

XI Frydman Triathlon

Wyniki w kategoriach



| Miej. | Nr | Nazwisko i Imię | Misto | Klub | Pływanie | T1 | Rower | T2 | Bieg | Meta |
|------------------------|-----|----------------------|---------------|------------------------|------------|------------|------------|------------|------------|------------|
| Olimpijski | | | | | | | | | | |
| Kobiety 18-19 | | | | | | | | | | |
| 1. | 86 | Postawa Natalia | Tarnów | | 0:32:51,00 | 0:02:05,47 | 1:33:18,81 | 0:01:35,16 | 0:58:14,90 | 3:08:05,36 |
| Kobiety 20-29 | | | | | | | | | | |
| 1. | 47 | Brzeska Ewa | Nowy Sącz | Top-Sport | 0:32:52,13 | 0:01:53,97 | 1:25:01,71 | 0:00:55,13 | 0:55:25,86 | 2:56:08,83 |
| Kobiety 30-39 | | | | | | | | | | |
| 1. | 37 | Hajnos-Matecka Maria | Szaflary | SALMING/Slow Motion | 0:30:01,40 | 0:01:21,21 | 1:19:39,91 | 0:01:20,77 | 0:45:56,72 | 2:38:20,03 |
| 2. | 82 | Piekarniak Agnieszka | Kraków | #AdamCzerwińskiTeam | 0:26:34,83 | 0:01:33,38 | 1:27:14,17 | 0:01:05,25 | 0:48:54,89 | 2:45:22,54 |
| 3. | 35 | Grzywalska Dominika | Kraków | TriWise Triathlon Team | 0:37:14,58 | 0:02:05,74 | 1:23:06,33 | 0:00:59,67 | 0:47:32,87 | 2:50:59,22 |
| 4. | 67 | Mączka Martyna | Kraków | DRPT | 0:37:21,61 | 0:02:48,88 | 1:28:28,51 | 0:01:41,70 | 0:47:35,81 | 2:57:56,53 |
| 5. | 89 | Rakowska Marta | Jaworze | | 0:38:30,57 | 0:02:54,38 | 1:32:46,95 | 0:02:09,22 | 0:56:48,05 | 3:13:09,18 |
| Kobiety 40-49 | | | | | | | | | | |
| 1. | 19 | Czechowska Katarzyna | Kraków | Milek Triathlon Team | 0:36:55,83 | 0:01:28,66 | 1:20:36,23 | 0:01:17,25 | 0:46:39,25 | 2:46:57,25 |
| 2. | 26 | Gacek Katarzyna | Rabka-Zdrój | Niezrzeszona | 0:37:18,18 | 0:02:05,68 | 1:26:24,57 | 0:01:28,07 | 0:48:53,39 | 2:56:09,91 |
| 3. | 124 | Błoniarczyk Barbara | Nowy Sącz | | 0:40:59,99 | 0:01:55,07 | 1:32:37,49 | 0:01:07,43 | 0:56:15,24 | 3:12:55,24 |
| Kobiety 50+ | | | | | | | | | | |
| 1. | 65 | Lubowiecka Oksana | Kraków | "stara kobieta i może" | 0:36:16,46 | 0:03:08,65 | 1:30:10,41 | 0:01:50,16 | 0:57:42,27 | 3:09:07,97 |
| DSQ | 52 | Król Elżbieta | Kraków | 4triTeam | 0:40:59,26 | 0:02:52,76 | 2:36:11,84 | | | 3:46:04,13 |
| Mężczyźni 20-29 | | | | | | | | | | |
| 1. | 84 | Podsiadło Mikołaj | Bielsko-Biała | Szpital św. Łukasza | 0:30:36,94 | 0:01:25,97 | 1:11:50,88 | 0:01:23,94 | 0:38:23,71 | 2:23:41,47 |



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| 2. | 68 | Michalski Janusz | Kraków | TriWise Triathlon Team | 0:25:10,59 | 0:01:28,36 | 1:16:27,65 | 0:01:09,72 | 0:42:10,56 | 2:26:26,89 |
| 3. | 56 | Kulbat Mateusz | Muszyna | | 0:32:00,49 | 0:01:58,88 | 1:20:13,07 | 0:01:15,39 | 0:45:50,14 | 2:41:17,99 |
| 4. | 113 | Węsierski Mateusz | Gowino | niezrzeszony | 0:28:50,20 | 0:02:30,96 | 1:22:03,52 | 0:01:06,59 | 0:47:44,07 | 2:42:15,37 |
| 5. | 117 | Wójtowicz Damian | Gorlice | SkiPark Wysowa | 0:34:34,23 | 0:02:27,77 | 1:20:40,42 | 0:01:18,03 | 0:47:13,10 | 2:46:13,56 |
| 6. | 97 | Sadowski Szymon | Kamienica | niezrzeszony | 0:40:45,07 | 0:02:57,79 | 1:14:02,79 | 0:02:18,86 | 0:50:36,15 | 2:50:40,68 |
| 7. | 130 | Talar Tomasz | Nowy Sącz | Top-Sport | | | | | | 2:56:15,83 |
| 8. | 102 | Staroń Jan | Warszawa | | 0:30:56,02 | 0:03:23,47 | 1:24:31,20 | 0:01:48,55 | 1:01:28,07 | 3:02:07,33 |
| 9. | 96 | Sabański Bogdan | Kraków | | 0:38:37,91 | 0:03:07,77 | 1:32:44,07 | 0:00:56,63 | 0:53:00,34 | 3:08:26,74 |
| 10. | 85 | Poleszczuk Piotr | Lublin | Gentle Expeditions | 0:40:17,46 | 0:02:39,92 | 1:32:55,75 | 0:01:13,83 | 0:58:04,48 | 3:15:11,46 |
| 11. | 79 | Panek Bartosz | Kraków | Racket Planet | 0:37:36,57 | 0:03:30,07 | 2:42:24,12 | 0:04:11,77 | | |

