

# VI Duathlon Makowski

## Wyniki OPEN K/M



2018-09-09, Maków Mazowiecki

| M-ce           | Nr | Nazwisko i imię             | Miasto            | Klub                              | Kat./m-ce     | Bieg 5km      | T1            | Rower 22km    | T2            | Bieg 2,5km    | Wynik             |
|----------------|----|-----------------------------|-------------------|-----------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|-------------------|
| <b>Kobiety</b> |    |                             |                   |                                   |               |               |               |               |               |               |                   |
| 1.             | 58 | Pastwa Katarzyna            | Poznań            | Żółwik Beczka i Piąteczka         | K3 / (Kl.gen) | 22:02,42 (1)  | 00:32,72 (1)  | 35:37,75 (1)  | 00:27,78 (1)  | 10:58,29 (1)  | <b>1:09:38,98</b> |
| 2.             | 74 | Sierpińska Anna             | Serock            | Tri-Level                         | K3 / (Kl.gen) | 23:38,38 (4)  | 00:49,21 (6)  | 36:17,49 (3)  | 00:36,83 (3)  | 12:02,02 (4)  | <b>1:13:23,95</b> |
| 3.             | 80 | Szurnicka Gosia             | Ostrołęka         | Szura Team                        | K4 / (Kl.gen) | 23:19,12 (2)  | 01:19,40 (11) | 36:09,01 (2)  | 01:19,00 (11) | 11:28,37 (2)  | <b>1:13:34,91</b> |
| 4.             | 91 | Włodarczak Agata            | Bydgoszcz         | TriSpace                          | K2 / (1)      | 23:26,34 (3)  | 00:59,24 (8)  | 37:39,52 (4)  | 00:47,71 (6)  | 12:10,31 (5)  | <b>1:15:03,15</b> |
| 5.             | 18 | Dobaj - Zerek Magdalena     | Warszawa          | Mad-Z                             | K3 / (1)      | 23:45,81 (6)  | 01:28,91 (12) | 43:09,45 (5)  | 01:19,74 (12) | 11:54,46 (3)  | <b>1:21:38,39</b> |
| 6.             | 19 | Fabisiak Agnieszka          | Gostynin          | Trening Room 92'                  | K3 / (2)      | 23:39,80 (5)  | 00:43,29 (3)  | 49:19,80 (10) | 00:40,30 (5)  | 13:03,58 (6)  | <b>1:27:26,78</b> |
| 7.             | 39 | Lis Katarzyna               | Marki             | LITT                              | K2 / (2)      | 28:53,06 (11) | 01:01,73 (9)  | 45:19,51 (8)  | 00:51,31 (7)  | 14:49,61 (10) | <b>1:30:55,24</b> |
| 8.             | 44 | Markowska Małgorzata        | Warszawa          |                                   | K3 / (3)      | 26:53,58 (8)  | 00:40,38 (2)  | 50:18,52 (12) | 00:35,53 (2)  | 13:46,93 (7)  | <b>1:32:14,96</b> |
| 9.             | 83 | Szynwelska-Leśnik Katarzyna | Maków Mazowiecki  | KS Maków Biega                    | K3 / (4)      | 26:53,15 (7)  | 00:59,08 (7)  | 49:31,54 (11) | 01:00,28 (9)  | 14:39,56 (9)  | <b>1:33:03,61</b> |
| 10.            | 3  | Augustyniak Mariola         | Marki             |                                   | K4 / (1)      | 28:34,83 (10) | 00:44,15 (4)  | 48:44,94 (9)  | 00:38,09 (4)  | 15:53,25 (11) | <b>1:34:35,28</b> |
