

**Triathlon Garwoliński**  
**Garwolin, 29.06.2024**  
**dystans: 750/20/5**  
**WYNIKI**

| MSC | IMIĘ       | NAZWISKO      | NR  | PŁEĆ | KLUB                                 | KAT.    | MSC/KAT. | PŁYWANIE | T1      | ROWER   | T2      | META    |
|-----|------------|---------------|-----|------|--------------------------------------|---------|----------|----------|---------|---------|---------|---------|
| 1   | Mateusz    | Tkaczyk       | 78  | M    | PZU Sport Team                       | Elita M | 1        | 0:13:19  | 0:14:52 | 0:44:47 | 0:45:48 | 1:05:03 |
| 2   | Sebastian  | Karaś         | 25  | M    | SK TRISWIM Team                      | Elita M | 2        | 0:12:28  | 0:14:27 | 0:46:37 | 0:47:32 | 1:06:27 |
| 3   | Michał     | Jadach        | 110 | M    | Mexicana                             | Elita M | 3        | 0:14:34  | 0:15:53 | 0:47:43 | 0:48:47 | 1:07:55 |
| 4   | Tomasz     | Suchodolski   | 73  | M    |                                      | M16-29  | 1        | 0:15:58  | 0:17:32 | 0:47:55 | 0:48:50 | 1:08:17 |
| 5   | Tomasz     | Bujko         | 8   | M    | Victus Rębków                        | M40     | 1        | 0:12:46  | 0:14:00 | 0:44:57 | 0:46:03 | 1:08:20 |
| 6   | Jarek      | Malinowski    | 47  | M    | Karaś TRISwim Team / TriMaliny       | M40     | 2        | 0:13:09  | 0:14:20 | 0:47:43 | 0:48:47 | 1:08:33 |
| 7   | Maciej     | Pietrzykowski | 58  | M    | SK TRISWIM Team                      | M30     | 1        | 0:12:38  | 0:13:44 | 0:46:39 | 0:47:35 | 1:08:45 |
| 8   | Artur      | Kielak        | 28  | M    | Triathletes performance / Melvit Run | M30     | 2        | 0:14:48  | 0:16:04 | 0:47:56 | 0:49:02 | 1:10:28 |
| 9   | Mariusz    | Wasilewski    | 86  | M    | KS Start Pułaski Warki               | M40     | 3        | 0:14:29  | 0:15:52 | 0:47:45 | 0:48:41 | 1:10:33 |
| 10  | Rafał      | Kabot         | 24  | M    | Ks Start Pułaski                     | M16-29  | 2        | 0:13:22  | 0:14:41 | 0:47:42 | 0:48:32 | 1:10:36 |
| 11  | Karol      | Pawłowski     | 57  | M    |                                      | M30     | 3        | 0:14:34  | 0:16:01 | 0:48:26 | 0:49:26 | 1:11:19 |
| 12  | Krzysztof  | Goryński      | 20  | M    | SK TRISWIM Team                      | M40     | 4        | 0:14:52  | 0:16:16 | 0:50:01 | 0:51:37 | 1:12:06 |
| 13  | Marcin     | Poncyliusz    | 59  | M    |                                      | M30     | 4        | 0:14:23  | 0:15:38 | 0:49:10 | 0:50:08 | 1:12:49 |
| 14  | Marek      | Traczyk       | 79  | M    | The Luzers                           | M50     | 1        | 0:15:29  | 0:17:35 | 0:50:30 | 0:51:39 | 1:12:53 |
| 15  | Michał     | Kąkol         | 26  | M    | RaceFighter GOSiR Dębe Wlk.          | M30     | 5        | 0:15:37  | 0:18:06 | 0:50:22 | 0:51:31 | 1:13:05 |
| 16  | Paweł      | Kubajewski    | 37  | M    | IRON TRUCKER                         | M30     | 6        | b.d.     | b.d.    | 0:49:50 | 0:50:41 | 1:13:59 |
| 17  | Marcin     | Banaszkiewicz | 2   | M    | Lider Winnica                        | M40     | 5        | 0:16:09  | 0:17:54 | 0:50:27 | 0:51:38 | 1:14:10 |
| 18  | Piotr      | Sochański     | 66  | M    | KS Start Pułaski Warka               | M30     | 7        | 0:15:40  | 0:17:37 | 0:49:55 | 0:51:21 | 1:14:27 |