Mężczyźni 30-39

| | | | | | | | | | | |
|-----|-----|--------------------|--------------|---|------------|------------|------------|------------|------------|------------|
| 1. | 125 | Brzyski Maciej | Kraków | Brzyski Tri Team | 0:24:03,35 | 0:01:10,33 | 1:06:10,29 | 0:00:48,57 | 0:37:40,47 | 2:09:53,02 |
| 2. | 42 | Jasiński Jakub | Kraków | WM Triself | 0:21:50,70 | 0:00:56,88 | 1:07:12,26 | 0:00:44,52 | 0:43:30,79 | 2:14:15,17 |
| 3. | 23 | Dudziak Tomasz | Kraków | Polar Team | 0:25:22,39 | 0:00:42,06 | 1:11:16,37 | 0:00:57,30 | 0:42:28,89 | 2:20:47,03 |
| 4. | 9 | Bronicki Grzegorz | Kraków | Brzyski Tri Team | | | | | | 2:24:38,69 |
| 5. | 48 | Kielboń Michał | Przeworsk | PRZEWORSKA GRUPA BIEGOWA / AZS Jarosław | 0:30:28,38 | 0:01:18,16 | 1:13:20,83 | 0:00:35,70 | 0:41:39,96 | 2:27:23,05 |
| 6. | 6 | Boiko Iurii | Kraków | | 0:28:43,25 | 0:01:22,87 | 1:15:34,53 | 0:01:06,95 | 0:44:33,30 | 2:31:20,92 |
| 7. | 24 | Dymek Bartosz | Gliwice | TriDivision | 0:28:10,93 | 0:01:06,81 | 1:17:14,93 | 0:00:44,51 | 0:44:24,89 | 2:31:42,11 |
| 8. | 11 | Cabaj Tomasz | Kraków | niezrzeszony | 0:31:29,53 | 0:01:03,32 | 1:12:04,88 | 0:00:57,16 | 0:47:21,63 | 2:32:56,54 |
| 9. | 40 | Jankowski Łukasz | Kraków | Schibsted Tech Polska | 0:28:45,84 | 0:01:11,81 | 1:18:18,21 | 0:00:53,57 | 0:47:20,80 | 2:36:30,25 |
| 10. | 66 | Malski Tomasz | Tarnów | | 0:35:42,53 | 0:02:33,35 | 1:16:16,02 | 0:01:23,57 | 0:40:41,83 | 2:36:37,33 |
| 11. | 39 | Iwanicki Krzysztof | Kraków | WM Triself | 0:26:46,08 | 0:02:42,96 | 1:20:06,31 | 0:01:33,61 | 0:45:43,87 | 2:36:52,84 |
| 12. | 1 | Amiaud Romain | Kraków | WM Triself | 0:32:37,03 | 0:01:58,10 | 1:13:52,76 | 0:01:14,49 | 0:47:36,80 | 2:37:19,19 |
| 13. | 2 | Bąk Krystian | Stalowa Wola | | 0:29:53,77 | 0:02:04,21 | 1:16:34,36 | 0:01:28,94 | 0:48:10,55 | 2:38:11,85 |
| 14. | 59 | Lasyk Maciej | Kraków | dlugodystansowy.pl | 0:30:04,66 | 0:01:40,08 | 1:16:14,24 | 0:01:38,54 | 0:50:38,32 | 2:40:15,86 |
| 15. | 17 | Cierpielek Jakub | Wadowice | UNLIMITED Sport 2.0 | 0:33:56,15 | 0:02:41,92 | 1:20:59,33 | 0:01:17,67 | 0:41:32,35 | 2:40:27,44 |