| 11.            | 11 | Ciecharowska Justyna        | Żyrardów          |                                   | K3 / (5)      | 27:13,50 (9)  | 00:48,84 (5)  | 51:31,12 (13) | 00:52,87 (8)  | 14:10,57 (8)  | <b>1:34:36,92</b> |
| 12.            | 29 | Kazimierska Paulina         | Ostrów Mazowiecka | Mistral Grodno SA Radio Białystok | K3 / (6)      | 30:43,41 (12) | 01:13,28 (10) | 44:56,46 (6)  | 01:07,65 (10) | 17:00,49 (12) | <b>1:35:01,30</b> |
| 13.            | 94 | Zawadzka Małgorzata         | Ciechanów         | Mazovia ProActiv                  | K4 / (2)      | 33:20,58 (13) | 01:43,50 (13) | 45:05,61 (7)  | 01:32,03 (13) | 19:28,68 (13) | <b>1:41:10,41</b> |

## Mężczyźni

|     |    |                       |                  |                                   |               |               |               |               |               |               |                   |
|-----|----|-----------------------|------------------|-----------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|-------------------|
| 1.  | 99 | Żebrowski Krzysztof   | Maków Mazowiecki | KS Maków Biega                    | M2 / (Kl.gen) | 16:15,80 (1)  | 00:43,13 (20) | 34:54,16 (20) | 00:46,42 (39) | 08:04,40 (1)  | <b>1:00:43,93</b> |
| 2.  | 77 | Smoliński Rafał       | Przasnysz        | Państwowa Straż Pożarna Przasnysz | M2 / (Kl.gen) | 17:27,76 (2)  | 00:39,13 (7)  | 34:51,59 (19) | 00:29,67 (6)  | 08:55,00 (2)  | <b>1:02:23,16</b> |
| 3.  | 6  | Barczewski Marek      | Toruń            | Romet Factory Team                | M2 / (Kl.gen) | 18:43,69 (5)  | 00:31,96 (1)  | 33:43,94 (8)  | 00:27,62 (3)  | 09:12,59 (4)  | <b>1:02:39,81</b> |
| 4.  | 35 | Lech Michał           | Warszawa         | AM Cycling Team                   | M3 / (1)      | 18:05,80 (4)  | 01:00,05 (45) | 33:57,18 (10) | 00:37,94 (20) | 09:34,14 (9)  | <b>1:03:15,13</b> |
| 5.  | 24 | Granoszek Przemysław  | Ciechanów        |                                   | M3 / (2)      | 17:54,77 (3)  | 00:55,94 (40) | 35:12,95 (24) | 00:53,64 (46) | 09:09,08 (3)  | <b>1:04:06,39</b> |
| 6.  | 66 | Regulski Dariusz      | Ostrołęka        | Żółwik Beczka i Piąteczka         | M5 / (1)      | 19:12,51 (8)  | 00:42,16 (14) | 34:08,68 (12) | 00:41,93 (29) | 09:25,14 (6)  | <b>1:04:10,44</b> |
| 7.  | 26 | Kaczmarek Adam        | Poznań           | ParkRun                           | M4 / (1)      | 19:16,52 (10) | 00:38,29 (6)  | 34:14,03 (15) | 00:29,44 (4)  | 09:33,81 (8)  | <b>1:04:12,12</b> |
| 8.  | 30 | Kołydyka Marcin       | Poznań           | Żółwik Beczka i Piąteczka         | M3 / (3)      | 19:12,83 (9)  | 00:43,52 (21) | 34:10,77 (14) | 00:29,66 (5)  | 09:38,91 (10) | <b>1:04:15,72</b> |
| 9.  | 86 | Wicher Bartłomiej     | Warszawa         | Sklep Biegacza                    | M3 / (4)      | 18:44,57 (7)  | 00:41,54 (13) | 34:38,68 (17) | 00:43,91 (34) | 09:56,29 (12) | <b>1:04:45,01</b> |
| 10. | 56 | Ożarowski Paweł       | Brańsk           | Brańsk Daje Radę                  | M3 / (5)      | 18:44,57 (6)  | 00:51,18 (30) | 35:11,10 (23) | 00:39,81 (24) | 09:24,76 (5)  | <b>1:04:51,44</b> |
