

VI Triathlon w Zimnej Wodzie

Organizator: Ośrodek Sportu i Rekreacji w Łukowie, Klub Biegacza V-Max Adamów
Data: 24.05.2026r.
Dystans: 1/4
Miejscowości: Łuków

Msc.	Nr	Nazwisko Imię	Miasto	Team	Plec	Msc Plec	Kat	Msc Kat	Msc Woda	T1	Rower	msc Rower	T2	Bieg	Msc Bieg	Wynik	Kara	Strata	Punkty
1	130	Kepiński Jan	Warszawa	Luft Tri Team	M	1 M2	1	00:13:56	3	00:01:12	01:02:54	1	00:01:01	00:39:03	6	01:58:06	00:00:00	00:00:00	4900.00
2	81	Bozus Karol	Marki		M	2 M6	1	00:15:43	20	00:01:34	01:03:48	3	00:01:32	00:36:14	1	01:58:51	00:00:00	00:00:45	4866.25
3	114	Górný Mikolaj	Turka	RELENTLESS	M	3 M2	2	00:13:55	1	00:01:14	01:05:36	5	00:01:15	00:37:25	3	01:59:25	00:00:00	00:00:00	4840.75
4	75	Bieniadki Łukasz	Garwolin	Victus Rebko's Relentless	M	4 M6	2	00:15:01	13	00:01:08	01:05:49	6	00:01:19	00:38:45	5	02:00:02	00:00:00	00:03:56	4723.00
5	214	Świątłowski Michał	Warszawa	TRIUMF TEAM	M	5 M4	1	00:13:55	1	00:01:04	01:05:29	4	00:01:19	00:40:59	14	02:02:46	00:00:00	00:04:40	4690.00
6	252	Jopkiewicz Karol	Piotrków Trybunalski	TriZwin	M	6 M4	2	00:15:36	19	00:01:12	01:03:28	2	00:00:56	00:43:11	34	02:04:23	00:00:00	00:06:17	4617.25
7	120	Huc Aron	Katowice	Kaziki Etcod	M	7 M5	1	00:18:02	70	00:01:26	01:07:28	10	00:01:16	00:36:32	2	02:04:44	00:00:00	00:06:38	4601.50
8	155	Mahlowicz Jarosław	Warszawa	Kaziki / SK TRI&SWIM Team	M	8 M6	3	00:16:17	32	00:01:03	01:08:14	12	00:01:11	00:39:20	8	02:06:05	00:00:00	00:07:59	4540.75
9	122	Waskiewicz Szymon	Warszawa	MILOTTEAM	M	9 M3	1	00:15:07	15	00:01:09	01:10:39	26	00:01:15	00:39:18	7	02:07:28	00:00:00	00:09:22	4478.50
10	225	Wawrynuk Piotr	Warszawa	CTS	M	10 M4	3	00:15:57	25	00:01:30	01:08:31	13	00:01:18	00:40:24	11	02:07:40	00:00:00	00:09:34	4469.50
11	94	Dąbrowski Dariusz	Warszawa	ILABO RACING TEAM	M	11 M8	1	00:14:33	7	00:01:36	00:59:13	20	00:01:12	00:41:15	16	02:07:49	00:00:00	00:09:43	4462.75
12	104	Fabiszewski Rafał	Warszawa	Relentless	M	12 M6	4	00:15:59	26	00:01:24	01:07:26	9	00:01:39	00:41:50	23	02:08:18	00:00:00	00:10:12	4441.00
13	72	Anusik Michał	Lesznowola	TRIATHLETIC TEAM	M	13 M5	2	00:15:22	17	00:01:15	01:08:50	16	00:01:12	00:42:06	25	02:08:45	00:00:00	00:10:39	4420.75
14	217	Tyskiewicz Mikolaj	Warszawa	MILOTTEAM	M	14 M3	2	00:15:54	23	00:01:15	01:07:24	35	00:01:08	00:43:05	32	02:08:46	00:00:00	00:10:40	4420.00
15	107	Fransis Jacek	Warszawa	TriWawa	M	15 M3	3	00:14:58	12	00:01:15	01:11:29	36	00:00:54	00:40:19	10	02:08:55	00:00:00	00:10:49	4413.25
16	202	Serwinski Radek	Warszawa	Trinevery	M	16 M6	5	00:17:20	52	00:01:43	01:07:22	7	00:01:13	00:41:03	15	02:09:01	00:00:00	00:10:55	4408.75