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| 16. | 123 | Baradziej Jakub | Kraków | | 0:27:16,87 | 0:02:32,36 | 1:16:12,01 | 0:02:25,38 | 0:52:59,53 | 2:41:26,17 |
| 17. | 120 | Żok Filip | Siemianowice | | 0:30:44,83 | 0:02:14,62 | 1:19:00,27 | 0:01:06,29 | 0:48:33,64 | 2:41:39,67 |
| 18. | 116 | Woźniak Artur | Żory | HRMax Żory | 0:32:14,08 | 0:01:15,74 | 1:20:40,76 | 0:01:12,70 | 0:47:53,60 | 2:43:16,89 |
| 19. | 129 | Domin Bartosz | Zagórze | | 0:27:44,41 | 0:02:03,44 | 1:18:26,21 | 0:01:09,32 | 0:54:08,10 | 2:43:31,49 |
| 20. | 10 | Brzezicki Jakub | Zabierzów | niezrzeszony | 0:29:49,10 | 0:02:09,54 | 1:20:04,92 | 0:01:00,52 | 0:51:07,76 | 2:44:11,85 |
| 21. | 215 | Miagkyj Artem | Jaworze | | 0:30:17,20 | 0:02:43,53 | 1:29:47,42 | 0:01:18,23 | 0:40:28,89 | 2:44:35,29 |
| 22. | 15 | Ciasto Sebastian | Przechlebie | niezrzeszony | 0:27:33,68 | 0:01:48,83 | 1:21:16,58 | 0:01:47,50 | 0:52:31,63 | 2:44:58,24 |
| 23. | 27 | Gierz Bartłomiej | Kraków | Go Aptiv! | 0:32:20,85 | 0:02:57,08 | 1:19:46,74 | | | 2:45:18,53 |
| 24. | 121 | Machowski Łukasz | Jasło | | 0:33:07,87 | 0:02:43,65 | 1:19:51,50 | 0:01:37,93 | 0:49:00,89 | 2:46:21,86 |
| 25. | 20 | Czerner Krzysztof | Libertów | HSBC | 0:29:54,18 | 0:02:28,11 | 1:22:29,18 | 0:01:24,53 | 0:52:30,96 | 2:48:46,98 |
| 26. | 114 | Więcek Konrad | Kraków | WM Triself | 0:32:09,14 | 0:02:21,94 | 1:28:08,86 | 0:01:25,51 | 0:46:08,66 | 2:50:14,13 |
| 27. | 45 | Jeleń Tomasz | Kraków | TriWise Triathlon Team | 0:32:23,42 | 0:02:15,30 | 1:42:36,57 | 0:02:11,46 | 0:32:06,44 | 2:51:33,20 |
| 28. | 44 | Jastrzębski Paweł | Bochnia | niezrzeszony | 0:34:51,03 | 0:03:35,86 | 1:22:26,55 | 0:01:23,08 | 0:52:38,14 | 2:54:54,67 |
| 29. | 103 | Stasiak Paweł | Dzierżoniów | GT RAT / VIESSMANN | 0:32:14,60 | 0:02:50,19 | 1:19:57,73 | 0:01:58,26 | 0:58:05,32 | 2:55:06,11 |
| 30. | 5 | Błaszczyk Marcin | Nowy Sacz | Smart Office Nowy Sacz | 0:33:44,40 | 0:02:19,43 | 1:22:09,75 | 0:01:13,87 | 0:56:04,17 | 2:55:31,63 |
| 31. | 98 | Serzysko Bartosz | Cieszyn | Go Aptiv! | 0:37:39,67 | 0:02:38,13 | 1:22:20,13 | 0:01:19,37 | 0:53:04,27 | 2:57:01,59 |
| 32. | 3 | Rumin Marek | Kraków | UNLIMITED Triathlon Team | 0:34:36,92 | 0:04:59,80 | 1:25:15,03 | 0:01:19,20 | 0:51:05,72 | 2:57:16,68 |
| 33. | 105 | Szłasek Bartłomiej | Wieliczka | | 0:31:01,62 | 0:04:04,32 | 1:27:25,75 | 0:02:57,31 | 0:52:25,07 | 2:57:54,09 |
| 34. | 118 | Zaborowski Krzysztof | Kraków | | 0:33:11,14 | 0:02:29,01 | 1:28:58,02 | 0:02:17,61 | 0:55:35,75 | 3:02:31,54 |
| 35. | 90 | Rakowski Mateusz | Jaworze | | 0:29:51,83 | 0:02:02,64 | 1:26:04,44 | 0:01:14,40 | 1:03:56,79 | 3:03:10,12 |
| 36. | 22 | Drózdź Przemysław | Kraków | Sułtan Stylu Racing Team | 0:37:45,15 | 0:01:59,23 | 1:22:07,43 | 0:01:13,23 | 1:01:49,09 | 3:04:54,16 |
| 37. | 50 | Koczwara Marcin | Tarnów | NetHorizon | 0:36:56,67 | 0:02:53,46 | 1:33:18,30 | 0:02:13,80 | 0:57:41,57 | 3:13:03,82 |
| 38. | 55 | Kuca Rafał | Kielce | niezrzeszony | 0:45:29,40 | 0:01:50,70 | 1:22:22,84 | 0:02:43,96 | 1:02:14,26 | 3:14:41,18 |

Mężczyźni 40-49

| | | | | | | | | | | |
|----|----|------------------|--------|-------|------------|------------|------------|------------|------------|------------|
| 1. | 81 | Szumiec Łukasz | Jasło | Solo | 0:28:01,83 | 0:01:08,04 | 1:06:55,57 | 0:00:58,16 | 0:39:58,67 | 2:17:02,28 |
| 2. | 93 | Rospond Grzegorz | Kraków | CLICO | 0:30:33,81 | 0:00:49,87 | 1:09:31,17 | 0:00:56,10 | 0:44:19,08 | 2:26:10,04 |