| 11. | 82 | Szymkowski Przemysław | Tychy            |                                   | M3 / (6)      | 19:39,08 (15) | 00:34,69 (3)  | 34:15,40 (16) | 00:27,53 (2)  | 10:01,81 (13) | <b>1:04:58,53</b> |
| 12. | 17 | Debert Jarek          | Warszawa         | Trinergy Team                     | M3 / (7)      | 20:27,60 (26) | 00:34,42 (2)  | 32:59,24 (3)  | 00:32,81 (12) | 10:26,39 (21) | <b>1:05:00,49</b> |
| 13. | 59 | Pawlin Mateusz        | Warszawa         | Trizarza                          | M2 / (1)      | 19:23,18 (11) | 00:48,18 (27) | 33:55,55 (9)  | 00:35,02 (16) | 10:44,14 (26) | <b>1:05:26,09</b> |



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| M-ce | Nr  | Nazwisko i imię       | Miasto                  | Klub                      | Kat./m-ce | Bieg 5km      | T1            | Rower 22km    | T2            | Bieg 2,5km    | Wynik             |
|------|-----|-----------------------|-------------------------|---------------------------|-----------|---------------|---------------|---------------|---------------|---------------|-------------------|
| 14.  | 46  | Mikoś Adam            | Warszawa                | Duklanowski Team          | M3 / (8)  | 20:23,78 (25) | 00:36,92 (5)  | 33:07,91 (4)  | 00:41,06 (27) | 10:40,52 (25) | <b>1:05:30,22</b> |
| 15.  | 20  | Garbiec Tomasz        | Warszawa                | Varso Warszawa Targówek   | M4 / (2)  | 20:46,03 (28) | 00:42,60 (17) | 33:15,88 (5)  | 00:35,87 (17) | 10:17,06 (16) | <b>1:05:37,46</b> |
| 16.  | 49  | Narajczyk Arkadiusz   | Maków Mazowiecki        | KS Maków Biega            | M4 / (3)  | 19:29,14 (12) | 00:52,49 (35) | 34:09,72 (13) | 00:54,37 (47) | 10:14,82 (15) | <b>1:05:40,55</b> |
| 17.  | 28  | Kazanecki Tomasz      | Legionowo               | Twister Team              | M4 / (4)  | 19:56,74 (20) | 00:44,67 (23) | 33:25,50 (7)  | 00:40,84 (26) | 11:00,48 (31) | <b>1:05:48,25</b> |
| 18.  | 93  | Zawadzak Zbigniew     | Warszawa                | Luft TRI Team             | M5 / (2)  | 21:02,80 (33) | 00:42,16 (15) | 32:58,32 (2)  | 00:43,06 (32) | 10:32,76 (23) | <b>1:05:59,13</b> |
| 19.  | 4   | Bachorski Bogdan      | Przasnysz               | Sun Race Rock Machin      | M4 / (5)  | 20:54,46 (31) | 01:01,11 (47) | 32:49,02 (1)  | 00:43,90 (33) | 10:58,16 (30) | <b>1:06:26,68</b> |
| 20.  | 27  | Kaim Ignacy           | Warszawa                | LiTT                      | M2 / (2)  | 19:33,14 (14) | 00:36,87 (4)  | 34:00,84 (11) | 00:39,34 (23) | 11:54,69 (46) | <b>1:06:44,89</b> |
| 21.  | 7   | Baszta Paweł          | Warszawa                |                           | M3 / (9)  | 20:49,05 (29) | 00:42,66 (18) | 33:19,03 (6)  | 00:48,28 (42) | 11:21,08 (35) | <b>1:07:00,11</b> |
| 22.  | 101 | Kuźdub Robert         | Gąsawy Rządowe          |                           | M2 / (3)  | 19:52,48 (17) | 00:51,53 (31) | 36:04,81 (27) | 00:34,58 (15) | 09:49,57 (11) | <b>1:07:12,99</b> |