17	184	Plich Maciej	Warszawa	Kuźnia Triathlonu	M	17 M5	3	00:16:20	33	00:01:35	01:08:42	15	00:01:30	00:41:19	18	02:09:26	00:00:00	00:11:20	4390.00
18	101	Dyk Wojciech	Warszawa	SPORT2FREEDOM	M	18 M6	6	00:17:23	55	00:01:20	01:07:29	11	00:01:07	00:42:13	27	02:09:32	00:00:00	00:11:26	4385.50
19	148	KUTER KRZYSZTOF	Pleszcyno	Kuźnia Triathlonu	M	19 M6	7	00:16:43	39	00:01:46	01:09:18	22	00:01:04	00:43:28	20	02:10:19	00:00:00	00:12:13	4395.25
20	152	Luczyński Łukasz	Kozienice	Triumf Team	M	20 M6	8	00:17:40	60	00:01:51	01:08:31	13	00:01:35	00:40:47	13	02:10:24	00:00:00	00:12:18	4346.50
21	143	Krysiak Hubert	Warszawa	Endless Pain	M	21 M5	4	00:17:07	44	00:01:13	01:09:04	18	00:00:53	00:42:25	29	02:10:42	00:00:00	00:12:36	4333.00
22	91	Czerwik Adrian	Lublin	Banda Grudnia	M	22 M5	5	00:19:55	120	00:01:57	01:09:00	17	00:01:20	00:38:31	4	02:10:43	00:00:00	00:12:37	4332.25
23	239	Zelazko Marcin	Karczew	Zelazny Squad	M	23 M6	9	00:18:28	83	00:01:07	01:09:46	25	00:01:07	00:40:16	9	02:10:44	00:00:00	00:12:38	4333.50
24	191	Puka Mateusz	Warszawa		M	24 M4	4	00:14:13	4	00:01:07	01:12:42	44	00:01:16	00:41:27	19	02:10:45	00:00:00	00:12:39	4330.75
25	183	Pietrzykowski Maciej	Warszawa		M	25 M6	10	00:14:53	7	00:02:03	01:16:49	39	00:01:16	00:40:31	21	02:11:16	00:00:00	00:13:10	4307.50
26	198	Samek Jakub	Warszawa	Neon	M	26 M4	5	00:17:55	69	00:01:52	00:59:41	23	00:01:09	00:41:35	22	02:11:22	00:00:00	00:14:06	4265.50
27	231	Zamarrilla Karolina	Gdynia	Chs	K	1 K3	1	00:14:23	5	00:01:11	01:09:41	23	00:01:00	00:46:32	64	02:12:47	00:00:00	00:00:00	4900.00
28	220	Urbanowicz Rafał	Warszawa	KAZIKI	M	27 M7	1	00:16:00	27	00:01:49	01:09:11	19	00:01:51	00:44:22	40	02:13:13	00:00:00	00:15:07	4219.75
29	212	Szek Mikolaj	Łomianki Dolne	Trinevery	M	28 M8	2	00:18:20	80	00:01:43	01:11:02	31	00:01:25	00:40:46	12	02:13:16	00:00:00	00:15:10	4217.50
30	109	Gorykryk Krzysztof	Warszawa	SK TRI&SWIM TEAM	M	29 M7	2	00:17:46	63	00:01:42	01:10:28	35	00:01:10	00:42:10	26	02:14:10	00:00:00	00:15:50	4181.50
31	178	Pawłowski Karol	WIAZOWNA	STARZYŃSKI COACH	M	30 M5	6	00:15:54	74	00:02:05	01:10:57	30	00:01:35	00:42:16	28	02:14:37	00:00:00	00:16:31	4156.75
32	73	Anzin Maksym	Warszawa	TRICLUB	M	31 M3	4	00:14:39	9	00:01:16	01:15:12	65	00:01:08	00:42:31	30	02:14:46	00:00:00	00:16:40	4150.00
33	132	Kluźniak Jacek	Kielce	CTS	M	31 M8	3	00:14:57	11	00:01:26	01:11:14	33	00:01:19	00:45:50	58	02:14:46	00:00:00	00:16:40	4150.00
34	227	Wojcik Adam	Lublin	TRIATHLETIC TEAM	M	33 M7	3	00:16:36	36	00:01:20	01:10:54	27	00:00:59	00:45:14	50	02:15:03	00:00:00	00:16:57	4137.25
