

Vi Triathlon w Zimnej Wodzie

Organizator: Ośrodek Sportu i Rekreacji w Łukowie, Klub Biegacza V-Max Adamów

Data: 24.05.2026r.

Dystans: 1/8

Miejscowości: łuków

Msc.	Nr	Nazwisko Imię	Miasto	Team	Plec	Msc Plec	Kat	Msc Kat	Woda	msc Woda	T1	Rower	msc Rower	T2	Bieg	msc Bieg	Wynik	Kara	Strata	Punkty
1	247	Li Łukasz	Warszawa	TRICLUB	M	3	M6	1	00:06:21	1	00:01:03	00:33:50	1	00:00:43	00:18:49	5	00:00:46	00:00:00	00:00:00	4980
2	364	Miodowski Paweł	Adamów	Releintless	M	2	M5	1	00:07:11	12	00:01:10	00:33:50	1	00:00:47	00:17:37	1	00:00:55	00:00:00	00:00:00	4791
3	408	Szymanowski Przemysław	Starachowice	SZYMANOWSKI TRIATHLON TEAM	M	3	M6	2	00:06:23	2	00:00:57	00:34:54	5	00:00:45	00:17:58	2	00:00:57	00:00:00	00:00:11	4789
4	323	Kepka Marcin	Łublin	Mrozek TRI Team	M	4	M5	2	00:07:50	16	00:01:04	00:34:26	3	00:00:46	00:19:09	9	00:03:15	00:00:00	00:02:29	4651
5	329	Kołosowski Kamil	Białystok	200 Percent Tętna Triathlon	M	5	M5	3	00:07:23	8	00:01:06	00:35:00	6	00:00:57	00:18:57	7	00:03:23	00:00:00	00:02:37	4643
6	400	Sobolewski Mateusz	Warszawa	TRIFUM TEAM	M	6	M2	1	00:07:00	4	00:01:04	00:36:49	15	00:00:59	00:18:07	3	00:04:19	00:00:00	00:03:33	4587
7	413	Tasiński Mateusz	Palenów	TRIFUM TEAM	M	7	M4	1	00:08:00	19	00:01:24	00:45:30	7	00:00:57	00:19:36	12	00:04:58	00:00:00	00:04:38	4547
8	441	Dykasak Filip	Wieliczka	TriWise Triathlon Team	M	8	M3	1	00:08:00	19	00:01:05	00:35:22	8	00:00:54	00:20:00	14	00:05:21	00:00:00	00:04:35	4525
9	356	Marciniak Piotr	Warszawa	RELENTLESS TRIATHLON TEAM	M	9	M2	2	00:08:25	33	00:01:07	00:36:31	11	00:00:52	00:19:31	11	00:06:26	00:00:00	00:05:40	4460
10	351	Łośki Andrzej	Krasnystaw	Ruch ibica	M	10	M7	1	00:08:04	25	00:01:15	00:37:27	16	00:00:51	00:19:03	8	00:06:40	00:00:00	00:05:54	4446
11	55	Majos Paulina	Kielce	TM Iron Team	K	1	K4	1	00:06:28	8	00:01:05	00:37:28	17	00:00:59	00:21:03	28	00:07:00	00:00:00	00:00:50	4440
12	309	Grodzowski Paweł	Warszawa	MBC Team Grochowski Construction	M	11	M5	4	00:08:00	19	00:01:16	00:36:37	12	00:01:07	00:20:12	17	00:07:13	00:00:00	00:06:26	4414
13	301	Godzown Mateusz	Łublin	Banda Grudnia	M	12	M5	5	00:08:23	32	00:01:07	00:38:02	20	00:00:55	00:18:51	6	00:07:18	00:00:00	00:06:32	4408
14	320	Kaminski Jarosław	Warszawa	Endiespain	M	13	M6	3	00:08:22	31	00:01:00	00:36:39	13	00:00:56	00:20:57	26	00:07:54	00:00:00	00:07:08	4372
15	403	Stanczak Bartosz	Warszawa	Manut Camp	M	14	M7	2	00:08:43	45	00:01:08	00:35:49	49	00:01:02	00:21:28	36	00:08:10	00:00:00	00:07:24	4356
16	340	Łalwicz Bartosz	Legionowo	TRINEGY	M	15	M7	3	00:08:37	39	00:01:07	00:34:28	4	00:01:05	00:23:01	61	00:08:18	00:00:00	00:07:32	4348
17	370	Niedzielski Andrzej	Łublin	Lubelska Grupa Triathlonu	M	16	M6	4	00:09:02	56	00:01:41	00:38:22	21	00:01:20	00:18:23	8	00:08:48	00:00:00	00:08:00	4318
18	368	Narozniak Maciej	Radom	Triathletic Team	M	17	M6	5	00:07:20	8	00:01:07	00:37:44	19	00:00:56	00:22:19	51	00:09:26	00:00:00	00:08:40	4280
