:29 | 00:58:47 | 02:50:59 | 116 |   | 00:05:00 |
| 124  | 123     | FAULHABER SZYMON    | KATOWICE             |   | Polska | 1973       | M40-49    | 39         | 00:22:30 (129) | 00:02:22 | 01:32:28 (140) | 00:01:40 | 00:52:02 | 02:51:02 | 117 |   |          |
| 125  | 155     | KUBICA PAWEŁ        | KATOWICE             |   | Polska | 1985       | M30-39    | 57         | 00:22:21 (126) | 00:01:47 | 01:28:03 (119) | 00:01:41 | 00:58:48 | 02:52:40 | 118 |   |          |
| 126  | 180     | CENDRY MARCIN       | TYCHY                |   | Polska | 1979       | M30-39    | 58         | 00:22:14 (124) | 00:01:59 | 01:27:48 (116) | 00:01:08 | 00:54:47 | 02:52:56 | 119 |   | 00:05:00 |
| 127  | 149     | KOCUR TOMASZ        | PIEKARY ŚLĄSKIE      |   | Polska | 1966       | M50+      | 7          | 00:24:11 (147) | 00:04:16 | 01:28:00 (118) | 00:01:55 | 00:54:47 | 02:53:09 | 120 |   |          |
| 128  | 63      | BYLINOWSKI OLEG     | GLIWICE              | GTT   | Polska | 1976       | M40-49    | 40         | 00:21:16 (117) | 00:01:44 | 01:38:03 (149) | 00:01:33 | 00:50:35 | 02:53:11 | 121 |   |          |
| 129  | 102     | BOMBA ROBERT        | BĘDZIN               | DAREZRUN                                    | Polska | 1978       | M30-39    | 59         | 00:20:31 (101) | 00:02:02 | 01:26:43 (107) | 00:00:50 | 01:03:29 | 02:53:35 | 122 |   |          |

# Silesiaman Triathlon 1/4 IM

Organizator: Holistix Sports Events  
 Data: 12-06-2016  
 Dystans: 900m pływanie , 40 km rower, 10 km bieg  
 Miejscowość: Świerklaniec



| M-ce | Nr zaw. | Nazwisko Imię                  | Miejscowość          | Klub                                       | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | Pływanie       | T1       | Rower          | T2       | Bieg     | Wynik    | M   | K  | Kara     |
|------|---------|--------------------------------|----------------------|--|--------|------------|-----------|------------|----------------|----------|----------------|----------|----------|----------|-----|----|----------|
| 130  | 126     | ZAWIERUCHA DAWID               | ŻYWIEC               | ZAWIERUCHA TEAM                            | Polska | 1983       | M30-39    | 60         | 00:21:11 (115) | 00:04:51 | 01:34:30 (145) | 00:01:14 | 00:52:03 | 02:53:49 | 123 |    |          |
| 131  | 131     | CEKIERA ANTONI                 | KRAKÓW               | COMBEX                                     | Polska | 1953       | M50+      | 8          | 00:19:46 (77)  | 00:03:02 | 01:27:19 (112) | 00:01:53 | 01:02:03 | 02:54:03 | 124 |    |          |
| 132  | 75      | KAŃTOCH ŁUKASZ                 | DĄBROWA GÓRNICZA     |  | Polska | 1983       | M30-39    | 61         | 00:21:00 (112) | 00:02:11 | 01:34:03 (143) | 00:01:21 | 00:55:30 | 02:54:05 | 125 |    |          |
| 133  | 31      | WŁOSEK IZA                     | DĄBROWA GÓRNICZA     | SPELEOKLUB DĄBROWA GÓRNICZA                | Polska | 1971       | K40-49    | 4          | 00:25:49 (154) | 00:01:55 | 01:24:03 (93)  | 00:01:12 | 01:02:00 | 02:54:59 |     | 8  |          |