| 23.  | 25  | Janiszewski Jarosław  | Maków Mazowiecki        | KS Maków Biega            | M3 / (10) | 19:55,64 (19) | 00:49,14 (28) | 36:35,17 (31) | 00:41,91 (28) | 10:24,63 (18) | <b>1:08:26,51</b> |
| 24.  | 92  | Wójtowicz Robert      | Ostrołęka               | Amator Sportu Ostrołęka   | M4 / (6)  | 19:31,49 (13) | 00:40,71 (12) | 37:09,28 (34) | 00:32,55 (11) | 10:55,10 (29) | <b>1:08:49,15</b> |
| 25.  | 97  | Bodziakowski Bartosz  | Maków Mazowiecki        | KS Maków Biega            | M3 / (11) | 19:42,92 (16) | 01:00,13 (46) | 36:39,10 (32) | 01:07,18 (54) | 10:33,20 (24) | <b>1:09:02,55</b> |
| 26.  | 34  | Kuna Robert           | Milanówek               | Legia intercars           | M5 / (3)  | 20:18,94 (24) | 00:51,82 (32) | 37:02,89 (33) | 00:47,71 (41) | 10:11,98 (14) | <b>1:09:13,35</b> |
| 27.  | 111 | Nadrowski Piotr       | Piaseczno               | Kondycja                  | M5 / (4)  | 21:25,50 (36) | 00:52,71 (37) | 35:56,04 (26) | 00:45,00 (35) | 10:26,32 (20) | <b>1:09:25,58</b> |
| 28.  | 89  | Wiśniewski Krzysztof  | Ostrołęka               | Amator Sportu Ostrołęka   | M4 / (7)  | 21:16,58 (35) | 00:43,80 (22) | 36:18,83 (28) | 00:37,87 (19) | 11:03,59 (32) | <b>1:10:00,68</b> |
| 29.  | 54  | Niewiński Łukasz      | Warszawa                | Trucht Tarchomin Team     | M3 / (12) | 20:32,53 (27) | 01:15,07 (57) | 36:29,75 (30) | 01:08,28 (56) | 10:46,63 (27) | <b>1:10:12,28</b> |
| 30.  | 87  | Więckiewicz Rafał     | Sochaczew               |                           | M4 / (8)  | 22:22,07 (47) | 00:51,88 (33) | 34:58,29 (21) | 00:45,11 (36) | 11:47,82 (40) | <b>1:10:45,17</b> |
| 31.  | 10  | Blicharski Łukasz     | Ciechanów               | Jurand Ciechanów          | M4 / (9)  | 22:02,42 (41) | 01:11,82 (54) | 34:58,98 (22) | 01:09,40 (57) | 11:30,12 (36) | <b>1:10:52,77</b> |
| 32.  | 63  | Porowski Łukasz       | Łapy                    |                           | M3 / (13) | 20:49,64 (30) | 01:01,33 (49) | 37:36,65 (36) | 00:43,02 (31) | 11:11,90 (34) | <b>1:11:22,57</b> |
| 33.  | 36  | Leśniewski Andrzej    | Ostrowiec Świętokrzyski | Politechnika Warszawska   | M5 / (5)  | 19:54,98 (18) | 01:22,39 (59) | 38:08,04 (37) | 01:16,31 (61) | 10:46,70 (28) | <b>1:11:28,43</b> |
| 34.  | 50  | Nawrot Paweł          | Ciechanów               | Jurand Ciechanów          | M3 / (14) | 22:21,24 (46) | 01:05,36 (51) | 34:44,80 (18) | 01:06,73 (52) | 12:21,13 (53) | <b>1:11:39,28</b> |
| 35.  | 5   | Banaszczyk Grzegorz   | Szydłowiec              | Endorfina Szydłowiec      | M3 / (15) | 21:04,31 (34) | 00:58,40 (43) | 37:25,24 (35) | 00:53,52 (45) | 11:36,37 (39) | <b>1:11:57,85</b> |
| 36.  | 69  | Rowiński Arkadiusz    | Warszawa                |                           | M3 / (16) | 20:17,11 (23) | 00:44,92 (24) | 40:43,17 (43) | 00:32,28 (10) | 10:25,14 (19) | <b>1:12:42,62</b> |
| 37.  | 61  | Podwysocki Marcin     | Warszawa                | Tri-Level                 | M3 / (17) | 23:35,26 (56) | 00:46,25 (26) | 36:19,76 (29) | 00:37,98 (21) | 12:05,41 (48) | <b>1:13:24,67</b> |