19	287	Duban Aleksandra	Janki	KU A25 UW	K	2	K2	1	00:07:00	4	00:00:55	00:41:57	67	00:00:50	00:19:29	10	00:10:11	00:00:00	00:03:10	4610
20	422	Wojtowicz Grzegorz	Debe Wielkie		M	18	M5	6	00:07:25	10	00:01:17	00:39:11	32	00:01:03	00:21:38	38	00:10:34	00:00:00	00:09:48	4212
21	294	Duban Piotr	Sobolew	4 Puk Superdog Deblin	M	19	M4	2	00:09:52	89	00:01:09	00:38:36	29	00:01:06	00:19:56	13	00:10:39	00:00:00	00:09:53	4207
22	410	Łuszyński Jacek	Tal. Am.		M	20	M4	1	00:07:17	3	00:01:07	00:39:02	37	00:01:00	00:22:30	48	00:10:59	00:00:00	00:10:13	4187
23	271	Adamiec Przemysław	Putawy	TRIFUM TEAM	M	21	M5	7	00:09:03	57	00:01:24	00:37:39	18	00:01:20	00:21:38	38	00:11:04	00:00:00	00:10:18	4182
24	372	Niestepski Paweł	Legionowo	CRIUS	M	22	M5	8	00:08:02	23	00:01:56	00:39:53	42	00:01:05	00:20:13	18	00:11:09	00:00:00	00:10:23	4177
25	289	Dworakowski Bartłomiej	Warszawa	Wielkie Kule	M	23	M3	2	00:09:34	71	00:01:40	00:38:22	21	00:01:03	00:20:31	23	00:11:10	00:00:00	00:10:24	4176
26	281	Chrzanowska Alicja	Kozienice	TRIFUM TEAM	K	2	K2	2	00:09:17	6	00:01:28	00:41:42	64	00:01:47	00:20:29	21	00:11:13	00:00:00	00:10:25	4168
27	334	Krawczyk Paweł	Warszawa	SPOT3Freedom	M	24	M5	9	00:09:40	47	00:01:23	00:40:28	32	00:01:13	00:21:06	39	00:11:32	00:00:00	00:10:40	4154
28	369	Niedziółka Aleksander	Łuków	Triathletic Team	M	25	M1	1	00:08:49	48	00:01:19	00:40:08	46	00:01:10	00:20:07	16	00:11:33	00:00:00	00:10:47	4153
29	354	MAGDOŻARZ MATEUSZ	WARSZAWA	TRICLUB	M	26	M4	4	00:08:43	45	00:01:08	00:38:35	23	00:00:57	00:22:27	53	00:11:50	00:00:00	00:11:04	4136
30	308	Grabowski Paweł	Zgorzelec	Biała Tri G	M	27	M6	7	00:08:42	44	00:01:55	00:39:05	28	00:01:15	00:21:04	30	00:12:01	00:00:00	00:11:15	4125
31	412	Tymoski Dawid	Warszawa	PIT DELTA	M	28	M9	8	00:09:02	39	00:01:42	00:42:45	28	00:01:40	00:20:48	25	00:12:02	00:00:00	00:11:16	4118
32	393	SAMOLWICZ MAREK	Głogów Małopolski	TRIFUM TEAM	M	29	M7	4	00:08:54	51	00:01:30	00:39:08	30	00:01:24	00:20:34	19	00:12:20	00:00:00	00:11:34	4116
33	292	Dojczewski Jan	MINSK MAZOWIECKI	DTZ	M	30	M1	2	00:07:55	17	00:02:26	00:40:11	47	00:01:22	00:20:36	24	00:12:30	00:00:00	00:11:44	4096
34	375	Pacaka Jędrzej	Warszawa	TRIFUM TEAM	M	31	M4	5	00:08:36	37	00:01:08	00:41:07	54	00:01:19	00:20:28	20	00:12:38	00:00:00	00:11:52	4088
35	352	Kulaczewski Piotr	Białgorza	FLI LINE 24	M	32	M6	8	00:08:43	46	00:01:06	00:39:43	37	00:01:33	00:21:43	41	00:12:48	00:00:00	00:12:02	4078
36	388	Rosolowski Jakub	Otwock	TEAM TRIENU	M	33	M5	9	00:08:47	45	00:01:27	00:40:34	43	00:01:42	00:21:54	49	00:12:51	00:00:00	00:12:04	4074
37	395	Sierafski Jan	Warszawa	FMT Otwock	M	34	M4	6	00:08:57	39	00:01:56	00:39:26	35	00:01:12	00:21:41	40	00:12:53	00:00:00	00:12:06	4074
38	391	Sabotow Nadia	Aleksandrow Łódźki	TM IRON TEAM	K	4	K3	1	00:07:55	17	00:01:22	00:41:39	61	00:00:57	00:21:00	27	00:12:53	00:00:00	00:05:53	4448
