

## Cross Duathlon &amp; Maraton MTB - Cross Duathlon

Miejsce: ŁEBA - 2017-11-04

Organizator: Zdrowotel Leba



ŁEBA  
04.11.2017  
BIEG - ROWER - BIEG



| Miejsce Open | Numer | Nazwisko   | Imię           | Płeć | Miejsce plec M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość                 | Klub                            | DYST ANS       | Wynik   | km/h  | min/km | Punkt 1 | Punkt 2 |
|--------------|-------|------------|----------------|------|--------------------|--------|---------------|--------------------|-----------------------------|---------------------------------|----------------|---------|-------|--------|---------|---------|
| 1            | 71    | MALESZKA   | GRZEGORZ       | M    | 1                  | 1977   | M 40-49       |                    | OLSZTYN                     | RENAULT TEAM                    | Cross Duathlon | 1:34:54 | 21,75 | 02:46  | 0:14:34 | 1:07:39 |
| 2            | 14    | CZAPLIŃSKI | JAN            | M    | 2                  | 1982   | M 30-39       |                    | BRWINÓW                     | KOMOBIKE SCOTT                  | Cross Duathlon | 1:35:57 | 21,51 | 02:47  | 0:14:45 | 1:08:39 |
| 3            | 32    | KMIECIK    | TOMASZ         | M    | 3                  | 1975   | M 40-49       |                    | MUROWANA GOŚLINA            |                                 | Cross Duathlon | 1:37:16 | 21,22 | 02:50  | 0:14:34 | 1:10:12 |
| 4            | 46    | MARZEC     | TOMASZ         | M    | 4                  | 1989   | M 0-29        | 1                  | SŁUPSK                      | DOKTORBAJK                      | Cross Duathlon | 1:38:40 | 20,92 | 02:52  | 0:15:12 | 1:09:13 |
| 5            | 49    | MORAWSKI   | PIOTR          | M    | 5                  | 1974   | M 40-49       | 1                  | GDYNIA                      | BANACH SPORT TEAM               | Cross Duathlon | 1:42:38 | 20,11 | 02:59  | 0:15:26 | 1:13:05 |
| 6            | 7     | BLUJ       | MIKOŁAJ        | M    | 6                  | 1993   | M 0-29        | 2                  | GDYNIA                      | VO2MAX MTB TEAM                 | Cross Duathlon | 1:44:24 | 19,77 | 03:02  | 0:15:06 | 1:15:49 |
| 7            | 27    | JOKIEL     | RADOSŁAW       | M    | 7                  | 1985   | M 30-39       | 1                  | GDAŃSK                      | TEAM VERGE POLSKA               | Cross Duathlon | 1:44:39 | 19,72 | 03:03  | 0:15:35 | 1:14:45 |
| 8            | 61    | TRACZ      | OLGIERD        | M    | 8                  | 1983   | M 30-39       | 2                  | GDAŃSK                      | DOLINA NOTECI RACING TEAM       | Cross Duathlon | 1:49:00 | 18,94 | 03:10  | 0:15:22 | 1:17:26 |
| 9            | 11    | CICHOSZ    | REMI REMIGIUSZ | M    | 9                  | 1972   | M 40-49       | 2                  | ZURICH, MUHLEBAACH STR 121, | TEMPO SPORT                     | Cross Duathlon | 1:50:14 | 18,72 | 03:12  | 0:16:12 | 1:20:34 |
| 10           | 62    | TUREK      | KAROL          | M    | 10                 | 1981   | M 30-39       | 3                  | LEŚNIEWO                    | KLIF MTB TEAM                   | Cross Duathlon | 1:50:17 | 18,72 | 03:12  | 0:17:01 | 1:18:15 |
| 11           | 67    | ZABROCKA   | ALEKSANDRA     | K    | 1                  | 1984   | K 30 i więcej |                    | KOŚCIERZYNA                 | MLKS BASZTA BYTÓW               | Cross Duathlon | 1:50:19 | 18,71 | 03:12  | 0:18:09 | 1:18:23 |