| 134  | 147     | WAGLEWSKI KAROL                | KRAKÓW               |  | Polska | 1984       | M30-39    | 62         | 00:27:37 (156) | 00:02:58 | 01:23:46 (90)  | 00:01:06 | 00:59:42 | 02:55:09 | 126 |    |          |
| 135  | 78      | JANOWSKA MAGDALENA             | KATOWICE             | ŚLIMAK BYTKÓW                              | Polska | 1976       | K40-49    | 5          | 00:20:30 (98)  | 00:01:34 | 01:42:54 (154) | 00:00:33 | 00:49:40 | 02:55:11 |     | 9  |          |
| 136  | 169     | MACIEJOWSKA - BĄCZEK KATARZYNA | MIĘDZYRZECZE GÓRNE   |  | Polska | 1975       | K40-49    | 6          | 00:23:17 (141) | 00:02:39 | 01:31:44 (137) | 00:01:42 | 00:55:53 | 02:55:15 |     | 10 |          |
| 137  | 15      | PIETRASZEWSKI GRZEGORZ         | GLIWICE              | BRAK                                       | Polska | 1983       | M30-39    | 63         | 00:21:37 (120) | 00:01:37 | 01:29:03 (124) | 00:01:12 | 00:57:10 | 02:55:39 | 127 |    | 00:05:00 |
| 138  | 139     | CUL ALEKSANDRA                 | WĘGIERSKA GÓRKA      |  | Polska | 1989       | K18-29    | 1          | 00:19:05 (60)  | 00:01:44 | 01:34:14 (144) | 00:00:59 | 01:00:24 | 02:56:26 |     | 11 |          |
| 139  | 142     | URBAŃCZYK MARCIN               | DĄBROWA GÓRNICZA     | URBAŃCZYK DZIADU TEAM                      | Polska | 1981       | M30-39    | 64         | 00:20:00 (82)  | 00:01:40 | 01:33:25 (142) | 00:00:59 | 00:55:31 | 02:56:35 | 128 |    | 00:05:00 |
| 140  | 34      | CZICHY BARBARA                 | TARNOWSKIE GÓRY      | WKB META LUBLINIEC                         | Polska | 1966       | K40-49    | 7          | 00:22:37 (132) | 00:01:58 | 01:36:02 (146) | 00:01:11 | 00:55:46 | 02:57:34 |     | 12 |          |
| 141  | 165     | KULIG ROBERT                   | TYCHY                |  | Polska | 1984       | M30-39    | 65         | 00:24:00 (145) | 00:03:04 | 01:36:30 (148) | 00:01:33 | 00:53:42 | 02:58:49 | 129 |    |          |
| 142  | 56      | GRABSKI MICHAŁ                 | GLIWICE              | KOMBO KURCZAKI                             | Polska | 1986       | M30-39    | 66         | 00:18:41 (46)  | 00:01:51 | 01:31:27 (136) | 00:00:53 | 01:01:08 | 02:59:00 | 130 |    | 00:05:00 |
| 143  | 125     | ZAWIERUCHA OKTAWIAN            | ŻYWIEC               | ZAWIERUCHA TEAM                            | Polska | 1988       | M18-29    | 17         | 00:21:10 (114) | 00:04:55 | 01:44:02 (155) | 00:01:07 | 00:48:22 | 02:59:36 | 131 |    |          |
| 144  | 106     | JAKUBCZYK ADRIAN               | SIEWIERZ             |  | Polska | 1982       | M30-39    | 67         | 00:22:32 (130) | 00:02:46 | 01:32:58 (141) | 00:00:57 | 00:56:06 | 03:00:19 | 132 |    | 00:05:00 |
| 145  | 196     | SZURKOWSKI ANDRZEJ             | KATOWICE             | UROVITA TEAM                               | Polska | 1957       | M50+      | 9          | 00:22:48 (136) | 00:01:48 | 01:32:13 (139) | 00:01:47 | 01:02:35 | 03:01:11 | 133 |    |          |
| 146  | 129     | KALITA ANNA                    | JAWORZE              |  | Polska | 1970       | K40-49    | 8          | 00:23:04 (140) | 00:02:54 | 01:31:55 (138) | 00:01:17 | 00:57:03 | 03:01:13 |     | 13 | 00:05:00 |