| 38.  | 64  | Prędoła Bartosz       | Warszawa                | Trucht Tarchomin Team     | M1 / (1)  | 22:39,70 (48) | 01:05,95 (52) | 38:14,36 (38) | 00:56,81 (50) | 10:31,98 (22) | <b>1:13:28,82</b> |
| 39.  | 79  | Sworski Roman         | Łódź                    | Vegan Runners/vegevege.pl | M3 / (18) | 20:59,88 (32) | 00:42,30 (16) | 41:07,96 (45) | 00:25,75 (1)  | 11:03,95 (33) | <b>1:14:19,87</b> |
| 40.  | 78  | Sobota Krzysztof      | Jabłonna                | Bravehearts Legionowo     | M3 / (19) | 22:08,62 (43) | 00:59,42 (44) | 38:50,99 (39) | 01:14,19 (60) | 11:51,27 (43) | <b>1:15:04,51</b> |
| 41.  | 31  | Kośla Paweł           | Żyrardów                | Żyrardów Tri Team         | M3 / (20) | 22:00,14 (39) | 00:55,82 (39) | 39:41,90 (41) | 00:42,09 (30) | 11:53,97 (45) | <b>1:15:13,95</b> |
| 42.  | 81  | Szurnicki Robert      | Ostrołęka               | Szura Team                | M4 / (10) | 23:18,04 (54) | 01:55,16 (63) | 35:54,73 (25) | 01:25,42 (63) | 12:46,14 (55) | <b>1:15:19,50</b> |
| 43.  | 62  | Polska Piotr Zalewski | Warszawa                | BenefitSytems             | M2 / (4)  | 21:58,94 (38) | 01:01,84 (50) | 39:25,16 (40) | 00:52,63 (44) | 12:51,12 (57) | <b>1:16:09,71</b> |
| 44.  | 47  | Milczarek Marcin      | Żyrardów                | Drużyna Orzecha Żyrardów  | M3 / (21) | 22:08,76 (44) | 01:21,33 (58) | 41:17,02 (46) | 00:45,88 (38) | 11:33,98 (38) | <b>1:17:06,98</b> |
| 45.  | 1   | Adamkiewicz Mirosław  | Sochaczew               | KM Aktywni Sochaczew      | M5 / (6)  | 22:41,30 (49) | 00:39,74 (8)  | 41:26,46 (47) | 00:34,39 (14) | 11:49,95 (41) | <b>1:17:11,86</b> |
| 46.  | 76  | Sierpiński Mateusz    | Warszawa                | TrainingLab               | M3 / (22) | 20:08,68 (22) | 01:07,91 (53) | 45:00,04 (56) | 01:22,87 (62) | 10:21,53 (17) | <b>1:18:01,05</b> |
| 47.  | 103 | Błaszkiwicz Robert    | Dębówka                 |                           | M4 / (11) | 21:55,32 (37) | 00:42,67 (19) | 42:30,36 (49) | 00:37,42 (18) | 12:33,33 (54) | <b>1:18:19,12</b> |
| 48.  | 37  | Leśnik Mariusz        | Warszawa                | KS Maków Biega            | M3 / (23) | 23:25,03 (55) | 00:56,48 (41) | 40:24,00 (42) | 00:56,79 (49) | 12:50,49 (56) | <b>1:18:32,80</b> |
| 49.  | 73  | Semmerling Wojciech   | Warszawa                | Duklanowski Team          | M5 / (7)  | 22:49,38 (52) | 00:50,79 (29) | 42:33,16 (50) | 00:58,11 (51) | 11:33,53 (37) | <b>1:18:44,98</b> |



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| M-ce | Nr  | Nazwisko i imię           | Miasto           | Klub                 | Kat./m-ce | Bieg 5km      | T1            | Rower 22km    | T2            | Bieg 2,5km    | Wynik             |
|------|-----|---------------------------|------------------|----------------------|-----------|---------------|---------------|---------------|---------------|---------------|-------------------|