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| 3. | 128 | Sobczyk Przemysław | Zakopane | KJ Czarny Dunajec | 0:34:49,19 | 0:01:44,85 | 1:13:26,12 | 0:01:05,33 | 0:37:31,42 | 2:28:36,93 |
| 4. | 104 | Sulik Konrad | Ostrowiec | Sport Medical Team | 0:31:16,47 | 0:01:28,44 | 1:14:15,66 | 0:01:14,17 | 0:40:41,60 | 2:28:56,36 |
| 5. | 54 | Krzemiński Marcin | Gorzyce | SPRINT Gorzyce | 0:28:16,94 | 0:01:20,43 | 1:15:35,62 | 0:01:06,45 | 0:44:09,47 | 2:30:28,93 |
| 6. | 111 | Trzaska Radosław | Bielsko-Biała | Tlenownia | 0:27:50,81 | 0:02:49,29 | 1:16:29,36 | 0:01:29,83 | 0:44:06,51 | 2:32:45,83 |
| 7. | 14 | Chyliński Adam | Siemianowice | | 0:25:27,57 | 0:01:02,34 | 1:19:09,50 | 0:01:25,66 | 0:45:47,61 | 2:32:52,70 |
| 8. | 92 | Rogula Mariusz | Dobczyce | Dobczyckie Towarzystwo Triathlonowe | 0:33:26,76 | 0:01:35,24 | 1:12:36,36 | 0:01:13,59 | 0:45:50,20 | 2:34:42,15 |
| 9. | 87 | Ptasznik Przemysław | Wieliczka | WM Triself | 0:28:25,91 | 0:01:36,79 | 1:15:14,28 | 0:01:21,48 | 0:48:13,29 | 2:34:51,76 |
| 10. | 80 | Pardygaj Tomasz | Kraków | WM Triself | 0:32:11,15 | 0:01:15,18 | 1:14:36,37 | 0:00:50,10 | 0:46:28,69 | 2:35:21,51 |
| 11. | 64 | Lorek Marcin | Kraków | | 0:29:44,16 | 0:00:59,64 | 1:17:29,35 | 0:01:32,24 | 0:46:23,78 | 2:36:09,18 |
| 12. | 110 | Targosz Piotr | Twardorzeczka | Sprintex Team | 0:32:12,06 | 0:00:52,30 | 1:17:59,15 | 0:00:47,65 | 0:45:40,48 | 2:37:31,65 |
| 13. | 71 | Naziębło Maciej | Kraków | WM TRIsself | 0:30:09,29 | 0:01:51,17 | 1:17:50,92 | 0:01:24,26 | 0:46:18,95 | 2:37:34,61 |
| 14. | 31 | Górniewicz Piotr | Kraków | WM Triself | 0:34:13,03 | 0:01:28,71 | 1:15:54,50 | 0:01:15,24 | 0:45:04,44 | 2:37:55,94 |
| 15. | 33 | Gruszka Michał | Siemianowice | 4TRI TEAM / KOZAK TEAM | 0:30:15,17 | 0:01:34,24 | 1:17:15,08 | 0:01:16,97 | 0:48:19,14 | 2:38:40,61 |
| 16. | 32 | Grajcarek Robert | Bielsko-Biała | MG Sport | 0:35:17,89 | 0:01:35,43 | 1:10:31,10 | 0:01:17,10 | 0:50:06,42 | 2:38:47,94 |
| 17. | 34 | Grzesiak Marcin | Kęty | Beskid Tri Team | 0:32:24,52 | 0:01:39,04 | 1:17:09,02 | 0:02:07,63 | 0:47:20,51 | 2:40:40,73 |
| 18. | 57 | Kulas Mariusz | Oświęcim | CTS | 0:30:24,19 | 0:02:38,84 | 1:17:17,77 | 0:01:07,68 | 0:49:36,91 | 2:41:05,40 |
| 19. | 94 | Różak Andrzej | Poronin | Ledwo Ziębę | 0:32:08,23 | 0:02:32,55 | 1:18:22,36 | 0:01:45,33 | 0:50:40,40 | 2:45:28,89 |
| 20. | 4 | Błasiak Adrian | Bielsko-Biała | Szp. Św. Łukasza Bielsko-Biała | 0:32:06,49 | 0:01:59,27 | 1:20:36,14 | 0:00:56,95 | 0:50:27,71 | 2:46:06,58 |
| 21. | 49 | Knapik Przemysław | Maszyce | Triwise Heineken Krakow | 0:34:14,53 | 0:01:42,12 | 1:22:09,16 | 0:01:07,10 | 0:47:03,71 | 2:46:16,63 |
| 22. | 95 | Różak Tomasz | Kościelisko | Ledwo Ziębę | 0:29:20,73 | 0:02:52,28 | 1:23:17,92 | 0:01:35,94 | 0:49:31,78 | 2:46:38,66 |
| 23. | 109 | Śliwa Mirosław | Wieliczka | Go Aptiv! | 0:40:39,65 | 0:01:35,33 | 1:17:09,64 | 0:01:32,48 | 0:46:24,89 | 2:47:22,00 |
| 24. | 73 | Nycz Artur | Kęty | Beskid Tri Team | 0:41:03,36 | 0:02:09,46 | 1:17:13,01 | 0:01:16,80 | 0:46:20,56 | 2:48:03,20 |
| 25. | 21 | Dębicki Bartłomiej | Nowy Targ | Delfi Sport | 0:32:28,03 | 0:02:09,01 | 1:24:18,20 | 0:01:23,57 | 0:48:24,22 | 2:48:43,05 |
| 26. | 108 | Szynałik Sławomir | Kraków | TriWise Triathlon Team | 0:28:52,53 | 0:02:09,01 | 1:25:02,31 | 0:02:04,69 | 0:51:01,83 | 2:49:10,40 |
| 27. | 70 | Miśkowiec Janusz | Dobra | KLifornia TRI | 0:35:15,08 | 0:03:15,34 | 1:17:31,23 | 0:01:40,81 | 0:51:44,57 | 2:49:27,04 |
| 28. | 63 | Lora Robert | Nowy Sącz | CS NADAR | 0:32:47,53 | 0:01:52,35 | 1:22:33,20 | 0:01:39,05 | 0:53:00,28 | 2:51:52,42 |



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| 29. | 62 | Liśkiewicz Bartłomiej | Nowy Sącz | Geronimo Swim | 0:32:25,68 | 0:01:16,80 | 1:24:18,49 | 0:01:20,31 | 0:52:36,39 | 2:51:57,67 |
| 30. | 101 | Siwek Jacek | Łuczyce | TriWise Triathlon Team | 0:32:15,43 | 0:01:25,69 | 1:20:35,21 | 0:01:46,99 | 0:56:04,23 | 2:52:07,56 |
| 31. | 115 | Wojciechowski | Tarnów | EKO-ZIEMIA Sp. z o.o. | 0:30:28,24 | 0:02:25,13 | 1:23:14,78 | 0:01:37,83 | 0:54:48,02 | 2:52:34,02 |
| 32. | 61 | Jarnot Bartłomiej | Sosnowiec | | 0:34:35,67 | 0:02:19,67 | 1:24:59,41 | 0:01:50,16 | 0:48:54,58 | 2:52:39,51 |
| 33. | 106 | Szydłowski Paweł | Kraków | | 0:32:43,71 | 0:02:55,53 | 1:25:50,49 | 0:02:11,72 | 0:49:49,41 | 2:53:30,88 |
| 34. | 41 | Jarecki Paweł | Wierchowisko | | 0:32:20,16 | 0:03:09,88 | 1:23:00,91 | 0:01:58,91 | 0:53:39,00 | 2:54:08,88 |
| 35. | 88 | Radkowski Piotr | Kraków | TriWise Triathlon Team | 0:28:47,73 | 0:02:32,64 | 1:32:03,15 | 0:02:17,02 | 0:53:11,46 | 2:58:52,03 |
| 36. | 77 | Palka Jacek | Dobra | KLifornia TRI | 0:33:00,87 | 0:02:08,17 | 1:27:20,43 | 0:01:18,03 | 0:55:37,08 | 2:59:24,60 |
| 37. | 29 | Gomółka Jacek | Zgłobice | "stara kobieta i może" | 0:36:50,23 | 0:02:38,45 | 1:27:12,97 | 0:01:40,13 | 0:52:23,29 | 3:00:45,09 |
| 38. | 8 | Borkowski Przemysław | Sosnowiec | 2K Sport Team | 0:37:23,99 | 0:02:27,17 | 1:27:54,36 | 0:01:19,99 | 0:54:37,64 | 3:03:43,17 |
| 39. | 100 | Sikorski Marcin | Brzeszcze | UKS Brzeszcze | 0:36:38,03 | 0:03:43,67 | 1:30:06,16 | 0:02:42,22 | 0:57:53,46 | 3:11:03,56 |
| 40. | 91 | Rocznik Grzegorz | Kraków | FizjoAktiVa/Centrum Zdrowia Biegacza | 0:32:29,88 | 0:07:05,34 | 1:39:17,86 | 0:03:33,11 | 1:08:16,12 | 3:30:42,33 |
| 41. | 122 | Grylik Tomasz | Rudziczka | | 0:27:55,57 | 0:01:13,31 | 1:10:47,64 | 0:01:07,57 | | |

