

Mistrzostwa Polski w Triathlonie

Age-Group

Wyniki - Katowice 15-05-2021



Miej.	Nr	Nazwisko i Imię	Rok	Klub	Miasto	Pływanie	T1	Rower	T2	Bieg	Czas	Uwagi
Age-Grup												
K AG 20-24												
1.	13	Kopiczko, Sandra	1997	MKS MEDYK GIŻYCKO	Giżycko	05:46,00 (1.)	00:47,78	13:24,42 (4.)	00:50,25	08:50,73 (4.)	29:39,20	
2.	14	Gałązka, Anna	1998	Kaziki	Złoty Potok	06:44,29 (7.)	00:46,76	13:19,87 (3.)	00:46,46	08:55,60 (5.)	30:33,00	
3.	15	Marciniak, Wiktoria	2000	UKS CITYZEN /BE3	Plewiska	06:21,14 (3.)	00:50,70	14:51,38 (11.)	00:55,22	11:09,43 (15.)	34:07,89	
4.	16	Opielak, Wiktoria	2003	Szymanowski Triathlon Team	Lublin	06:58,31 (9.)	01:01,36	15:00,45 (12.)	01:04,79	10:03,08 (13.)	34:08,01	
K AG 25-29												
1.	12	Kęsikowska, Katarzyna	1992	Kaziki	Bydgoszcz	06:46,45 (8.)	00:47,66	14:00,82 (9.)	00:45,18	08:45,37 (3.)	31:05,50	
K AG 30-34												
1.	11	Biskupska, Rita	1990	Iron Tri Team Tomasz Marcinek	Bydgoszcz	06:19,78 (2.)	01:14,33	12:58,50 (1.)	00:49,38	08:24,76 (2.)	29:46,76	
2.	10	Kalita, Katarzyna	1989	GLKS Świdnica	Świdnica	06:32,15 (5.)	00:55,79	13:55,76 (8.)	00:47,01	09:52,73 (12.)	32:03,47	
K AG 35-39												
1.	9	Pietruszka, Magdalena	1983	Schulo Team - TriPietruszka	Działdowo	07:02,46 (10.)	01:10,66	14:06,10 (10.)	00:54,93	08:05,62 (1.)	31:19,79	
K AG 40-44												
1.	8	Ciolczyk, Magda	1981	Kaziki	Warszawa	06:31,50 (4.)	00:54,02	13:13,16 (2.)	01:01,07	09:10,65 (7.)	30:50,42	
2.	5	Tomaszewska, Julita	1978	TIMBUD TEAM	Legionowo	07:28,61 (14.)	01:09,88	13:55,55 (7.)	00:55,51	09:13,12 (8.)	32:42,69	
3.	17	Janicka-Jawor, Joanna	1978	emjot tri team	Mysłowice	07:05,64 (12.)	01:21,88	15:16,31 (13.)	01:15,85	09:15,35 (10.)	34:15,05	
4.	6	Krawczyk-Bielecka,	1978	Szymanowski Triathlon Team	Lublin	07:23,48 (13.)	01:04,57	16:18,90 (15.)	00:50,77	11:03,63 (14.)	36:41,37	
5.	7	Kurtyka, Agnieszka	1980		Dąbrowa Górnicza	09:42,14 (16.)	01:49,05	19:25,52 (16.)	01:12,23	14:45,32 (16.)	46:54,26	
K AG 45-49												
1.	4	Pitura, Eliza	1976	Szymanowski Triathlon Team	Lublin	07:03,02 (11.)	00:46,00	13:31,03 (5.)	00:40,31	09:14,69 (9.)	31:15,07	
2.	3	Żmich-Fórmaniak, Joanna	1976	IRONTEAM Tomasz Marcinek	Bydgoszcz	06:34,31 (6.)	01:00,26	13:50,35 (6.)	00:53,99	08:58,45 (6.)	31:17,38	
K AG 55-59												
1.	2	Kowalczyk, Aleksandra	1965	GST/TriWise	Dębówiec	08:56,34 (15.)	01:49,47	15:47,97 (14.)	01:18,00	09:50,20 (11.)	37:41,99	
M AG 20-24												
1.	92	Gaj, Przemysław	1998		Konin	06:03,79 (30.)	01:01,04	12:17,82 (16.)	00:38,54	07:11,97 (6.)	27:13,18	
2.	90	Stefański, Wojciech	1997	TriWise/GST	Gniezno	05:46,87 (17.)	00:48,63	12:31,94 (23.)	00:43,66	07:29,62 (12.)	27:20,74	
3.	94	Strączek, Jan	2002		Radlin	05:36,70 (13.)	00:40,65	12:55,11 (41.)	00:39,62	07:50,95 (21.)	27:43,05	
4.	93	Woźniowski, Filip	2001	Litwin Triathlon Elite	Wrocław	05:49,38 (22.)	00:39,90	12:57,17 (42.)	00:52,56	07:58,12 (27.)	28:17,15	
5.	91	Kruczkowski, Jakub	1997	Enea Bydgoszcz Triathlon Team/IRONTEAM Tomasz	Bydgoszcz	05:55,47 (25.)	00:48,95	12:51,66 (36.)	01:16,01	08:26,61 (40.)	29:18,72	



