

# VI Duathlon Makowski

## Wyniki kategorii wiekowych



2018-09-09, Maków Mazowiecki

M-ce	Nr	Nazwisko i imię	Miasto	Klub	Bieg 5km	T1	Rower 22km	T2	Bieg 2,5km	Wynik
<b>M1</b>										
1.	64	<b>Prędotka Bartosz</b>	Warszawa	Trucht Tarchomin Team	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>
<b>K2</b>										
1.	91	<b>Włodarczyk Agata</b>	Bydgoszcz	TriSpace	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>
2.	39	<b>Lis Katarzyna</b>	Marki	LiTT	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>
<b>M2</b>										
1.	59	<b>Pawlin Mateusz</b>	Warszawa	Trizarza	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>
2.	27	<b>Kaim Ignacy</b>	Warszawa	LiTT	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>
3.	101	<b>Kuźdub Robert</b>	Gąsawy Rządowe		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>
4.	62	<b>Polska Piotr Zalewski</b>	Warszawa	BenefitSytems	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>
5.	102	<b>Kuźdub Piotr</b>	Gąsawy Rządowe		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>
6.	16	<b>Czajkowski Jan</b>	Ząbki		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>
7.	33	<b>Krawczyk Mateusz</b>	Jabłonowo	Laki luzers	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>
<b>K3</b>										
1.	18	<b>Dobaj - Zerek Magdalena</b>	Warszawa	Mad-Z	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>
2.	19	<b>Fabisiak Agnieszka</b>	Gostynin	Trening Room 92'	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>
3.	44	<b>Markowska Małgorzata</b>	Warszawa		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>
4.	83	<b>Szynwelska-Leśnik Katarzyna</b>	Maków Mazowiecki	KS Maków Biega	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>
5.	11	<b>Ciecharowska Justyna</b>	Żyrardów		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>
6.	29	<b>Kazimierska Paulina</b>	Ostrów Mazowiecka	Mistral Grodno SA Radio Białystok	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>
<b>M3</b>										
1.	35	<b>Lech Michał</b>	Warszawa	AM Cycling Team	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>
2.	24	<b>Granoszek Przemysław</b>	Ciechanów		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>





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M-ce	Nr	Nazwisko i imię	Miasto	Klub	Bieg 5km	T1	Rower 22km	T2	Bieg 2,5km	Wynik
3.	30	Kołydyka Marcin	Poznań	Żółwik Beczka i Piąteczka	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>
4.	86	Wicher Bartłomiej	Warszawa	Sklep Biegacza	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>
5.	56	Ożarowski Paweł	Brańsk	Brańsk Daje Radę	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>
6.	82	Szymkowski Przemysław	Tychy		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>
7.	17	Debert Jarek	Warszawa	Trinergy Team	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>
8.	46	Mikoś Adam	Warszawa	Duklanowski Team	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>
9.	7	Baszta Paweł	Warszawa		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>
10.	25	Janiszewski Jarosław	Maków Mazowiecki	KS Maków Biega	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>
11.	97	Bodziakowski Bartosz	Maków Mazowiecki	KS Maków Biega	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>
12.	54	Niewiński Łukasz	Warszawa	Trucht Tarchomin Team	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>
13.	63	Porowski Łukasz	Łapy		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>
14.	50	Nawrot Paweł	Ciechanów	Jurand Ciechanów	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>
15.	5	Banaszczyk Grzegorz	Szydłowiec	Endorfina Szydłowiec	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>
16.	69	Rowiński Arkadiusz	Warszawa		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>
17.	61	Podwysocki Marcin	Warszawa	Tri-Level	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>
18.	79	Sworski Roman	Łódź	Vegan Runners/vegevege.pl	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>
19.	78	Sobota Krzysztof	Jabłonna	Bravehearts Legionowo	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>
20.	31	Kośla Paweł	Żyrardów	Żyrardów Tri Team	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>
21.	47	Milczarek Marcin	Żyrardów	Drużyna Orzecha Żyrardów	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>
22.	76	Sierpiński Mateusz	Warszawa	TrainingLab	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>
23.	37	Leśnik Mariusz	Warszawa	KS Maków Biega	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>
24.	57	Padowski Piotr	Maków Mazowiecki	KS Maków Biega	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>
25.	51	Nec Sebastian	Warszawa		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>
26.	98	Figarski Michał	Szydłowiec	Endorfina Szydłowiec	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>
27.	32	Kowaliński Maciej	Ciechanów	Mazovia ProActiv	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>
28.	13	Cieślak Michał	Rozalin	Laki Luzers	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>

## K4

1.	3	Augustyniak Mariola	Marki		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>
2.	94	Zawadzka Małgorzata	Ciechanów	Mazovia ProActiv	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>

## M4

1.	26	Kaczmarek Adam	Poznań	ParkRun	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>
2.	20	Garbiec Tomasz	Warszawa	Varso Warszawa Targówek	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>
3.	49	Narajczyk Arkadiusz	Maków Mazowiecki	KS Maków Biega	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>





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M-ce	Nr	Nazwisko i imię	Miasto	Klub	Bieg 5km	T1	Rower 22km	T2	Bieg 2,5km	Wynik
4.	28	<b>Kazanecki Tomasz</b>	Legionowo	Twister Team	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>
5.	4	<b>Bachorski Bogdan</b>	Przasnysz	Sun Race Rock Machin	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>
6.	92	<b>Wójtowicz Robert</b>	Ostrołęka	Amator Sportu Ostrołęka	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>
7.	89	<b>Wiśniewski Krzysztof</b>	Ostrołęka	Amator Sportu Ostrołęka	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>
8.	87	<b>Więckiewicz Rafał</b>	Sochaczew		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>
9.	10	<b>Blicharski Łukasz</b>	Ciechanów	Jurand Ciechanów	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>
10.	81	<b>Szurnicki Robert</b>	Ostrołęka	Szura Team	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>
11.	103	<b>Błaszkiwicz Robert</b>	Dębówka		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>
12.	41	<b>Macko Mariusz</b>	Białobiel	Morsy Ostrołęka	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>
13.	48	<b>Muskała Tomasz</b>	Pułtusk		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>
14.	85	<b>Tartanus Andrzej</b>	Maków Mazowiecki	KS Maków Biega	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>
15.	2	<b>Adamowicz Konrad</b>	Piaseczno	Sushi Strefa	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>

## M5

1.	66	<b>Regulski Dariusz</b>	Ostrołęka	Żółwik Beczka i Piąteczka	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>
2.	93	<b>Zawadzak Zbigniew</b>	Warszawa	Luft TRI Team	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>
3.	34	<b>Kuna Robert</b>	Milanówek	Legia intercars	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>
4.	111	<b>Nadrowski Piotr</b>	Piaseczno	Kondycja	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>
5.	36	<b>Leśniewski Andrzej</b>	Ostrowiec Świętokrzyski	Politechnika Warszawska	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>
6.	1	<b>Adamkiewicz Mirosław</b>	Sochaczew	KM Aktywni Sochaczew	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>
7.	73	<b>Semmerling Wojciech</b>	Warszawa	Duklanowski Team	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>

## M6

1.	23	<b>Grabowski Tadeusz</b>	Sochaczew		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>
2.	100	<b>Zaurski Marcin</b>	Ostrołęka		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>
3.	70	<b>Zawadzki Stanisław</b>	Ciechanów	Mazovia ProActiv	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>

Liczba uczestników: 71