Mężczyźni 50-59

| | | | | | | | | | | |
|----|-----|-----------------|-------------|---------------------------------|------------|------------|------------|------------|------------|------------|
| 1. | 72 | Nosek Maciej | Bochnia | Stowarzyszenie Aktywnych SPRINT | 0:32:17,69 | 0:00:54,17 | 1:09:28,97 | 0:00:48,59 | 0:44:32,01 | 2:28:01,44 |
| 2. | 60 | Lebioda Adam | Katowice | "stara kobieta i może" | 0:32:16,80 | 0:01:55,00 | 1:20:08,92 | 0:01:05,70 | 0:49:17,32 | 2:44:43,75 |
| 3. | 127 | Cabała Bogusław | Biała Niżna | | 0:40:31,86 | 0:01:45,38 | 1:13:47,97 | 0:02:09,26 | 0:50:07,77 | 2:48:22,26 |
| 4. | 69 | Mikuła Witold | Kraków | WM Triself | 0:34:41,05 | 0:02:07,09 | 1:21:30,63 | 0:01:36,69 | 0:48:26,98 | 2:48:22,47 |
| 5. | 107 | Szyjka Robert | Brzeszcze | Medycyna Sportowa Oświęcim | 0:31:15,58 | 0:02:07,89 | 1:23:11,19 | 0:02:12,43 | 0:50:23,95 | 2:49:11,06 |
| 6. | 126 | Wagner Robert | Bytom | KS Kandahar | 0:35:13,66 | 0:02:35,59 | 1:23:52,41 | 0:01:32,77 | 0:50:36,57 | 2:53:51,02 |
| 7. | 18 | Cwik Paweł | Tychy | Triathlon Trening Center | 0:33:01,31 | 0:01:42,09 | 1:26:08,56 | 0:01:41,99 | 0:57:57,86 | 3:00:31,82 |
| 8. | 74 | Nykaza Adam | Klikuszowa | Wyskocz na biegówki | 0:45:10,59 | 0:03:44,99 | 1:29:00,32 | 0:02:11,77 | 1:01:08,11 | 3:21:15,80 |

Mężczyźni 60+

| | | | | | | | | | | |
|----|----|-----------------|-----------|------------------------|------------|------------|------------|------------|------------|------------|
| 1. | 38 | Iwanicki Jan | Zakopane | WM Triself | 0:48:07,54 | 0:04:19,29 | 1:16:41,26 | 0:01:42,95 | 0:54:49,06 | 3:05:40,12 |
| 2. | 30 | Gościej Andrzej | Wieliczka | Wieliczka-Solne Miasto | 0:40:57,85 | 0:04:44,10 | 1:37:25,12 | 0:04:29,74 | 1:05:24,65 | 3:33:01,48 |



XI Frydman Triathlon

Wyniki w kategoriach



| Miej. | Nr | Nazwisko i Imię | Misto | Klub | Pływanie | T1 | Rower | T2 | Bieg | Meta |
|-------|----|-----------------|-------|------|----------|----|-------|----|------|------|
|-------|----|-----------------|-------|------|----------|----|-------|----|------|------|

Sprinterski

Kobiety 16-17

| | | | | | | | | | | |
|----|-----|---------------|--------|---------------|------------|------------|------------|------------|------------|------------|
| 1. | 200 | Wałach Emilia | Lublin | UKS 51 Lublin | 0:13:08,01 | 0:00:35,18 | 0:37:34,65 | 0:00:44,62 | 0:25:12,08 | 1:17:14,56 |
|----|-----|---------------|--------|---------------|------------|------------|------------|------------|------------|------------|

Kobiety 20-29

| | | | | | | | | | | |
|----|-----|-----------------|----------|---------------------|------------|------------|------------|------------|------------|------------|
| 1. | 192 | Szweda Justyna | Kraków | UNLIMITED Sport 2.0 | 0:14:42,75 | 0:01:32,28 | 0:37:15,55 | 0:01:41,12 | 0:23:43,22 | 1:18:54,94 |
| 2. | 147 | Jasińska Joanna | Kraków | WM Triself | 0:13:42,44 | 0:01:38,73 | 0:40:56,88 | 0:01:15,88 | 0:29:58,35 | 1:27:32,30 |
| 3. | 155 | Klecha Natalia | Zakopane | niezrzeszony | 0:14:54,10 | 0:02:15,23 | 0:40:10,37 | 0:01:25,59 | 0:30:54,38 | 1:29:39,69 |
| 4. | 175 | Nowak Weronika | Krakow | niezrzeszony | 0:15:28,80 | 0:01:47,41 | 0:49:28,80 | 0:00:54,92 | 0:28:51,20 | 1:36:31,16 |

Kobiety 30-39

| | | | | | | | | | | |
|----|-----|----------------------|-----------------|------------------------|------------|------------|------------|------------|------------|------------|
| 1. | 213 | Józefowska Agnieszka | Modniczka | 4triTeam | 0:18:17,18 | 0:01:38,05 | 0:37:57,89 | 0:01:12,31 | 0:26:17,67 | 1:25:23,11 |
| 2. | 202 | Więclaw Agnieszka | Kraków | UNLIMITED Sport 2.0 | 0:19:20,31 | 0:01:08,14 | 0:39:31,41 | 0:00:58,55 | 0:28:39,95 | 1:29:38,37 |
| 3. | 204 | Wojas Justyna | Niepołomice | Niepołomice Biegają | 0:21:25,91 | 0:02:05,92 | 0:39:25,37 | 0:01:35,20 | 0:27:35,39 | 1:32:07,81 |
| 4. | 159 | Kotarba Małgorzata | Piwniczna-Zdrój | TriWise Triathlon Team | 0:21:26,75 | 0:01:41,20 | 0:40:12,07 | 0:00:43,60 | 0:28:20,74 | 1:32:24,38 |
| 5. | 134 | Błaszczńska Olga | Kraków | niezrzeszony | 0:19:11,04 | 0:02:11,35 | 0:44:34,90 | 0:01:41,07 | 0:32:13,40 | 1:39:51,78 |