35	211	Ściegiel Anna	Warszawa	KAZIKI	K	2 K5	1	00:15:49	22	00:01:44	01:19:03	49	00:01:16	00:45:30	35	02:15:22	00:00:00	00:00:35	4783.75
36	180	Piechota Łukasz	Warszawa	Sport2Freedom	M	34 M7	1	00:18:11	78	00:01:42	01:09:17	21	00:01:15	00:45:50	58	02:15:47	00:00:00	00:17:41	4096.50
37	204	Składanowski Marek	Józefów	Relentless	M	35 M5	7	00:16:34	35	00:01:44	01:12:47	45	00:01:39	00:43:30	35	02:16:14	00:00:00	00:18:08	4084.00
38	199	Samorajski Krzysztof	Milanów	Samuraj Team	M	36 M2	3	00:17:34	59	00:02:44	01:13:16	50	00:01:38	00:41:59	24	02:17:11	00:00:00	00:19:05	4041.25
39	233	Zambrowski Grzegorz	Pruszków	Trinity Triathlon/ Kuźnia Triathlonu	M	37 M5	8	00:17:49	65	00:02:02	01:10:54	27	00:01:19	00:45:08	47	02:17:12	00:00:00	00:19:06	4040.50
40	113	Górnjak Łukasz	Styrzynieć	Dawaj Kalach Team	M	38 M7	5	00:17:01	42	00:02:47	01:11:22	34	00:01:21	00:45:19	53	02:17:50	00:00:00	00:19:44	4012.00
41	144	Kubiśewski Paweł	Świercie		M	39 M5	8	00:18:38	91	00:01:33	01:11:42	37	00:01:33	00:45:03	46	02:18:29	00:00:00	00:20:23	3982.75
42	112	Nisiolek Łukasz	Warszawa	Triclub	M	40 M6	10	00:16:06	10	00:01:42	01:12:31	43	00:01:18	00:43:08	58	02:18:45	00:00:00	00:21:18	3977.50
43	153	Majewski Marcin	Warszawa	Kuźnia Triathlonu	M	41 M8	4	00:16:36	36	00:02:31	01:14:18	54	00:01:24	00:43:49	38	02:18:38	00:00:00	00:20:32	3976.00
44	99	Domański Błażej	Warszawa	Triclub	M	42 M7	6	00:17:17	51	00:01:32	01:14:22	55	00:01:13	00:45:30	55	02:19:54	00:00:00	00:21:48	3919.00
45	193	Roszkowski Piotr	Warszawa	Bogus Trifinity Team	M	43 M5	11	00:17:08	46	00:01:56	01:12:59	48	00:01:09	00:46:44	65	02:19:56	00:00:00	00:21:50	3917.50
46	177	Pawlukiewicz Dariusz	Jeziorko	TRIMASTERS	M	44 M4	6	00:20:40	133	00:01:28	01:12:50	46	00:01:30	00:43:48	37	02:20:16	00:00:00	00:22:10	3902.50
47	113	Szota Maksymilian	Łąka	MILOTTEAM	M	45 M3	5	00:16:33	27	00:01:43	01:10:49	30	00:01:16	00:43:09	57	02:20:18	00:00:00	00:22:10	3902.50
48	188	Ponczyński Marcin	Warszawa		M	46 M6	11	00:17:16	49	00:01:44	01:12:29	42	00:01:49	00:47:14	72	02:20:32	00:00:00	00:22:26	3890.50
49	157	Matuszewski Mariusz	Warszawa	Dawaj Kalach Team	M	47 M8	5	00:17:48	64	00:02:01	01:12:07	41	00:01:28	00:47:20	73	02:20:44	00:00:00	00:22:38	3881.50
50	187	Pozorzeński Krzysztof	Sokołów Podlaski		M	48 M6	12	00:17:43	62	00:02:09	01:14:53	62	00:01:35	00:44:43	45	02:21:03	00:00:00	00:22:57	3867.25
51	206	Sobczak Marcin	Józefów	TriWawa	M	49 M8	6	00:17:49	65	00:03:00	01:13:34	52	00:01:16	00:45:26	54	02:21:05	00:00:00	00:22:59	3865.75
