

Triathlon Warnija - Dywity 2023 - INDYWIDUALNIE 1/8 IM (400 m - 22 km - 5 km)

Klasyfikacja: OPEN Mężczyźni



M-ce	Nr start.	Nazwisko i imię	Miejscowość	Drużyna	Rok urodz.	Kat. wiek.	Tempo min/km	Tempo km/h	po pływaniu	po zmianie	po rowerze	po zmianie	po 1 petli biegu	Czas netto	Wynik (brutto)
1	374	Kurp Marcin	Dobre Miasto	Kuropatwa Team	1983	M40-49	02:48	21.6	08:13	09:27	56:17	56:30	01:06:39	01:16:16	01:16:17
2	381	Jakubowski Jakub	Olsztyn	Najmowicz Triathlon	1990	M30-39	02:51	21.1	07:27	08:49	57:14	57:44	01:07:47	01:17:47	01:17:48
3	363	Skalecki Łukasz	Bartąg	PersonalTriathlon	1987	M30-39	02:57	20.3	09:00	10:19	01:00:24	01:01:08	01:11:03	01:21:02	01:21:03
4	370	Holender Sebastian	Olsztyn	Kuropatwa Team	1982	M40-49	02:59	20.1	07:59	09:31	59:37	01:00:23	01:11:17	01:21:57	01:21:58
5	367	Chojnowski Łukasz	Olsztyn	Chojna Brothers	1985	M30-39	03:03	19.8	10:51	12:58	01:02:19	01:02:31	01:12:51	01:23:08	01:23:09
6	356	Sarol Adrian	Olsztyn	Heart Team Olsztyn	1989	M30-39	03:10	19	08:04	09:29	01:04:25	01:04:51	01:15:47	01:26:36	01:26:36
7	359	Horszczaruk Jacek	Warszawa		1967	M50-59	03:12	18.8	08:34	09:29	01:03:41	01:04:27	01:16:00	01:27:13	01:27:14
8	386	Kapela Łukasz	Olsztyn		1988	M30-39	03:15	18.5	09:54	11:45	01:04:06	01:04:54	01:17:21	01:29:02	01:29:03
9	371	Pieczkowski Hubert	Dywity	Team Warnija	1974	M40-49	03:16	18.3	12:54	14:15	01:02:59	01:04:01	01:16:58	01:29:35	01:29:36
10	366	Sułkowski Dariusz	Olsztyn	team myGym	1969	M50-59	03:19	18.1	11:00			01:06:23	01:18:27	01:30:47	01:30:47
11	344	Ruszkowski Łukasz	Olsztyn		1990	M30-39	03:22	17.9	09:52			01:09:06	01:20:50	01:31:58	01:31:58
12	352	Stypułkowski Marcin	Kaplityny		1989	M30-39	03:23	17.8	12:14	13:22	01:08:12	01:08:55	01:20:48	01:32:22	01:32:23
13	364	Grycuk Mirek	Olsztyn	PersonalTriathlon	1981	M40-49	03:24	17.7	09:15	10:28	01:08:59	01:09:52	01:21:18	01:32:42	01:32:43
14	383	Lisowski Przemek	Dywity	ctmir Spaszewski	1976	M40-49	03:29	17.3	12:47	14:14	01:11:20	01:11:47	01:23:22	01:35:16	01:35:16
15	341	Narodowski Piotr	Biskupiec		1980	M40-49	03:30	17.2	11:04	13:56	01:10:43	01:11:40	01:23:29	01:35:27	01:35:28
16	350	Cieszyński Michał	Olsztyn		1982	M40-49	03:30	17.1	09:47	11:22	01:10:45	01:11:38	01:23:59	01:35:54	01:35:54
17	382	Chojnowski Piotr	Dywity	Chojna Brothers	1977	M40-49	03:32	17	11:59	13:58	01:10:38	01:11:28	01:23:58	01:36:25	01:36:26
18	369	Tarkowian Karol	Olsztyn		1985	M30-39	03:34	16.8	14:14	17:19	01:09:01	01:10:31	01:24:52	01:38:06	01:38:06