| 19  | Grzegorz   | Gabler        | 15  | M    | KS START PUŁASKI WARKA               | M30     | 8        | 0:14:53  | 0:15:57 | 0:49:52 | 0:50:52 | 1:14:34 |
| 20  | Andrzej    | Kurkiewicz    | 40  | M    |                                      | M50     | 2        | 0:14:14  | 0:15:30 | 0:49:01 | 0:50:25 | 1:14:36 |
| 21  | Rafał      | Okoń          | 54  | M    | Nowa Wola                            | M30     | 9        | 0:17:57  | 0:18:49 | 0:52:24 | 0:53:40 | 1:14:38 |
| 22  | Jan        | Sierański     | 65  | M    |                                      | M30     | 10       | 0:14:39  | 0:16:28 | 0:50:20 | 0:52:26 | 1:15:23 |
| 23  | Krzysztof  | Gawin         | 17  | M    | IKS Warsaw Wings                     | M30     | 11       | 0:13:35  | 0:14:44 | 0:52:17 | 0:53:17 | 1:15:38 |
| 24  | Grzegorz   | Zambrowski    | 95  | M    | Trinity Triathlon                    | M30     | 12       | 0:16:03  | 0:17:40 | 0:51:14 | 0:52:33 | 1:15:42 |
| 25  | Maciej     | Brener        | 7   | M    | Kuźnia Triathlonu                    | M40     | 6        | 0:14:29  | 0:16:33 | 0:49:56 | 0:51:42 | 1:15:45 |
| 26  | Marcin     | Komoszyński   | 30  | M    | Triathlon Siedlce Club               | M30     | 13       | 0:13:56  | 0:15:23 | 0:49:13 | 0:50:37 | 1:16:12 |
| 27  | Michał     | Wysokiński    | 107 | M    | Neon Team                            | M50     | 3        | 0:14:22  | 0:15:48 | 0:49:37 | 0:51:29 | 1:16:16 |
| 28  | Jacek      | Winiarczyk    | 89  | M    | KS START PUŁASKI WARKA               | M50     | 4        | 0:13:32  | 0:14:56 | 0:52:08 | 0:53:21 | 1:16:53 |
| 29  | Łukasz     | Dzięcielski   | 13  | M    | DTZ                                  | M40     | 7        | 0:16:31  | 0:18:45 | 0:54:50 | 0:56:20 | 1:17:25 |
| 30  | Kamil      | Zawadka       | 98  | M    | STOPKA PILAWA                        | M30     | 14       | 0:16:36  | 0:18:46 | 0:53:33 | 0:54:43 | 1:17:36 |
| 31  | Lukasz     | Zmyslowski    | 101 | M    |                                      | M40     | 8        | 0:15:57  | 0:18:54 | 0:52:38 | 0:54:35 | 1:17:51 |
| 32  | Piotr      | Liber         | 43  | M    | The Luzers                           | M40     | 9        | 0:16:42  | 0:18:59 | b.d.    | b.d.    | 1:18:02 |
| 33  | Wojciech   | Mąka          | 50  | M    | Kaziki                               | M40     | 10       | 0:15:48  | 0:17:10 | 0:50:04 | 0:52:21 | 1:18:16 |
| 34  | Przemysław | Trzaskowski   | 80  | M    | Team Karaś                           | M30     | 15       | 0:14:48  | 0:16:08 | 0:49:12 | 0:50:29 | 1:18:51 |
| 35  | Miłosz     | Goliszewski   | 19  | M    |                                      | M16-29  | 3        | 0:13:31  | 0:14:58 | 0:53:32 | b.d.    | 1:19:01 |
| 36  | Agnieszka  | Flont         | 14  | K    |                                      | Elita K | 1        | 0:16:40  | 0:18:48 | 0:54:48 | 0:56:11 | 1:19:45 |
| 37  | Zenon      | Michalik      | 51  | M    | Towarzystwo Biesiadno Sportowe       | M60     | 1        | 0:18:15  | 0:19:41 | 0:54:49 | 0:56:22 | 1:19:45 |
| 38  | Marek      | Zieliński     | 108 | M    | Towarzystwo Biesiadno Sportowe       | M50     | 5        | 0:17:24  | 0:19:34 | 0:57:06 | 0:57:54 | 1:19:57 |