52	135	Korbił Tomasz	Warszawa	Kuźnia Triathlonu	M	50 M6	13	00:16:42	110	00:01:42	01:13:48	53	00:01:19	00:45:09	48	02:21:14	00:00:00	00:23:08	3864.00
53	224	Wasiński Piotr	Głodów		M	51 M7	1	00:15:54	23	00:01:38	01:14:35	59	00:01:52	00:44:58	75	02:21:34	00:00:00	00:23:28	3844.00
54	170	Myśliwska Kinga	Ostrowiec Św.	Triamo	K	3 K6	1	00:18:45	93	00:01:52	01:15:12	65	00:01:23	00:44:25	42	02:21:37	00:00:00	00:08:50	4502.50
55	208	Steinhagen Patryk	Toruń		M	52 M4	7	00:15:26	18	00:02:08	01:18:49	93	00:01:31	00:43:54	39	02:21:48	00:00:00	00:23:42	3833.50
56	128	Karolak Adam	Józefów	Kuźnia Triathlonu	M	53 M2	4	00:16:26	34	00:01:15	01:11:44	38	00:01:15	00:51:19	100	02:21:59	00:00:00	00:23:53	3825.25
57	86	Chabros Adrian	Stara Babica	IM INSPIRATION	M	54 M6	14	00:15:03	14	00:01:16	01:12:56	47	00:01:52	00:51:12	99	02:22:19	00:00:00	00:24:13	3810.25
58	159	Mazurek Krzysztof	Rudka		M	55 M6	15	00:17:40	69	00:01:42	01:18:02	89	00:01:20	00:47:40	3	02:22:14	00:00:00	00:24:14	3806.50
59	210	Straciński Marta	Michałowice		K	4 K5	2	00:16:40	38	00:01:28	01:17:42	84	00:01:06	00:45:54	60	02:22:50	00:00:00	00:10:03	4447.75
60	147	Kust Paweł	Warszawa	Neon Team	M	56 M6	16	00:19:20	105	00									

137	222	Walecka Sylwia	Warszawa	Relentless	K	18	K8	1	00:20:15	127	00:02:22	01:28:17	141	00:02:22	00:55:37	126	02:48:53	00:00:00	00:36:06	3275,50
138	244	Piotrowski Michał	Warszawa		M	120	M5	22	00:21:04	139	00:03:01	01:34:23	156	00:01:42	00:49:34	91	02:49:44	00:00:00	00:51:38	2576,50
139	123	Idziebski Tomasz	Warszawa	SPORT GENERATION	M	121	M7	20	00:18:29	84	00:02:52	01:34:08	155	00:02:01	00:52:27	103	02:48:57	00:00:00	00:51:51	2566,75
140	173	Osińska Beata	Konstancin	Kulnia Triathlonu	K	19	K10	1	00:20:23	130	00:02:09	01:25:52	133	00:01:51	00:59:45	146	02:50:00	00:00:00	00:37:13	3225,25
141	110	Gościńska Justyna	Strzeńkówka	Kulnia Triathlonu	K	20	K7	2	00:18:31	86	00:02:28	01:31:29	151	00:01:37	00:56:38	132	02:50:43	00:00:00	00:37:56	3193,00
142	76	Bibik Andrii	Brwinów	Kaczka Płynię po Rower	M	122	M5	23	00:18:26	81	00:02:16	01:26:25	136	00:01:23	01:03:41	148	02:52:11	00:00:00	00:54:05	2466,25
143	151	Łosek Tomasz	Warszawa		M	123	M3	10	00:23:16	153	00:02:38	01:29:52	145	00:01:52	00:56:21	130	02:53:59	00:00:00	00:55:53	2385,25
144	84	Bubak Kamil	Warszawa		M	124	M5	24	00:22:04	151	00:02:18	01:22:43	118	00:01:35	01:05:27	157	02:54:07	00:00:00	00:56:01	2379,25
145	235	Zawadzini Robert	Warszawa	PKO Bank Polski	M	125	M8	19	00:24:00	156	00:03:12	01:28:21	142	00:02:07	00:56:28	131	02:54:08	00:00:00	00:56:02	2378,50
