

VI Duathlon Makowski

Wyniki OPEN



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	M	K
Duathlon Makowski													
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)	1:00:43,93	1	
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)	1:02:23,16	2	
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)	1:02:39,81	3	
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)	1:03:15,13	4	
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)	1:04:06,39	5	
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)	1:04:10,44	6	
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)	1:04:12,12	7	
8.	30	Kołyda 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)	1:04:15,72	8	
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)	1:04:45,01	9	
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)	1:04:51,44	10	
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)	1:04:58,53	11	
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)	1:05:00,49	12	
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)	1:05:26,09	13	
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)	1:05:30,22	14	
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)	1:05:37,46	15	
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)	1:05:40,55	16	
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)	1:05:48,25	17	
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)	1:05:59,13	18	
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)	1:06:26,68	19	
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)	1:06:44,89	20	
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)	1:07:00,11	21	
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)	1:07:12,99	22	
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)	1:08:26,51	23	
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)	1:08:49,15	24	
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)	1:09:02,55	25	
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)	1:09:13,35	26	
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)	1:09:25,58	27	
28.	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)	1:09:38,98	1	



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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	M	K
29.	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)	1:10:00,68	28	
30.	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)	1:10:12,28	29	
31.	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)	1:10:45,17	30	
32.	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)	1:10:52,77	31	
33.	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)	1:11:22,57	32	
34.	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)	1:11:28,43	33	
35.	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)	1:11:39,28	34	
36.	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)	1:11:57,85	35	
37.	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)	1:12:42,62	36	
38.	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)	1:13:23,95		2
39.	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)	1:13:24,67	37	
40.	64	Prędota 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)	1:13:28,82	38	
41.	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)	1:13:34,91		3
42.	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)	1:14:19,87	39	
43.	91	Włodarczyk 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)	1:15:03,15		4
44.	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)	1:15:04,51	40	
45.	31	Kośła 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)	1:15:13,95	41	
46.	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)	1:15:19,50	42	
47.	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)	1:16:09,71	43	
48.	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)	1:17:06,98	44	
49.	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)	1:17:11,86	45	
50.	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)	1:18:01,05	46	
51.	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)	1:18:19,12	47	
52.	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)	1:18:32,80	48	
53.	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)	1:18:44,98	49	
54.	41	Macko Mariusz	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)	1:19:04,35	50	
55.	57	Padowski Piotr	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)	1:19:48,58	51	
56.	48	Muskała Tomasz	Pułtusk		M4 / (13)	22:44,74 (50)	01:43,38 (62)	43:01,19 (51)	01:10,88 (59)	12:05,64 (49)	1:20:45,85	52	
57.	51	Nec Sebastian	Warszawa		M3 / (25)	22:20,02 (45)	00:52,42 (34)	46:03,02 (58)	00:30,41 (7)	11:50,11 (42)	1:21:36,00	53	
58.	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)	1:21:38,39		5
59.	98	Figarski Michał	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)	1:22:32,17	54	
60.	85	Tartanus Andrzej	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)	1:23:13,05	55	
61.	2	Adamowicz Konrad	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)	1:23:29,70	56	
62.	102	Kuźdub Piotr	Gąsawy Rządowe		M2 / (5)	20:00,00 (21)	00:40,08 (9)	53:05,46 (63)	00:31,29 (9)	09:28,61 (7)	1:23:45,45	57	
63.	16	Czajkowski Jan	Żąbki		M2 / (6)	23:07,95 (53)	00:40,30 (11)	50:00,49 (61)	00:45,77 (37)	11:53,12 (44)	1:26:27,65	58	
64.	23	Grabowski Tadeusz	Sochaczew		M6 / (1)	26:31,28 (60)	01:12,84 (55)	43:38,79 (53)	01:07,01 (53)	14:45,23 (60)	1:27:15,18	59	
65.	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)	1:27:26,78		6
66.	33	Krawczyk Mateusz	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)	1:28:34,47	60	
67.	100	Zaurski Marcin	Ostrołęka		M6 / (2)	28:40,56 (63)	02:01,98 (64)	43:04,87 (52)	01:45,52 (64)	15:21,04 (62)	1:30:54,00	61	
68.	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)	1:30:55,24		7
69.	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)	1:32:14,96		8

Wyniki OPEN



M-ce	Nr	Nazwisko i imię	Miasto	Klub	Kat./m-ce	Bieg 5km	T1	Rower 22km	T2	Bieg 2,5km	Wynik	M	K
70.	32	Kowaliński Maciej	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)	1:32:59,25	62	
71.	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)	1:33:03,61		9
72.	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)	1:34:35,28		10
73.	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)	1:34:36,92		11
74.	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)	1:35:01,30		12
75.	70	Zawadzki Stanisław	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)	1:36:34,76	63	
76.	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)	1:41:10,41		13
77.	13	Cieślak Michał	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)	1:42:59,99	64	

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