| 39  | Marcin     | Pawlina       | 56  | M    |                                      | M40     | 11       | 0:15:50  | 0:17:00 | 0:52:46 | 0:54:43 | 1:20:11 |

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|    |            |              |     |   |                                      |         |    |         |         |         |         |         |
|----|------------|--------------|-----|---|--------------------------------------|---------|----|---------|---------|---------|---------|---------|
| 40 | Bartłomiej | Garnek       | 16  | M | JTENDO                               | M30     | 16 | 0:20:44 | 0:23:01 | 0:57:33 | 0:58:46 | 1:20:16 |
| 41 | Damian     | Sucholewski  | 74  | M | Lamus Team                           | M40     | 12 | 0:17:05 | 0:18:29 | 0:54:17 | 0:56:08 | 1:20:22 |
| 42 | Ewelina    | Malinowska   | 46  | K | SK tri swim team                     | Elita K | 2  | 0:15:39 | 0:17:12 | 0:53:32 | 0:54:56 | 1:20:39 |
| 43 | Tomasz     | Janeczko     | 104 | M | Tri-Alien                            | M40     | 13 | 0:17:45 | 0:18:57 | 0:54:27 | 0:55:43 | 1:20:51 |
| 44 | Joanna     | Wasilewska   | 85  | K |                                      | Elita K | 3  | 0:17:49 | 0:19:29 | 0:54:46 | 0:56:29 | 1:21:10 |
| 45 | Łukasz     | Staroń       | 67  | M |                                      | M30     | 17 | 0:13:13 | 0:14:43 | 0:51:29 | 0:52:53 | 1:21:22 |
| 46 | Zofia      | Kubit        | 38  | K | EI Tourmalet- Club Ciclista Estepona | K40     | 1  | 0:17:53 | 0:19:31 | 0:54:44 | 0:56:18 | 1:21:41 |
| 47 | Michał     | Lewandowski  | 105 | M |                                      | M30     | 18 | 0:15:09 | 0:16:55 | 0:54:41 | 0:55:49 | 1:21:45 |
| 48 | Rafał      | Urbanowicz   | 83  | M | KAZIKI                               | M40     | 14 | 0:14:50 | 0:17:04 | 0:50:08 | 0:52:11 | 1:21:50 |
| 49 | Wojciech   | Cieślak      | 10  | M |                                      | M30     | 19 | 0:17:18 | 0:19:06 | 0:55:31 | 0:56:47 | 1:21:59 |
| 50 | Krzysztof  | Konopiński   | 132 | M | Funex Sports                         | M30     | 20 | 0:18:22 | 0:20:56 | 0:56:20 | 0:57:22 | 1:22:34 |
| 51 | Piotr      | Kowalski     | 35  | M |                                      | M40     | 15 | 0:20:19 | 0:22:15 | 0:57:31 | 0:58:34 | 1:22:42 |
| 52 | Paweł      | Zalewski     | 93  | M | PZU Sport Team                       | M40     | 16 | 0:17:43 | 0:19:45 | 0:56:28 | 0:57:39 | 1:22:48 |
| 53 | Michał     | Kąkolecki    | 27  | M | The Luzers                           | M50     | 6  | 0:14:53 | 0:17:11 | 0:53:39 | 0:55:15 | 1:22:51 |
| 54 | Dariusz    | Poszeleżny   | 61  | M | JTENDO                               | M50     | 7  | 0:17:38 | 0:19:22 | 0:56:29 | 0:58:08 | 1:22:56 |
| 55 | Tomasz     | Biernacki    | 4   | M |                                      | M40     | 17 | 0:17:43 | 0:19:24 | 0:57:58 | 0:59:01 | 1:23:15 |
| 56 | Grzegorz   | Rychlik      | 63  | M |                                      | M40     | 18 | 0:22:15 | 0:23:56 | 1:00:12 | 1:01:19 | 1:23:15 |
| 57 | Anna       | Golba        | 18  | K | Relentless Team                      | K40     | 2  | 0:16:59 | 0:18:21 | 0:56:15 | 0:57:37 | 1:23:33 |
| 58 | Kamil      | Pierzchalski | 114 | M |                                      | M30     | 21 | 0:14:36 | 0:17:23 | 0:54:31 | 0:56:39 | 1:24:23 |