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M AG 25-29												
1.	83	Owczarek, Krzysztof	1992	TriWise	Częstochowa	04:43,59 (1.)	00:43,70	11:58,08 (6.)	00:39,44	03:34,51 (1.)	21:39,34	Kara
2.	87	Szymonik, Filip	1994	CTS/ Endless Pain	Stalowa Wola	04:53,65 (3.)	00:33,29	12:01,69 (7.)	00:36,33	06:59,44 (3.)	25:04,41	
3.	86	Pikorski, Dominik	1993	TriDivision Triathlon Team	Zabrze	04:53,13 (2.)	00:40,14	11:51,18 (1.)	00:36,24	07:07,65 (4.)	25:08,36	
4.	88	Koszał, Kacper	1994	Triton Konin	Konin	05:18,54 (10.)	00:49,27	12:13,65 (12.)	00:45,07	07:16,12 (8.)	26:22,66	
5.	85	Dobkowski, Martin	1992	Eden Racing	Chorzów	05:40,61 (14.)	01:09,91	12:42,32 (31.)	00:55,32	07:52,81 (22.)	28:21,00	
6.	84	Kuśka, Adam	1992	Invictus 3City/ YnoTrener	Gdańsk	05:57,37 (27.)	00:44,94	12:41,91 (30.)	01:02,20	08:02,75 (30.)	28:29,18	
7.	89	Kurek, Bartosz	1996		Częstochowa	05:56,62 (26.)	01:04,71	12:28,42 (21.)	01:02,18	09:13,39 (55.)	29:45,34	
M AG 30-34												
1.	80	Kaźmierczak, Mateusz	1990	Kaziki	Warszawa	05:05,32 (6.)	00:37,09	12:26,91 (20.)	00:39,79	07:09,66 (5.)	25:58,78	
2.	74	Lisieński, Michał	1987	CHOP ZE ŻELAZA TRI TEAM / AUTO-FORM	Siemianowice Śląskie	05:03,82 (5.)	00:36,75	12:10,44 (9.)	00:36,17	07:48,15 (19.)	26:15,34	
3.	75	Kubiński, Jakub	1987	Enea Bydgoszcz Triathlon Team	Bydgoszcz	05:15,21 (9.)	00:38,30	12:12,66 (10.)	00:47,25	07:25,42 (11.)	26:18,86	
4.	81	Dudek, Bartosz	1990	Eden Racing	Katowice	05:10,94 (7.)	00:53,85	12:22,22 (19.)	00:47,20	07:31,80 (13.)	26:46,02	
5.	77	Pacholak, Marcin	1988	TriAdvisor	Wrocław	06:00,56 (29.)	01:07,71	12:50,96 (35.)	01:04,53	08:09,52 (33.)	29:13,31	Kara
6.	78	Szlaski, Igor	1989	Trinergy	Zgierz	06:40,10 (45.)	01:21,17	12:44,32 (32.)	00:55,78	08:05,92 (31.)	29:47,30	
7.	79	Knura, Karol	1990		Kobyła	06:31,71 (44.)	01:14,88	13:00,11 (43.)	00:50,62	08:17,34 (37.)	29:54,66	
8.	82	Wojciechowski, Bartosz	1991		Katowice	05:48,77 (21.)	01:08,44	12:53,56 (39.)	00:54,05	09:23,60 (57.)	30:08,45	
9.	76	Borkowski, Paweł	1987	RNB Team Polanica Zdroj -Ewa Bugdoł	Berlin	07:30,70 (59.)	00:50,97	13:17,62 (50.)	00:49,76	08:00,44 (29.)	30:29,51	
M AG 35-39												
1.	70	Tomczak, Marcin	1985	GVT BMC 3SOFT	Poznań	05:49,50 (23.)	00:49,50	11:52,16 (3.)	00:28,87	07:18,66 (9.)	26:18,70	
2.	72	Nawracaj, Michał	1986	GVT	Jawor	05:29,90 (11.)	00:45,94	12:17,00 (15.)	00:54,02	07:21,33 (10.)	26:48,22	
3.	68	Mieloch, Artur	1983	Dawaj Kalach Team	Chodzież	05:13,19 (8.)	00:49,43	12:34,00 (26.)	00:39,69	07:47,54 (18.)	27:03,87	
4.	71	Woźniak, Artur	1986	Ewa Bugdoł Team	Żory	06:45,77 (46.)	01:07,80	13:24,13 (52.)	00:56,09	05:25,92 (2.)	27:39,73	Kara
5.	73	Folkert, Kamil	1986	GVT BMC 3SOFT	Tychy	06:27,77 (43.)	00:56,48	11:51,67 (2.)	00:39,65	08:10,13 (34.)	28:05,72	
6.	67	Tylek, Mateusz	1983	Global UnTrash - Clean Future	Głogoczków	06:49,03 (48.)	01:08,44	12:32,75 (24.)	01:06,04	07:45,11 (17.)	29:21,39	
7.	69	Heczko, Adam	1984	Triathlon Dąbrowa Górnicza	Pogwizdów	05:45,42 (15.)	01:02,75	12:46,15 (33.)	00:48,87	08:59,68 (48.)	29:22,88	
8.	66	Waloszczyk, Krzysztof	1982		Ruda Śląska	08:53,74 (66.)	01:22,35	15:31,12 (65.)	01:24,73	09:33,48 (61.)	36:45,44	
M AG 40-44												
1.	64	Duplicki, Kamil	1981	Bednarski Tri Team	Warszawa	05:46,87 (18.)	00:47,80	12:08,72 (8.)	00:35,72	07:13,71 (7.)	26:32,84	
2.	53	Rycyk, Maciej	1978	IronSilesia	Katowice	06:07,94 (34.)	01:18,79	11:56,23 (4.)	00:55,74	07:33,76 (15.)	27:52,47	
3.	57	Nowak, Wojciech	1979	Tridivision	Ruda Śląska	05:47,99 (19.)	00:57,69	12:34,70 (27.)	00:44,33	07:48,84 (20.)	27:53,57	
4.	63	Wojcieszko, Piotr	1981	Chmura Coaching	Wrocław	06:23,34 (42.)	00:56,81	12:16,89 (14.)	01:07,08	07:31,83 (14.)	28:15,97	
5.	49	Pyka, Marek	1977	Chop Ze Żelaza Tri Team	Siemianowice Śląskie	06:13,75 (37.)	00:52,09	12:19,86 (18.)	00:43,56	08:20,37 (38.)	28:29,65	
6.	59	Ostrasz, Bartek	1980	GVT	Wrocław	05:35,69 (12.)	00:37,68	12:29,62 (22.)	00:53,42	09:11,47 (53.)	28:47,90	Kara