146	124	Labkoński Andrzej	Chełm	PSG Dorohusk	M	126	M9	2	00:27:10	162	00:01:50	01:30:30	147	00:02:43	00:52:21	102	02:54:34	00:00:00	00:56:28	2359,00
147	163	Mikołajczuk Jarosław	Międzyrzecz Podlaski	Międzyrzecz Podlaski TRI	M	127	M9	3	00:21:34	146	00:02:50	01:30:24	146	00:02:13	00:57:46	136	02:54:47	00:00:00	00:56:41	2349,25
148	100	Dudziak Radosław	Ożarów Mazowiecki		M	128	M3	11	00:20:47	135	00:03:42	01:28:12	140	00:03:08	00:59:18	144	02:55:07	00:00:00	00:57:01	2334,25
149	103	Dzido Jacek	Warszawa	KOLARSKA GRUPA BIAŁOLECKA	M	129	M5	25	00:23:24	154	00:01:43	01:22:24	117	00:03:02	01:04:48	154	02:55:21	00:00:00	00:57:15	2323,75
150	185	Piskorska Aleksandra	Warszawa	PKO Bank Polski	K	21	K8	2	00:21:02	138	00:02:15	01:31:32	153	00:03:04	00:58:47	141	02:56:40	00:00:00	00:43:53	2925,25
151	85	Bytti Piotr	Warszawa	Kulnia Triathlonu	M	130	M1	2	00:18:45	93	00:02:50	01:30:52	150	00:03:30	01:04:22	150	02:59:19	00:00:00	01:01:13	2145,25
152	125	Jata Marta	Lublin	Mirozek TRI TEAM	K	22	K7	3	00:21:56	150	00:02:27	01:31:29	151	00:02:00	01:03:55	149	03:01:47	00:00:00	00:49:00	2695,00
153	112	GÓRNIAK JOANNA	STYRZYŃCIE	BMT	K	23	K8	3	00:21:54	149	00:02:42	01:32:28	154	00:02:27	01:05:55	159	03:05:26	00:00:00	00:52:39	2530,75
154	117	Grosse Krzysztof	Warszawa		M	131	M6	29	00:23:30	155	00:05:10	01:38:59	160	00:01:10	00:58:35	140	03:07:24	00:00:00	01:09:18	1781,50
155	149	Lewandowski Sebastian	Warszawa		M	132	M4	14	00:21:41	148	00:03:44	01:30:35	149	00:02:02	01:09:51	160	03:07:53	00:00:00	01:09:47	1759,75
156	83	Bojarczuk Jolanta Bojarczuk	Krasnystaw	Chełm Biega	M	133	K8	4	00:25:35	160	00:02:35	01:34:57	157	00:01:58	01:05:01	155	03:10:06	00:00:00	01:12:00	1660,00
157	76	Bażyłowicz Hubert	Warszawa		M	134	M6	30	00:25:03	158	00:02:59	01:38:21	159	00:02:19	01:02:50	147	03:10:32	00:00:00	01:12:26	1640,50
158	77	Bielska Katarzyna	Warszawa	IM Inspiration	K	24	K6	5	00:21:22	143	00:02:43	01:41:52	163	00:03:05	01:05:08	156	03:14:10	00:00:00	01:01:23	2137,75
159	226	Wępa Wiesław	Chełm	Chełmska Grupa Triathlonu	M	135	M12	1	00:24:45	157	00:03:25	01:29:49	144	00:03:27	01:13:38	161	03:15:04	00:00:00	01:16:58	1436,50
160	197	Sacharczuk Kacper	Łuków	Miasto Łuków	M	136	M5	26	00:27:23	163	00:06:22	01:35:11	158	00:02:19	01:05:28	158	03:16:43	00:00:00	01:18:37	1362,25
161	236	Zboch Joanna	Warszawa	Kulnia Triathlonu	K	25	K9	1	00:26:00	161	00:03:58	01:39:41	161	00:03:54	01:04:43	153	03:18:16	00:00:00	01:05:29	1953,25
162	156	Mandziuk Marek	Biała Podlaska	TKKF Krzyna Biała Podlaska	M	137	M9	4	00:25:06	159	00:03:45	01:39:48	162	00:02:48	01:16:19	162	03:27:46	00:00:00	01:29:40	865,00