| 59 | Marcin     | Ziółek       | 100 | M | The Luzers                           | M40     | 19 | 0:19:07 | 0:21:08 | 0:56:04 | 0:57:08 | 1:24:39 |
| 60 | Paweł      | Światłowski  | 77  | M | Endless Pain                         | M40     | 20 | 0:16:21 | 0:17:39 | 0:53:37 | 0:54:53 | 1:24:56 |
| 61 | Piotr      | Wątek        | 84  | M | Velo Łosie                           | M50     | 8  | 0:16:35 | 0:19:31 | 0:57:17 | 0:58:59 | 1:25:23 |
| 62 | Robert     | Mikulski     | 53  | M | DOWÓDZTWO OPERACYJNE RSZ             | M40     | 21 | 0:18:17 | 0:20:36 | 1:00:52 | 1:01:47 | 1:25:33 |
| 63 | Andrzej    | Urban        | 82  | M | Yulo Run Team Siedlce                | M30     | 22 | b.d.    | 0:20:22 | 0:59:21 | 1:00:10 | 1:25:58 |
| 64 | Jolanta    | Bojarczuk    | 6   | K | Ruch Izbica                          | K40     | 3  | 0:18:22 | 0:20:04 | 0:58:36 | 0:59:56 | 1:26:03 |
| 65 | Jarosław   | Mikołajczuk  | 52  | M | Międzyrzecka Grupa Biegowa           | M50     | 9  | 0:18:44 | 0:20:31 | 0:58:42 | 1:00:04 | 1:26:04 |
| 66 | Piotr      | Stasiewicz   | 68  | M | jtendo                               | M40     | 22 | 0:14:11 | 0:16:38 | 0:53:58 | 0:55:31 | 1:26:49 |
| 67 | Andrzej    | Sender       | 64  | M |                                      | M50     | 10 | 0:13:45 | 0:16:05 | 0:55:54 | 0:57:50 | 1:27:23 |
| 68 | Marek      | Strzelecki   | 71  | M |                                      | M60     | 2  | 0:18:08 | 0:20:15 | 0:57:10 | 0:58:30 | 1:27:28 |
| 69 | Iga        | Jagiełło     | 21  | K | HYDRA                                | K30     | 1  | 0:16:56 | 0:19:36 | 1:00:57 | 1:02:01 | 1:27:58 |
| 70 | Wacław     | Curyło       | 11  | M | Boguszków Team                       | M60     | 3  | 0:18:52 | 0:20:13 | 0:56:26 | 0:57:36 | 1:28:04 |
| 71 | Damian     | Strzelec     | 70  | M |                                      | M40     | 23 | 0:18:29 | 0:20:48 | 0:58:04 | 0:59:05 | 1:28:09 |
| 72 | Jakub      | Kołodziej    | 29  | M | Triathlon Lublin Team                | M50     | 11 | 0:18:35 | 0:20:45 | 0:58:44 | 1:00:09 | 1:28:16 |
| 73 | Bartosz    | Węglowski    | 88  | M | LiTT                                 | M30     | 23 | 0:16:18 | 0:18:12 | 0:53:34 | 0:55:29 | 1:28:45 |
| 74 | Marta      | Ambroziak    | 1   | K |                                      | K30     | 2  | 0:15:52 | 0:17:20 | 0:57:34 | 0:58:52 | 1:28:51 |
| 75 | Jakub      | Dalba        | 12  | M |                                      | M30     | 24 | 0:16:22 | 0:18:28 | 0:57:07 | 0:58:06 | 1:29:14 |
| 76 | Jan        | Szczypek     | 75  | M | Dzik Team Leczna                     | M60     | 4  | 0:19:40 | 0:21:31 | 0:59:21 | 1:00:57 | 1:29:25 |
| 77 | Vadzim     | Barouski     | 3   | M | RUNWAWARUN                           | M30     | 25 | 0:18:10 | 0:19:50 | 1:01:21 | 1:02:52 | 1:29:56 |
| 78 | Mateusz    | Szewczyk     | 76  | M | Sushi TEAM                           | M30     | 26 | 0:22:21 | 0:23:43 | 1:01:49 | 1:03:11 | 1:30:04 |
| 79 | Kuba       | Matuszczyk   | 49  | M |                                      | M30     | 27 | 0:18:19 | 0:22:29 | 1:01:44 | 1:02:56 | 1:30:31 |

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|     |           |               |     |   |                        |        |    |         |         |         |         |         |