19	343	Sienkiewicz Wojciech	Olsztyn	Kriss Coaching	1959	M60+	03:37	16.6	11:21	13:47	01:13:45		01:27:26	01:39:20	01:39:20
20	347	Rykowski Paweł	Barczewko		1977	M40-49	03:41	16.4	12:08	14:57	01:14:28	01:15:21	01:28:03	01:40:30	01:40:31
21	375	Guski Paweł	Dobre Miasto		1984	M30-39	03:40	16.4	14:42	17:09	01:14:13	01:15:42	01:28:22	01:40:31	01:40:32
22	358	Koper Piotr	Olsztyn		1973	M50-59	03:43	16.2	11:07	12:21	01:13:42	01:14:26	01:41:29	01:41:30	01:41:30
23	376	Kościeszka Robert	Olsztyn	Tri NEGU / Najmowicz Triathlon	1972	M50-59	03:43	16.2	08:25	10:57	01:14:13	01:14:42	01:28:18	01:41:39	01:41:39
24	361	Kowalski Grzegorz	Olsztyn	ORANGE Polska	1974	M40-49	03:43	16.2	12:20	14:59	01:19:19	01:20:02	01:30:51	01:41:42	01:41:43
25	385	Kostek Mateusz	Kieźliny	TerazToRuszy	1996	M20-29	03:43	16.2	12:54	16:34	01:12:44	01:13:29	01:27:40	01:41:45	01:41:45
26	380	Kulas Kamil	Kieźliny		1991	M30-39	03:45	16.1	11:14	14:33	01:17:39	01:18:30	01:30:31	01:42:19	01:42:19
27	384	Lenda Krystian	Wadąg	team myGym	1982	M40-49	03:44	16.1	13:15	16:38	01:14:27	01:15:15	01:30:16	01:42:22	01:42:22
28	362	Adamiuk Szymon	Olsztyn	Adamiuk Granit Team	2004	M18-19	03:44	16	11:08	13:20	01:11:21	01:12:06	01:28:08	01:42:30	01:42:31
29	342	Filipkowski Łukasz	Olsztyn	team myGym	1991	M30-39	03:48	15.8	17:05	19:10	01:18:38	01:19:11	01:31:50	01:44:00	01:44:01
30	357	Głogowski Kamil	Olsztyn		1987	M30-39	03:48	15.7	14:23	17:03	01:21:51	01:22:39	01:33:24	01:44:24	01:44:25
31	368	Kłos Jan	Olsztyn	URWIS BIEGA	1964	M50-59	03:54	15.3	13:06	16:02	01:21:23	01:22:34	01:34:54	01:47:13	01:47:14
32	379	Czuryło Piotr	Kieźliny		1990	M30-39	04:03	14.8	12:30	14:36	01:18:04	01:20:19	01:35:30	01:50:57	01:50:58
33	340	Grabowski Szymon	Wadąg		1987	M30-39	04:06	14.6	11:10	14:43	01:19:30	01:21:07	01:36:48	01:52:15	01:52:16
34	373	Gotowski Daniel	Dywity	Akademia Zdrowego Stylu Życia URUZ Dywity	1976	M40-49	04:10	14.4	12:32	15:28	01:25:04	01:25:34	01:39:23	01:53:55	01:53:55
35	345	Suświłło Marek	Giedajty		1981	M40-49	04:17	14.1	16:48	20:19	01:22:54	01:23:56	01:39:58	01:56:56	01:56:57
36	354	Ciesielski Piotr	Maksymilianowo		1971	M50-59	04:22	13.7	12:22	17:24	01:30:47	01:31:44	01:46:20	01:59:37	01:59:37
37	353	Durak Jerzy	Spręcowo		1954	M60+	04:22	13.7				01:25:44	01:42:58	01:59:37	01:59:37
38	346	Gilon Jakub	Olsztyn	Trzy księżycy w jenej linii ...	1986	M30-39	04:35	13.1				01:31:17	01:48:32	02:05:26	02:05:26
DNF	348	Łaskowski Tomasz	Olecko		1970	M50-59		0	12:44						