| 12           | 68    | ZASADA     | GRZEGORZ       | M    | 11                 | 1978   | M 30-39       | 4                  | PUCK                        |                                 | Cross Duathlon | 1:50:21 | 18,70 | 03:12  | 0:17:01 | 1:18:16 |
| 13           | 35    | KRYGIELSKI | KRZYSZTOF      | M    | 12                 | 1975   | M 40-49       | 3                  | WÓJTOWO                     | MTBEST/CENTRUM ROWEROWE OLSZTYN | Cross Duathlon | 1:50:25 | 18,69 | 03:13  | 0:15:37 | 1:21:46 |
| 14           | 53    | PIOTROWSKI | DARIUSZ        | M    | 13                 | 1979   | M 30-39       | 5                  | BYDGOSZCZ                   | GARDENFLORA MTB TEAM            | Cross Duathlon | 1:50:47 | 18,63 | 03:13  | 0:16:20 | 1:18:46 |
| 15           | 2     | BAGROWSKI  | TOMASZ         | M    | 14                 | 1981   | M 30-39       | 6                  | GDAŃSK                      | RADOŚĆ BIEGANIA                 | Cross Duathlon | 1:51:54 | 18,45 | 03:15  | 0:14:32 | 1:25:12 |
| 16           | 64    | WIŚNIEWSKI | MICHAŁ         | M    | 15                 | 1977   | M 40-49       | 4                  | GDAŃSK                      | TRIATHLON TRÓJMIASTO            | Cross Duathlon | 1:52:20 | 18,37 | 03:16  | 0:16:46 | 1:21:38 |
| 17           | 60    | ŚLIPY      | ADAM           | M    | 16                 | 1977   | M 40-49       | 5                  | GDYNIA / POLAND             | BST / TORUS TRIATHLON TEAM      | Cross Duathlon | 1:52:38 | 18,32 | 03:16  | 0:15:48 | 1:20:39 |
| 18           | 56    | SEWERYN    | WALDEMAR       | M    | 17                 | 1969   | M 40-49       | 6                  | KARSIN                      | GARDENFLORA MTB TEAM            | Cross Duathlon | 1:55:00 | 17,95 | 03:21  | 0:17:14 | 1:22:02 |
| 19           | 40    | LIP        | RAFAŁ          | M    | 18                 | 1981   | M 30-39       | 7                  | GDYNIA                      | NYPEL REDA                      | Cross Duathlon | 1:55:16 | 17,91 | 03:21  | 0:16:28 | 1:23:23 |
| 20           | 31    | KASZTELAN  | RADOSŁAW       | M    | 19                 | 1977   | M 40-49       | 7                  | KWIDZYN                     | KWIDZYN BIKE RACING TEAM        | Cross Duathlon | 1:56:20 | 17,74 | 03:23  | 0:17:46 | 1:23:21 |
| 21           | 26    | JARZĄBEK   | BARTŁOMIEJ     | M    | 20                 | 1980   | M 30-39       | 8                  | KARSIN                      | GARDENFLORA MTB TEAM            | Cross Duathlon | 1:56:40 | 17,69 | 03:23  | 0:17:53 | 1:23:21 |
| 22           | 25    | HOŚCIŁO    | TOMASZ         | M    | 21                 | 1991   | M 0-29        | 3                  | GDYNIA                      |                                 | Cross Duathlon | 1:57:51 | 17,51 | 03:26  | 0:17:58 | 1:21:57 |
| 23           | 17    | DORAWA     | ARIEL          | M    | 22                 | 1984   | M 30-39       | 9                  | LĘBORK                      | TWISTER TEAM                    | Cross Duathlon | 1:58:06 | 17,48 | 03:26  | 0:15:39 | 1:22:21 |
| 24           | 76    | ŻYWICKI    | BARTOSZ        | M    | 23                 | 1982   | M 30-39       | 10                 | KOSZALIN                    | DZIKI KOSZALIN                  | Cross Duathlon | 1:59:44 | 17,24 | 03:29  | 0:16:54 | 1:27:07 |
| 25           | 43    | MAJEWSKI   | ANDRZEJ        | M    | 24                 | 1970   | M 40-49       | 8                  | PASIEKA                     | MTS HAMER MIASTKO               | Cross Duathlon | 2:00:08 | 17,18 | 03:30  | 0:18:11 | 1:26:24 |