|-----|-----------|---------------|-----|---|------------------------|--------|----|---------|---------|---------|---------|---------|
| 80  | Mateusz   | Poncyliusz    | 60  | M |                        | M30    | 28 | 0:18:11 | 0:20:55 | 1:00:26 | 1:01:40 | 1:30:45 |
| 81  | Joanna    | Zambrowska    | 94  | K | Trinity Triathlon Team | K30    | 3  | 0:18:30 | 0:20:28 | 1:01:54 | 1:03:17 | 1:30:53 |
| 82  | Maciej    | Zysek         | 103 | M | Stopka Pilawa          | M30    | 29 | 0:18:30 | 0:20:53 | 1:01:41 | 1:02:59 | 1:31:23 |
| 83  | Marceli   | Parandyk      | 55  | M |                        | M16-29 | 4  | 0:20:46 | 0:22:24 | 1:01:41 | 1:03:59 | 1:31:36 |
| 84  | Katarzyna | Macewicz      | 45  | K | KS Start Pułaski Warka | K50    | 1  | 0:19:48 | 0:22:24 | 1:02:23 | 1:03:48 | 1:32:14 |
| 85  | Andrzej   | Wegiera       | 109 | M |                        | M50    | 12 | 0:20:10 | 0:22:22 | 1:02:14 | 1:03:55 | 1:32:15 |
| 86  | Malgosia  | Kosmala       | 33  | K | Triwawa                | K30    | 4  | 0:19:53 | 0:22:13 | 1:02:45 | 1:04:22 | 1:32:39 |
| 87  | Katarzyna | Wojciechowska | 91  | K | Im inspiration         | K30    | 5  | 0:17:33 | 0:19:07 | 0:59:02 | 1:00:32 | 1:33:57 |
| 88  | Ewa       | Wińska        | 90  | K |                        | K30    | 6  | 0:19:04 | 0:20:33 | 1:05:16 | 1:06:12 | 1:34:53 |
| 89  | Michał    | Wieteska      | 112 | M |                        | M40    | 24 | 0:20:42 | 0:24:49 | 1:05:04 | 1:07:20 | 1:37:06 |
| 90  | Krzysztof | Wycisłowski   | 113 | M | MKB Dreptak            | M60    | 5  | 0:20:23 | 0:23:32 | 1:06:24 | 1:08:09 | 1:38:20 |
| 91  | Nicole    | Styk          | 72  | K |                        | K40    | 4  | 0:19:46 | 0:21:27 | 1:08:33 | 1:09:33 | 1:38:42 |
| 92  | Bożena    | Chmielewska   | 9   | K | TSA SANDOMIERZ         | K50    | 2  | 0:20:13 | 0:22:12 | 1:07:43 | 1:09:29 | 1:40:15 |
| 93  | Łukasz    | Jesiotr       | 23  | M | Stopka Pilawa          | M30    | 30 | 0:29:12 | 0:31:49 | 1:14:29 | b.d.    | 1:41:29 |
| 94  | Jakub     | Twardowski    | 81  | M |                        | M16-29 | 5  | 0:21:52 | 0:26:00 | 1:12:22 | 1:13:35 | 1:44:35 |
| 95  | Grzegorz  | Zarebski      | 96  | M | Szarne Ślimaki         | M40    | 25 | 0:20:42 | 0:24:17 | 1:11:32 | 1:12:49 | 1:45:00 |
| 96  | Mirosław  | Raczyński     | 62  | M |                        | M60    | 6  | 0:21:07 | 0:23:11 | 1:05:15 | 1:07:21 | 1:45:14 |
| 97  | Izabela   | Małachowska   | 48  | K | Runners Team Quibl     | K40    | 5  | 0:20:19 | 0:24:36 | 1:10:14 | 1:12:03 | 1:48:06 |
| 98  | Agnieszka | Kasperowska   | 111 | K |                        | K50    | 3  | 0:24:42 | 0:28:40 | 1:15:59 | 1:17:44 | 1:57:03 |
| 99  | Daniel    | Łojarczyk     | 44  | M | Szarne ślimaczki       | M30    | 31 | 0:27:03 | 0:30:57 | 1:19:28 | 1:20:59 | 1:57:04 |
| 100 | Jacek     | Zmysłowski    | 102 | M |                        | M60    | 7  | 0:20:52 | 0:25:30 | 1:16:12 | 1:18:20 | 2:01:40 |
| 101 | Magdalena | Błaszczak     | 5   | K | Kuźnia Triathlonu      | K40    | 6  | 0:19:58 | 0:23:32 | 1:28:12 | 1:29:28 | 2:04:59 |
| 102 | Paulina   | Czeredys      | 116 | K |                        | K16-29 | 1  | 0:27:55 | 0:31:39 | 1:27:57 | 1:29:10 | 2:11:58 |