| 147  | 55      | MICHAŁIK MAŁGORZATA            | GLIWICE              |  | Polska | 1982       | K30-39    | 5          | 00:22:41 (135) | 00:02:11 | 01:30:33 (132) | 00:01:31 | 01:04:19 | 03:01:15 |     | 14 |          |
| 148  | 132     | ŁUCKA JAROSŁAW                 | OŚWIĘCIM-ZABORZE     |  | Polska | 1971       | M40-49    | 41         | 00:22:38 (133) | 00:04:54 | 01:27:57 (117) | 00:02:29 | 01:05:03 | 03:03:01 | 134 |    |          |
| 149  | 157     | KALETA PIOTR                   | KRAKÓW               |  | Polska | 1976       | M40-49    | 42         | 00:22:08 (123) | 00:04:24 | 01:30:22 (130) | 00:01:06 | 01:05:01 | 03:03:01 | 135 |    |          |
| 150  | 192     | KOWALSKI MARCIN                | SOSNOWIEC            | 3FLOW TRIATHLON TEAM                       | Polska | 1981       | M30-39    | 68         | 00:20:22 (90)  | 00:01:53 | 01:36:06 (147) | 00:01:41 | 01:07:38 | 03:07:40 | 136 |    |          |
| 151  | 52      | WYLĘŻEK MAREK                  | ŚWIERKLANIEC         | KS LOK GWAREK TARNOWSKIE GÓRY              | Polska | 1978       | M30-39    | 69         | 00:30:16 (158) | 00:03:49 | 01:30:53 (134) | 00:00:38 | 01:03:36 | 03:09:12 | 137 |    |          |
| 152  | 148     | KOCUR PAWEŁ                    | PIEKARY ŚLĄSKIE      |  | Polska | 1995       | M18-29    | 18         | 00:21:26 (118) | 00:04:23 | 01:40:49 (152) | 00:01:47 | 01:01:30 | 03:09:55 | 138 |    |          |
| 153  | 193     | ŁOZA WOJCIECH                  | BYTOM                |  | Polska | 1971       | M40-49    | 43         | 00:23:27 (142) | 00:01:56 | 01:39:25 (150) | 00:01:44 | 01:04:05 | 03:10:37 | 139 |    |          |
| 154  | 191     | SZWEDA JACEK                   | SIEMIANOWICE ŚLĄSKIE |  | Polska | 1974       | M40-49    | 44         | 00:25:45 (153) | 00:03:30 | 01:39:38 (151) | 00:00:27 | 01:02:20 | 03:11:40 | 140 |    |          |
| 155  | 134     | KOLENDA PIOTR                  | CHORZÓW BATORY       | HOSPICIUM ŚW.FRANCISZKA                    | Polska | 1968       | M40-49    | 45         | 00:24:43 (151) | 00:04:53 | 01:42:45 (153) | 00:01:25 | 01:00:33 | 03:14:19 | 141 |    |          |
| 156  | 43      | ZALESKI RAFAŁ                  | TARNOWSKIE GÓRY      |  | Polska | 1977       | M30-39    | 70         |                |          |                |          |          | 03:15:15 | 142 |    |          |
| 157  | 45      | CIASO SEBASTIAN                | PRZECZLEBIE          |  | Polska | 1985       | M30-39    | 71         | 00:18:54 (55)  | 00:02:44 | 01:31:08 (135) | 00:01:22 | 01:20:07 | 03:19:15 | 143 |    | 00:05:00 |
| 158  | 48      | SAWER JOANNA                   | BYTOM                | PRZEDSTAWICIEL RODZICÓW SP NR 46 W BYTOMIU | Polska | 1974       | K40-49    | 9          | 00:21:09 (113) | 00:03:54 | 01:44:55 (156) | 00:00:48 | 01:12:20 | 03:23:06 |     | 15 |          |
| 159  | 118     | MICHALCZUK ZENON               | SANOK                |  | Polska | 1957       | M50+      | 10         | 00:29:39 (157) | 00:06:11 |                |          | 01:13:41 | 03:28:47 | 144 |    |          |