| 26           | 66    | WYRWICKI   | RAFAŁ          | M    | 25                 | 1980   | M 30-39       | 11                 | GDAŃSK                      |                                 | Cross Duathlon | 2:00:08 | 17,18 | 03:30  | 0:16:33 | 1:26:06 |
| 27           | 5     | BIERNACIK  | MARIUSZ        | M    | 26                 | 1964   | M 50 i więcej | 1                  | GDAŃSK                      | ZKPIG KOLBUDY                   | Cross Duathlon | 2:00:18 | 17,16 | 03:30  | 0:17:38 | 1:26:04 |
| 28           | 59    | SZYMKÓW    | SŁAWEK         | M    | 27                 | 1970   | M 40-49       | 9                  | STRASZYN                    | BST / TORUS TRIATHLON TEAM      | Cross Duathlon | 2:01:20 | 17,01 | 03:32  | 0:18:08 | 1:26:33 |
| 29           | 24    | GRZEBYTA   | MATEUSZ        | M    | 28                 | 1987   | M 30-39       | 12                 | KARTUZY                     | MTB START KARTUZY               | Cross Duathlon | 2:02:08 | 16,90 | 03:33  | 0:17:20 | 1:27:57 |
| 30           | 47    | MERDA      | PIOTR          | M    | 29                 | 1979   | M 30-39       | 13                 | MIASTKO                     | MTS HAMER MIASTKO               | Cross Duathlon | 2:03:55 | 16,66 | 03:36  | 0:16:30 | 1:31:08 |
| 31           | 63    | UGARENKO   | PAWEŁ          | M    | 30                 | 1995   | M 0-29        | 4                  | WYCZECHY                    | POLITECHNIKA GDAŃSKA            | Cross Duathlon | 2:04:04 | 16,64 | 03:36  | 0:18:57 | 1:27:58 |
| 32           | 58    | STRZELECKI | PAWEŁ          | M    | 31                 | 1992   | M 0-29        | 5                  | LĘBORK                      | KLUB KOLARSKI LEW LĘBORK        | Cross Duathlon | 2:04:22 | 16,60 | 03:37  | 0:18:40 | 1:27:50 |
| 33           | 57    | SKAWIŃSKI  | TOMASZ         | M    | 32                 | 1971   | M 40-49       | 10                 | GDYNIA                      |                                 | Cross Duathlon | 2:04:25 | 16,59 | 03:37  | 0:21:07 | 1:31:31 |
| 34           | 51    | NOWICKI    | MARIUSZ        | M    | 33                 | 1978   | M 30-39       | 14                 | KOZIEGŁOWY                  | FOTOMTB.PL                      | Cross Duathlon | 2:04:35 | 16,57 | 03:37  | 0:16:50 | 1:33:02 |

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|--------------|-------|---------------|------------|------|--------------------|--------|---------------|--------------------|-------------|---|----------------|---------|-------|--------|---------|----------|---------|---------|
| 35           | 37    | KUBIAK        | MONIKA     | K    | 2                  | 1982   | K 30 i więcej |                    | GDAŃSK      |   | Cross Duathlon | 2:06:44 | 16,29 | [km/h] | 03:41   | [min/km] | 0:17:06 | 1:31:36 |
| 36           | 74    | STANGLEWICZ   | MARCIN     | M    | 34                 | 2001   | M 0-29        | 6                  | GDYNIA      | UKS TRI TEAM RUMIA                                | Cross Duathlon | 2:06:50 | 16,27 | [km/h] | 03:41   | [min/km] | 0:14:12 | 1:27:35 |
| 37           | 75    | PSTRĄGOWSKI   | MARCIN     | M    | 35                 | 1982   | M 30-39       | 15                 | KOSZALIN    | DZIKI KOSZALIN                                    | Cross Duathlon | 2:07:34 | 16,18 | [km/h] | 03:43   | [min/km] | 0:18:32 | 1:29:15 |