Kobiety 40-49

| | | | | | | | | | | |
|-----|-----|-------------------|------------------|------------------------|------------|------------|------------|------------|------------|------------|
| 1. | 140 | Dębicka Brygida | Kraków | DKWS | 0:16:52,75 | 0:01:51,58 | 0:37:15,56 | 0:01:00,86 | 0:27:08,22 | 1:24:08,98 |
| 2. | 163 | Kukucz-Legień | Kraków | TriWise/KUKUCZSPORT.PL | 0:16:37,83 | 0:01:46,01 | 0:37:50,16 | 0:01:37,17 | 0:31:26,92 | 1:29:18,10 |
| 3. | 217 | Stolarska Agata | Kraków | | 0:22:34,05 | 0:02:35,83 | 0:43:27,48 | 0:01:02,71 | 0:27:52,90 | 1:37:32,98 |
| 4. | 58 | Kurtyka Agnieszka | Dąbrowa Górnicza | | 0:23:12,02 | 0:01:25,03 | 0:49:52,23 | 0:02:00,55 | 0:39:31,24 | 1:56:01,09 |
| DSQ | 168 | Ligęza Joasia | Kraków | Smashing pApkins | 0:20:20,53 | 0:02:01,74 | 0:41:18,70 | 0:01:33,61 | 0:27:14,38 | 1:32:28,98 |

Mężczyźni 18-19



XI Frydman Triathlon

Wyniki w kategoriach



| Miej. | Nr | Nazwisko i Imię | Misto | Klub | Pływanie | T1 | Rower | T2 | Bieg | Meta |
|-------|-----|-----------------|-----------|------|------------|------------|------------|------------|------------|------------|
| 1. | 203 | Witowski Kacper | Nowy Sącz | | 0:15:25,98 | 0:00:50,09 | 0:32:12,33 | 0:00:58,62 | 0:23:07,07 | 1:12:34,11 |
| 2. | 185 | Pulit Dominik | Męcina | | 0:31:15,82 | 0:01:15,57 | 0:45:45,06 | 0:00:33,52 | 0:30:34,16 | 1:49:24,15 |

Mężczyźni 20-29

| | | | | | | | | | | |
|----|-----|-------------------|-----------|------------------|------------|------------|------------|------------|------------|------------|
| 1. | 218 | Hydzik Piotr | Wadowice | | 0:13:11,96 | 0:00:51,16 | 0:30:50,82 | 0:00:52,24 | 0:20:12,53 | 1:05:58,74 |
| 2. | 199 | Turek Marcin | Przeclaw | TriWise | 0:14:51,08 | 0:01:33,08 | 0:32:05,47 | 0:00:55,68 | 0:19:27,65 | 1:08:52,97 |
| 3. | 197 | Świątek Krzysztof | Warsaw | niezrzeszony | 0:16:29,18 | 0:01:55,60 | 0:34:51,85 | 0:00:49,32 | 0:20:49,25 | 1:14:55,22 |
| 4. | 132 | Basiuk Maciej | Kraków | 4TRI TEAM | 0:12:10,16 | 0:01:43,84 | 0:39:41,69 | 0:00:40,14 | 0:21:37,55 | 1:15:53,40 |
| 5. | 177 | Ostrzywik Tomasz | Przeworsk | Husaria Chałupki | 0:18:34,84 | 0:02:19,01 | 0:35:07,57 | 0:01:20,18 | 0:25:07,08 | 1:22:28,70 |

Mężczyźni 30-39

| | | | | | | | | | | |
|-----|-----|----------------------|-------------|--------------------------|------------|------------|------------|------------|------------|------------|
| 1. | 206 | Woźniak Jakub | Kraków | 4TRI TEAM | 0:13:31,02 | 0:00:56,72 | 0:30:26,66 | 0:00:32,28 | 0:16:46,02 | 1:02:12,73 |
| 2. | 171 | Mach Kornel | Skawina | 4triTeam | 0:12:36,63 | 0:00:46,21 | 0:30:55,82 | 0:00:41,26 | 0:18:23,72 | 1:03:23,65 |
| 3. | 164 | Kundzik Dawid | Katowice | Silesia Swimming Center | 0:11:10,13 | 0:00:50,49 | 0:32:16,81 | 0:00:38,00 | 0:19:47,96 | 1:04:43,41 |
| 4. | 179 | Pogonowski Maciej | Niepołomice | Pani Szczepionka Team | 0:13:36,68 | 0:01:08,83 | 0:33:19,71 | 0:00:49,07 | 0:19:38,88 | 1:08:33,19 |
| 5. | 186 | Skrzyniarz Marcin | Kraków | Brzyski Tri Team | 0:17:00,02 | 0:01:17,01 | 0:33:21,25 | 0:00:53,87 | 0:19:07,47 | 1:11:39,64 |
| 6. | 172 | Marciniak Damian | Wieliczka | TriWise | 0:15:46,64 | 0:01:36,33 | 0:33:32,71 | 0:01:00,05 | 0:20:03,08 | 1:11:58,83 |
| 7. | 193 | Szydlowski Bogdan | Kraków | MKS Jordan Kraków | 0:13:15,46 | 0:00:44,98 | 0:34:39,62 | 0:00:41,25 | 0:22:48,80 | 1:12:10,13 |
| 8. | 162 | Kukucz-Legień Michał | Kraków | TriWise x kukuczsport.pl | 0:13:27,90 | 0:01:24,29 | 0:33:43,57 | 0:01:33,07 | 0:25:41,07 | 1:15:49,93 |
| 9. | 198 | Świerczyński Tomasz | Kraków | TriWise Triathlon Team | 0:20:38,18 | 0:02:33,63 | 0:35:17,30 | 0:01:11,86 | 0:20:29,26 | 1:20:10,25 |
| 10. | 150 | Juza Szymon | Kraków | solo | 0:19:00,32 | 0:01:54,05 | 0:35:13,68 | 0:00:49,99 | 0:23:21,90 | 1:20:19,95 |
| 11. | 209 | Zatorski Maciej | Kraków | | 0:19:29,81 | 0:01:19,84 | 0:35:14,73 | 0:01:23,85 | 0:23:15,00 | 1:20:43,25 |
| 12. | 160 | Krudysz Przemysław | Jarosław | | 0:16:32,04 | 0:03:09,52 | 0:35:37,88 | 0:01:52,66 | 0:24:14,80 | 1:21:26,91 |
| 13. | 191 | Szpakowicz Łukasz | Cholerzyn | Luka Bazooka Team | 0:16:11,00 | 0:02:08,18 | 0:39:39,90 | 0:02:08,45 | 0:23:42,81 | 1:23:50,35 |
| 14. | 178 | Paglianiti Roberto | Kraków | Team Umbi | 0:17:08,57 | 0:02:36,01 | 0:40:55,00 | 0:00:56,61 | 0:22:43,60 | 1:24:19,81 |
| 15. | 201 | Wawro Jakub | Andrychów | | 0:18:06,33 | 0:01:50,68 | 0:38:29,78 | 0:01:01,23 | 0:25:58,60 | 1:25:26,63 |
| 16. | 219 | Kufel Grzegorz | | | 0:19:10,12 | 0:01:54,40 | 0:37:40,40 | 0:02:24,53 | 0:25:31,28 | 1:26:40,74 |