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7.	55	Gryglik, Tomasz	1978		Rudziczka	05:58,21 (28.)	01:15,21	12:46,78 (34.)	00:51,05	08:00,00 (28.)	28:51,27	
8.	58	Kowalczyk, Marcin	1979	Celironman	Łódź	06:59,76 (54.)	01:11,35	12:12,92 (11.)	00:55,88	07:54,75 (25.)	29:14,69	Kara
9.	62	Klapuch, Michał	1980	Ewa Bugdol Tri Team	Gliwice	06:06,54 (32.)	00:57,69	13:32,14 (53.)	00:45,00	07:54,61 (24.)	29:15,98	
10.	61	Marzec, Łukasz	1980	Triathlon X-Team	Dąbrowa Górnicza	06:51,77 (50.)	01:00,16	13:44,12 (54.)	00:59,12	08:35,49 (42.)	31:10,68	
11.	60	Osiński, Robert	1980		Zabrze	06:55,35 (52.)	01:21,50	13:09,40 (46.)	01:12,60	08:55,24 (47.)	31:34,11	
12.	56	Roszuk, Jakub	1979	Criss Coaching Triathlon	Biestrzynnik	07:35,53 (60.)	01:32,99	14:39,73 (61.)	01:06,16	09:28,45 (60.)	34:22,87	Kara