| 38           | 13    | CYWIŃSKI      | KUBA       | M    | 36                 | 1997   | M 0-29        | 7                  | LIPNO       | ROWEROWE LIPNO                                    | Cross Duathlon | 2:10:28 | 15,82 | [km/h] | 03:48   | [min/km] | 0:18:12 | 1:33:12 |
| 39           | 10    | CHASS         | PRZEMYSŁAW | M    | 37                 | 1989   | M 0-29        | 8                  | LIPNO       | ROWEROWE LIPNO                                    | Cross Duathlon | 2:10:35 | 15,81 | [km/h] | 03:48   | [min/km] | 0:18:22 | 1:31:42 |
| 40           | 55    | ROMAN         | KRZYSZTOF  | M    | 38                 | 1977   | M 40-49       | 11                 | BOLSZEWO    | PRZECINAK77                                       | Cross Duathlon | 2:10:56 | 15,76 | [km/h] | 03:48   | [min/km] | 0:17:46 | 1:35:03 |
| 41           | 6     | BLUJ          | ROMAN      | M    | 39                 | 1960   | M 50 i więcej | 2                  | GDYNIA      | VO2MAX MTB TEAM                                   | Cross Duathlon | 2:11:53 | 15,65 | [km/h] | 03:50   | [min/km] | 0:18:56 | 1:34:58 |
| 42           | 69    | PIETRUSZEWSKI | PRZEMYSŁAW | M    | 40                 | 2000   | M 0-29        | 9                  | ŁEBA        | V LO GDAŃSK                                       | Cross Duathlon | 2:12:23 | 15,59 | [km/h] | 03:51   | [min/km] | 0:16:49 | 1:34:35 |
| 43           | 30    | KABACIŃSKI    | TOMASZ     | M    | 41                 | 1983   | M 30-39       | 16                 | WRONKI      | WRONIECKI KLUB BIEGACZA                           | Cross Duathlon | 2:12:38 | 15,56 | [km/h] | 03:51   | [min/km] | 0:20:04 | 1:35:18 |
| 44           | 39    | KWAŚNIAK      | ZDZISŁAW   | M    | 42                 | 1960   | M 50 i więcej | 3                  | SŁUPSK      | STOPA SŁUPSK                                      | Cross Duathlon | 2:12:44 | 15,55 | [km/h] | 03:52   | [min/km] | 0:18:57 | 1:35:19 |
| 45           | 44    | MARCINIUK     | LESZEK     | M    | 43                 | 1977   | M 40-49       | 12                 | SIEDLCE     |   | Cross Duathlon | 2:14:32 | 15,34 | [km/h] | 03:55   | [min/km] | 0:17:38 | 1:39:20 |
| 46           | 34    | KREFFT        | MARIA      | K    | 3                  | 2000   | K 0-29        |                    | PARCHOWO    | MLKS BASZTA BYTÓW                                 | Cross Duathlon | 2:19:07 | 14,84 | [km/h] | 04:03   | [min/km] | 0:19:45 | 1:36:23 |
| 47           | 65    | WOLSKI        | MICHAŁ     | M    | 44                 | 1990   | M 0-29        | 10                 | SŁUPSK      | MENARD NA SZYBKOSCIWOLSCY BROTHERS TRIATHLON TEAM | Cross Duathlon | 2:23:11 | 14,42 | [km/h] | 04:10   | [min/km] | 0:17:48 | 1:44:52 |
| 48           | 16    | DOBROLIŃSKA   | DOROTA     | K    | 4                  | 1974   | K 30 i więcej | 1                  | GDYNIA      |   | Cross Duathlon | 2:25:59 | 14,14 | [km/h] | 04:15   | [min/km] | 0:21:21 | 1:42:50 |
| 49           | 36    | KRZACZKOWSKI  | PAWEŁ      | M    | 45                 | 1974   | M 40-49       | 13                 | STĘŻYCA     | LYNXNET STĘŻYCA                                   | Cross Duathlon | 2:27:44 | 13,97 | [km/h] | 04:18   | [min/km] | 0:18:29 | 1:49:07 |
| 50           | 41    | LOREK         | MARCIN     | M    | 46                 | 1971   | M 40-49       | 14                 | TORUN       |   | Cross Duathlon | 2:31:20 | 13,64 | [km/h] | 04:24   | [min/km] | 0:20:19 | 1:49:05 |