XI Frydman Triathlon

Wyniki w kategoriach



| Miej. | Nr | Nazwisko i Imię | Misto | Klub | Pływanie | T1 | Rower | T2 | Bieg | Meta |
|-------|-----|-----------------------|------------------|------------------------|------------|------------|------------|------------|------------|------------|
| 17. | 156 | Konieczny Kamil | Gołcza | | 0:17:14,13 | 0:02:31,64 | 0:37:40,23 | 0:01:32,89 | 0:28:13,05 | 1:27:11,96 |
| 18. | 212 | Dziwulski Grzegorz | Kraków | | 0:20:05,50 | 0:03:07,65 | 0:36:45,66 | 0:00:42,36 | 0:26:37,55 | 1:27:18,73 |
| 19. | 211 | Żydzik Jakub | Mysłowice | Concept Swimming | 0:16:30,36 | 0:02:01,78 | 0:37:43,31 | 0:01:31,59 | 0:31:01,36 | 1:28:48,43 |
| 20. | 190 | Szczepara Michał | Sosnowiec | Szczeparki Team | 0:21:00,92 | 0:01:42,85 | 0:40:37,55 | 0:01:35,75 | 0:28:08,59 | 1:33:05,68 |
| 21. | 161 | Dela Piotr | Kraków | | 0:15:18,93 | 0:08:50,38 | 0:41:19,46 | 0:02:39,17 | 0:25:44,15 | 1:33:52,11 |
| 22. | 165 | Lafferty Jim | Węgrzce Wielkie | Solo | 0:23:35,69 | 0:05:39,94 | 0:39:23,81 | 0:01:27,85 | 0:26:46,50 | 1:36:53,82 |
| 23. | 180 | Polit Tomasz | Kraków | niezrzeszony | 0:23:14,12 | 0:03:45,73 | 0:39:07,13 | 0:02:28,21 | 0:31:16,61 | 1:39:51,83 |
| 24. | 210 | Ziomkowski Jan | Wadowicewadowice | 4TRI TEAM | 0:13:12,76 | 0:00:55,77 | 0:30:44,03 | 0:00:42,92 | | |
| 25. | 300 | Krzysztoforski Maciej | Kraków | TriWise Triathlon Team | 0:15:18,93 | 0:08:50,38 | | | | |

Mężczyźni 40-49

| | | | | | | | | | | |
|-----|-----|----------------------|------------------|------------------------|------------|------------|------------|------------|------------|------------|
| 1. | 141 | Dybek Mateusz | Kraków | Kinesis Fizjoterapia | 0:12:27,75 | 0:00:59,13 | 0:32:06,90 | 0:00:42,95 | 0:21:43,05 | 1:07:59,79 |
| 2. | 214 | Czajka Krystian | Żory | 4TRI TEAM | 0:16:02,31 | 0:00:53,81 | 0:33:37,89 | 0:00:54,47 | 0:18:13,37 | 1:09:41,86 |
| 3. | 173 | Marzec Łukasz | Dąbrowa Górnicza | "Triathlon X-Team" | 0:14:59,16 | 0:01:02,31 | 0:32:36,29 | 0:00:54,33 | 0:20:56,86 | 1:10:28,97 |
| 4. | 216 | Rajtar Krzysztof | Cholerzyn | | 0:14:07,44 | 0:01:16,53 | 0:33:14,70 | 0:01:08,63 | 0:21:32,84 | 1:11:20,16 |
| 5. | 181 | Popczyk Grzegorz | Kraków | TriWise Triathlon Team | 0:14:52,49 | 0:01:32,84 | 0:32:07,59 | 0:01:09,51 | 0:23:11,25 | 1:12:53,70 |
| 6. | 187 | Stawarz Krzysztof | Kraków | Brzyski Tri Team | 0:14:02,17 | 0:00:50,72 | 0:33:38,36 | 0:01:09,26 | 0:23:20,61 | 1:13:01,13 |
| 7. | 143 | Gogacz Sebastian | Dębica | UKS Trójka Puławy | 0:12:02,23 | 0:01:15,06 | 0:36:46,06 | 0:01:18,09 | 0:23:46,24 | 1:15:07,69 |
| 8. | 189 | Szadkowski Krzysztof | Gorlice | Grupetto Gorlice | 0:16:00,30 | 0:01:17,31 | 0:34:17,78 | 0:01:11,20 | 0:22:26,52 | 1:15:13,13 |
| 9. | 151 | Kaczmarek Tomasz | Wieliczka | Niepołomice Biegają | 0:16:04,45 | 0:02:13,62 | 0:36:34,28 | 0:01:24,68 | 0:19:32,69 | 1:15:49,74 |
| 10. | 188 | Stolarski Sławomir | Kraków | WM Triself | 0:16:54,78 | 0:01:32,26 | 0:35:01,21 | 0:01:05,25 | 0:23:52,80 | 1:18:26,32 |
| 11. | 170 | Łyczak Lucjan | Siemianowice | TriDivision | 0:17:07,54 | 0:01:33,37 | 0:34:40,15 | 0:01:14,25 | 0:24:43,05 | 1:19:18,38 |
| 12. | 131 | Antos Mateusz | Tychy | solo | 0:16:44,80 | 0:02:29,50 | 0:36:13,30 | 0:01:53,03 | 0:27:24,74 | 1:24:45,38 |
| 13. | 195 | Ślusarczyk Paweł | Wrząsowice | TriWise Triathlon Team | 0:15:08,94 | 0:02:28,17 | 0:40:27,21 | 0:00:58,61 | 0:26:32,33 | 1:25:35,28 |
| 14. | 157 | Kornaś Andrzej | Kraków | TriWise/KUKUCZSPORT.PL | 0:17:54,02 | 0:02:00,10 | 0:36:17,16 | 0:01:42,42 | 0:27:50,29 | 1:25:44,00 |
| 15. | 207 | Wróbel Piotr | Kraków | AŁADŻA | 0:22:13,71 | 0:02:10,86 | 0:35:32,64 | 0:01:41,34 | 0:25:58,76 | 1:27:37,32 |
| 16. | 133 | Bąk Tymoteusz | Gliwice | merce.com | 0:21:19,81 | 0:02:11,32 | 0:39:40,92 | 0:01:22,99 | 0:26:12,35 | 1:30:47,40 |