M AG 45-49

1.	48	Czerwiec, Artur	1976	Iron Dragon Team	Pisary	05:01,94 (4.)	00:47,34	12:18,84 (17.)	00:46,37	07:34,83 (16.)	26:29,34	
2.	36	Kot, Remigiusz	1973	Rm Tri Team	Bielsko-Biała	06:17,20 (39.)	01:01,86	12:13,76 (13.)	00:58,23	08:06,51 (32.)	28:37,58	
3.	45	Mach, Tomasz	1976	Szymanowski Triathlon Team	Lublin	05:48,23 (20.)	00:46,38	12:53,90 (40.)	00:40,43	08:37,46 (43.)	28:46,42	
4.	44	Targoni, Pawel	1976	Trinergy	Frydek	05:52,21 (24.)	01:29,35	13:17,84 (51.)	00:48,73	07:56,67 (26.)	29:24,82	
5.	42	Bury, Marek	1975	SWIM TRI RZESZÓW	Babica	06:11,81 (36.)	01:03,58	13:16,17 (49.)	00:46,92	08:13,40 (35.)	29:31,89	
6.	40	Piętka, Andrzej	1975	PTT DELTA	Gostynin	06:50,11 (49.)	01:00,75	12:52,84 (38.)	00:57,88	07:54,30 (23.)	29:35,89	
7.	46	Hajewski, Tomasz	1976	TKKF Triathlon Dąbrowa Górnicza	Cieszyn	06:07,89 (33.)	00:55,29	13:45,24 (56.)	00:50,19	09:11,96 (54.)	30:50,60	
8.	37	Chyb, Marcin	1973	Infobiuro/Ewa Bugdol Team	Wałbrzych	07:11,22 (57.)	01:20,39	14:26,87 (58.)	00:47,13	08:46,72 (44.)	32:32,35	
9.	41	Harpula, Łukasz	1975	SwimTRI Rzeszów	Rzeszów	07:37,61 (61.)	01:58,07	15:23,22 (64.)	01:17,27	08:50,65 (46.)	35:06,85	
10.	35	Marcinkowski,	1973	GVT	Tyniec Mały	08:17,20 (64.)	01:17,63	14:18,74 (57.)	01:21,25	09:57,58 (65.)	35:12,41	
11.	43	Bielecki, Mirmił	1975	Szymanowski Triathlon Team	Lublin	07:53,41 (62.)	01:09,86	15:32,78 (66.)	00:49,73	09:56,79 (64.)	35:22,59	