| 50.  | 41  | <b>Macko Mariusz</b>      | Białobiel        | Morsy Ostrołęka      | M4 / (12) | 24:12,85 (57) | 00:57,63 (42) | 40:58,04 (44) | 00:40,43 (25) | 12:15,38 (52) | <b>1:19:04,35</b> |
| 51.  | 57  | <b>Padowski Piotr</b>     | Maków Mazowiecki | KS Maków Biega       | M3 / (24) | 22:02,08 (40) | 00:40,23 (10) | 44:30,49 (54) | 00:33,85 (13) | 12:01,90 (47) | <b>1:19:48,58</b> |
| 52.  | 48  | <b>Muskała Tomasz</b>     | Pułtusk          |                      | M4 / (13) | 22:44,74 (50) | 01:43,38 (62) | 43:01,19 (51) | 01:10,88 (59) | 12:05,64 (49) | <b>1:20:45,85</b> |
| 53.  | 51  | <b>Nec Sebastian</b>      | Warszawa         |                      | M3 / (25) | 22:20,02 (45) | 00:52,42 (34) | 46:03,02 (58) | 00:30,41 (7)  | 11:50,11 (42) | <b>1:21:36,00</b> |
| 54.  | 98  | <b>Figarski Michał</b>    | Szydłowiec       | Endorfina Szydłowiec | M3 / (26) | 25:18,98 (58) | 01:01,16 (48) | 41:33,28 (48) | 00:55,67 (48) | 13:43,05 (59) | <b>1:22:32,17</b> |
| 55.  | 85  | <b>Tartanus Andrzej</b>   | Maków Mazowiecki | KS Maków Biega       | M4 / (14) | 22:46,60 (51) | 00:46,22 (25) | 46:49,88 (59) | 00:39,15 (22) | 12:11,18 (51) | <b>1:23:13,05</b> |
| 56.  | 2   | <b>Adamowicz Konrad</b>   | Piaseczno        | Sushi Strefa         | M4 / (15) | 22:03,64 (42) | 01:25,25 (60) | 45:32,70 (57) | 01:07,71 (55) | 13:20,40 (58) | <b>1:23:29,70</b> |
| 57.  | 102 | <b>Kuźdub Piotr</b>       | Gąsawy Rządowe   |                      | M2 / (5)  | 20:00,00 (21) | 00:40,08 (9)  | 53:05,46 (63) | 00:31,29 (9)  | 09:28,61 (7)  | <b>1:23:45,45</b> |
| 58.  | 16  | <b>Czajkowski Jan</b>     | Ząbki            |                      | M2 / (6)  | 23:07,95 (53) | 00:40,30 (11) | 50:00,49 (61) | 00:45,77 (37) | 11:53,12 (44) | <b>1:26:27,65</b> |
| 59.  | 23  | <b>Grabowski Tadeusz</b>  | Sochaczew        |                      | M6 / (1)  | 26:31,28 (60) | 01:12,84 (55) | 43:38,79 (53) | 01:07,01 (53) | 14:45,23 (60) | <b>1:27:15,18</b> |
| 60.  | 33  | <b>Krawczyk Mateusz</b>   | Jabłonowo        | Laki luzers          | M2 / (7)  | 26:59,20 (61) | 01:26,92 (61) | 44:42,65 (55) | 00:31,06 (8)  | 14:54,63 (61) | <b>1:28:34,47</b> |
| 61.  | 100 | <b>Zaurski Marcin</b>     | Ostrołęka        |                      | M6 / (2)  | 28:40,56 (63) | 02:01,98 (64) | 43:04,87 (52) | 01:45,52 (64) | 15:21,04 (62) | <b>1:30:54,00</b> |
| 62.  | 32  | <b>Kowaliński Maciej</b>  | Ciechanów        | Mazovia ProActiv     | M3 / (27) | 25:39,64 (59) | 00:52,64 (36) | 53:27,10 (64) | 00:49,42 (43) | 12:10,43 (50) | <b>1:32:59,25</b> |
| 63.  | 70  | <b>Zawadzki Stanisław</b> | Ciechanów        | Mazovia ProActiv     | M6 / (3)  | 28:01,96 (62) | 01:14,34 (56) | 49:02,95 (60) | 01:10,24 (58) | 17:05,25 (63) | <b>1:36:34,76</b> |
| 64.  | 13  | <b>Cieślak Michał</b>     | Rozalin          | Laki Luzers          | M3 / (28) | 31:09,25 (64) | 00:53,73 (38) | 51:52,48 (62) | 00:47,56 (40) | 18:16,96 (64) | <b>1:42:59,99</b> |

Liczba uczestników: 77