XI Frydman Triathlon

Wyniki w kategoriach

| Miej. | Nr | Nazwisko i Imię | Misto | Klub | Pływanie | T1 | Rower | T2 | Bieg | Meta |
|-------|-----|--------------------|--------------|----------------------------|------------|------------|------------|------------|------------|------------|
| 17. | 148 | Jędrzejczyk Robert | Podłęże | Chyba Nie Dam Rady | 0:21:01,71 | 0:01:43,29 | 0:42:40,65 | 0:01:32,43 | 0:24:31,00 | 1:31:29,11 |
| 18. | 145 | Gutmajer Grzegorz | Kraków | Go Aptiv! | 0:20:53,46 | 0:01:52,82 | 0:40:23,53 | 0:01:37,71 | 0:26:45,47 | 1:31:33,01 |
| 19. | 158 | Kos Sebastian | Nowy Sącz | | 0:22:13,20 | 0:01:08,35 | 0:36:39,97 | 0:01:33,22 | 0:30:13,90 | 1:31:48,66 |
| 20. | 194 | Śliwski Arkadiusz | Kielce | niezrzeszony | 0:17:59,59 | 0:02:13,99 | 0:39:55,88 | 0:01:54,85 | 0:30:01,73 | 1:32:06,05 |
| 21. | 142 | Gaujour François | Kraków | [object Object] | 0:20:17,17 | 0:05:30,88 | 0:37:31,27 | 0:03:09,80 | 0:25:53,49 | 1:32:22,62 |
| 22. | 149 | Juza Mateusz | Rzeszów | niezrzeszony | 0:19:30,91 | 0:03:39,81 | 0:40:33,82 | 0:01:03,82 | 0:28:06,90 | 1:32:55,27 |
| 23. | 146 | Jajecznicza Łukasz | Rabka Zdrój | | 0:18:08,70 | 0:01:39,21 | 0:43:27,70 | 0:01:25,84 | 0:28:22,57 | 1:33:04,04 |
| 24. | 154 | Kącki Józef | Niegoszowice | Leaders Island | 0:21:52,98 | 0:02:17,96 | 0:40:32,72 | 0:01:31,53 | 0:27:31,69 | 1:33:46,91 |
| 25. | 208 | Zachara Adam | Kraków | | 0:20:24,68 | 0:03:21,14 | 0:39:37,01 | 0:01:53,53 | 0:29:11,80 | 1:34:28,18 |
| 26. | 166 | Lasota Artur | Kraków | Go Aptiv! | 0:28:53,91 | 0:01:28,10 | 0:41:01,48 | 0:01:20,17 | 0:22:41,55 | 1:35:25,22 |
| 27. | 152 | Kapusta Paweł | Kraków | | 0:21:37,17 | 0:04:22,34 | 0:47:45,59 | 0:00:55,83 | 0:32:12,05 | 1:46:53,00 |
| DSQ | 169 | Ligęza Witek | Kraków | Smashing Papkins/Unlimited | 0:20:22,68 | 0:02:43,77 | 0:36:58,72 | 0:01:32,14 | 0:26:10,52 | 1:27:47,84 |

Mężczyźni 50-59

| | | | | | | | | | | |
|----|-----|--------------------|-------------|------------------|------------|------------|------------|------------|------------|------------|
| 1. | 176 | Olender Grzegorz | Proszowice | Brzyski Tri Team | 0:17:22,32 | 0:00:59,06 | 0:35:00,65 | 0:00:45,60 | 0:20:20,37 | 1:14:28,01 |
| 2. | 183 | Prośniak Krzysztof | Busko Zdrój | | 0:18:25,07 | 0:02:14,60 | 0:35:27,21 | 0:01:33,66 | 0:25:34,78 | 1:23:15,33 |
| 3. | 135 | Brozek Adam | Brzesko | | 0:20:31,82 | 0:04:11,86 | 0:39:56,63 | 0:01:00,36 | 0:27:20,47 | 1:33:01,15 |
| 4. | 137 | Buć Sławomir | Mystków | | 0:22:59,30 | 0:03:33,52 | 0:46:42,37 | 0:01:05,77 | 0:31:07,54 | 1:45:28,51 |

Number of records: 191