| 51           | 28    | JUCHNIEWICZ   | PAULA      | K    | 5                  | 1989   | K 0-29        | 1                  | TORUŃ       | 7R LOGISTIC POLITECHNIKA GDAŃSKA                  | Cross Duathlon | 2:32:33 | 13,53 | [km/h] | 04:26   | [min/km] | 0:25:33 | 1:47:07 |
| 52           | 8     | BRUDEREK      | DANIEL     | M    | 47                 | 1986   | M 30-39       | 17                 | GDAŃSK      |   | Cross Duathlon | 2:33:14 | 13,47 | [km/h] | 04:27   | [min/km] | 0:19:33 | 1:48:32 |
| 53           | 29    | JUSZCZAK      | KRZYSZTOF  | M    | 48                 | 1954   | M 50 i więcej | 4                  | KOSZALIN    |   | Cross Duathlon | 2:33:15 | 13,47 | [km/h] | 04:27   | [min/km] | 0:22:07 | 1:47:06 |
| 54           | 21    | GŁODOWSKI     | TOMASZ     | M    | 49                 | 1960   | M 50 i więcej | 5                  | KWIDZYN     |   | Cross Duathlon | 2:35:33 | 13,27 | [km/h] | 04:31   | [min/km] | 0:23:21 |         |
| 55           | 23    | GORCZYCA      | JAROSŁAW   | M    | 50                 | 1986   | M 30-39       | 18                 | GDAŃSK      |   | Cross Duathlon | 2:36:36 | 13,18 | [km/h] | 04:33   | [min/km] | 0:21:15 | 1:50:07 |
| 56           | 70    | NADRATOWSKI   | MACIEJ     | M    | 51                 | 1975   | M 40-49       | 15                 | BYDGOSZCZ   | KABEL TEAM BYDGOSZCZ                              | Cross Duathlon | 2:38:37 | 13,01 | [km/h] | 04:37   | [min/km] | 0:19:08 | 1:56:49 |
| 57           | 48    | MICHALAK      | MARIANNA   | K    | 6                  | 1985   | K 30 i więcej | 2                  | ŚWIECIE     | HAS TEAM  | Cross Duathlon | 2:40:43 | 12,84 | [km/h] | 04:40   | [min/km] | 0:21:25 | 1:50:57 |
| 58           | 42    | ŁAMEK         | SEBASTIAN  | M    | 52                 | 1977   | M 40-49       | 16                 | ŚWIECIE     | HAS TEAM  | Cross Duathlon | 2:40:43 | 12,84 | [km/h] | 04:40   | [min/km] | 0:22:10 | 1:50:58 |
| 59           | 52    | PEŁECHATA     | JULITA     | K    | 7                  | 1991   | K 0-29        | 2                  | KOŁOBRZEG   | PSEUDOULTRASKI                                    | Cross Duathlon | 2:41:43 | 12,76 | [km/h] | 04:42   | [min/km] | 0:21:36 | 2:02:05 |
| 60           | 18    | DUK           | MAGDALENA  | K    | 8                  | 1975   | K 30 i więcej | 3                  | KOSZALIN    | PSEUDOULTRASKI                                    | Cross Duathlon | 2:41:44 | 12,76 | [km/h] | 04:42   | [min/km] | 0:21:38 | 2:02:06 |
| 61           | 50    | MUSZYŃSKI     | ANDRZEJ    | M    | 53                 | 1980   | M 30-39       | 19                 | GDYNIA      | MENARD NA SZYBKOSCIWOLSCY BROTHERS TRIATHLON TEAM | Cross Duathlon | 2:42:27 | 12,71 | [km/h] | 04:43   | [min/km] | 0:24:02 | 1:55:48 |
| 62           | 72    | JAKUBOWSKI    | SŁAWOMIR   | M    | 54                 | 1977   | M 40-49       | 17                 | WARSZAWA    | -   | Cross Duathlon | 2:49:33 | 12,17 | [km/h] | 04:56   | [min/km] | 0:18:24 | 1:59:24 |
| 63           | 38    | KUCHARCZYK    | MONIKA     | K    | 9                  | 1976   | K 30 i więcej | 4                  | PONAŃ       | WÓJTOWICZ TRI TEAM                                | Cross Duathlon | 2:51:12 | 12,06 | [km/h] | 04:59   | [min/km] | 0:20:48 | 2:04:08 |
| 64           | 45    | MARCZAK       | MAŁGORZATA | K    | 10                 | 1960   | K 30 i więcej | 5                  | GŁÓWCZYCE   |   | Cross Duathlon | 3:17:30 | 10,45 | [km/h] | 05:44   | [min/km] | 0:23:10 | 2:19:11 |