M AG 50-54

1.	31	Kornes, Janusz	1970	KRS TKKF DĄBROWA GÓRNICZA	Sosnowiec	06:03,98 (31.)	00:50,14	12:33,55 (25.)	00:54,89	09:07,41 (51.)	29:29,98	
2.	33	Konarski, Marcin	1971	TRIATHLON ARNYSA	Nysa	06:09,75 (35.)	01:03,86	12:36,02 (28.)	00:54,14	09:06,73 (50.)	29:50,52	
3.	30	Ligocki, Tomasz	1969	Chop Ze Żelaza Team	Siemianowice Śląskie	06:15,00 (38.)	01:10,45	13:03,32 (44.)	00:41,51	09:13,40 (56.)	30:23,70	Kara
4.	95	Stwertetschka, Dariusz	1967	Kudowianka Wemeco	Kudowa-Zdrój	08:25,21 (65.)	00:52,14	14:33,25 (60.)	00:55,65	09:42,18 (62.)	34:28,45	
5.	32	Sajkowski, Maciej	1971		Rybnik	11:09,28 (67.)	01:49,69	16:19,56 (67.)	01:43,41	11:21,28 (67.)	42:23,23	Kara

M AG 55-59

1.	28	Gardener, Jacek	1964	LKS Victoria Zabostów	Łowicz	06:18,23 (40.)	01:01,85	11:57,01 (5.)	00:31,86	08:25,33 (39.)	28:14,31	
2.	25	Brett, Tomasz	1962	MLUKS Triathlon Koło	Koło	05:45,61 (16.)	01:01,16	12:37,76 (29.)	00:40,93	08:15,24 (36.)	28:20,71	
3.	27	Kąkol, Sławomir	1964	TIMBUD TEAM	Nowy Dwór	06:54,47 (51.)	00:58,69	12:52,39 (37.)	00:52,73	09:02,53 (49.)	30:40,82	
4.	29	Kowalczyk, Dariusz	1966	GST/TriWise	Gniezno	06:47,76 (47.)	01:15,01	13:13,93 (48.)	00:56,84	09:27,83 (59.)	31:41,38	
5.	26	Pietrzak, Romek	1963	SKS Oborniki	Rakownia	07:01,73 (55.)	01:17,89	13:44,53 (55.)	01:35,75	08:46,75 (45.)	32:26,67	

M AG 60-64

1.	22	Drapella, Dariusz	1957	CTS	Gdańsk	06:22,50 (41.)	00:55,29	13:05,25 (45.)	00:50,17	09:10,93 (52.)	30:24,16	
2.	23	Misiaszek, Janusz	1958	Labosport Team	Kędzierzyn-Koźle	07:06,46 (56.)	00:59,36	13:13,43 (47.)	00:59,66	08:35,37 (41.)	30:54,30	
3.	24	Markowski, Dariusz	1959	Ewa Bugdol team	Polanica Zdrój	08:00,16 (63.)	01:07,31	14:48,22 (62.)	00:59,68	09:46,34 (63.)	34:41,73	



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Miej.	Nr	Nazwisko i Imię	Rok	Klub	Miasto	Pływanie	T1	Rower	T2	Bieg	Czas	Uwagi
M AG 65-69												
1.	20	Klepacki, Tomasz	1956	KS Triathlon Rawa	Warszawa	06:56,60 (53.)	01:21,83	14:30,00 (59.)	00:45,98	09:26,40 (58.)	33:00,83	
2.	19	Sufranowicz, Jerzy	1954	Triathlon Dąbrowa Górnicza	Dąbrowa Górnicza	07:23,10 (58.)	01:21,92	15:15,18 (63.)	01:55,37	11:17,11 (66.)	37:12,69	

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