39	389	Ruszkowski Wiktor	Warszawa	Dawaj Kalach Team	M	35	M6	9	00:08:38	41	00:01:33	00:39:46	40	00:01:21	00:21:44	43	00:13:02	00:00:00	00:12:16	4064
40	291	Dydzik Tymon	Wieliczka	TriWise Triathlon Team	M	36	M1	3	00:07:47	14	00:01:31	00:41:36	59	00:00:51	00:21:25	35	00:13:10	00:00:00	00:12:24	4056
41	386	Rosolowski Marcin	Warszawa	Kulski Triathlon	M	37	M9	10	00:09:14	60	00:01:43	00:42:45	36	00:01:40	00:21:03	29	00:13:40	00:00:00	00:12:42	4018
42	317	Jonczyk Michał	Warszawa	SPOT3Freedom	M	38	M7	6	00:07:41	74	00:01:27	00:39:12	33	00:01:16	00:22:05	47	00:13:43	00:00:00	00:12:55	4025
43	396	Śliewe Agata	Krasnystaw	Spocznia training	K	5	K3	2	00:08:01	22	00:01:17	00:42:01	68	00:01:20	00:21:05	31	00:13:44	00:00:00	00:06:43	4397
44	357	Marcinkowski Paweł	Brańszczyk	TRIFUM TEAM	M	39	M6	10	00:07:46	13	00:01:46	00:36:39	13	00:01:00	00:26:38	107	00:13:49	00:00:00	00:10:03	4017
45	316	Jeremiasz Rafał	Prawdniki	MROZEK TRI TEAM	M	40	M8	1	00:08:20	30	00:01:29	00:39:59	44	00:01:16	00:22:46	57	00:13:50	00:00:00	00:10:04	4016
46	381	Cemerych Piotr	Łuków	Łukowska Nadolna	M	41	M5	11	00:08:15	10	00:01:35	00:40:12	10	00:01:17	00:20:30	19	00:13:51	00:00:00	00:10:05	4016
47	360	Masunek Paweł	Teodów		M	42	M7	7	00:08:26	34	00:02:08	00:41:00	52	00:01:38	00:21:30	34	00:14:32	00:00:00	00:10:34	3974
48	312	Hunkiewicz Wojciech	Marki		M	43	M8	2	00:08:15	28	00:01:39	00:39:05	28	00:01:10	00:24:24	73	00:14:33	00:00:00	00:10:47	3973
49	296	Gabriel Grzegorz	Warszawa	IM Inspiration	M	44	M5	10	00:08:30	35	00:02:05	00:41:14	55	00:01:01	00:22:00	45	00:14:50	00:00:00	00:10:40	3956
50	298	GARBACIK JACEK	Stawola Wola	S&B Triathlon Team	M	45	M9	2	00:10:11	94	00:01:24	00:39:44	39	00:01:13	00:22:24	52	00:14:56	00:00:00	00:14:10	3950
51	344	ŁEŚNIAK JACEK	Włodawa		M	46	M3	3	00:08:16	40	00:01:31	00:40:16	40	00:01:47	00:22:13	60	00:14:57	00:00:00	00:14:16	3949
52	297	Gagała Karol	Sierokomla	V-Max Adamów	M	47	M5	11	00:09:55	82	00:01:50	00:39:43	37	00:00:57	00:22:45	56	00:15:18	00:00:00	00:14:32	3928
53	382	Plowator Krzysztof	Warszawa	TriFisp	M	48	M4	7	00:10:57	112	00:01:23	00:39:59	44	00:00:54	00:22:18	50	00:15:31	00:00:00	00:14:45	3915
54	293	Dojczewski Łukasz	Minsk Mazowiecki	DTZ	M	49	M7	8	00:09:31	67	00:02:33	00:41:27	57	00:01:59	00:20:05	15	00:15:35	00:00:00	00:14:49	3911
55	278	Błaszczak Paweł	Łublin	WMKS Wydry Olsztyn	M	50	M4	8	00:09:08	58	00:01:19	00:43:06	74	00:01:03	00:21:07	33	00:15:41	00:00:00	00:14:55	3905
56	374	Orosz Paweł	Warszawa	TRIFUM TEAM	M	51	M5	12	00:09:19	65	00:01:21	00:42:46	72	00:01:21	00:22:42	62	00:15:42	00:00:00	00:15:00	3904
57	284	Czerwinski Adam	Kałiszka	Szymanowski Triathlon Team	M	52	M5	12	00:09:29	65	00:01:47	00:40:53	56	00:01:56	00:22:12	49	00:15:47	00:00:00	00:15:01	3869
58	423	Wolak Paweł	Toruń	LIGA TRIATHLONU	M	53	M5	13	00:08:04	24	00:01:23	00:39:51	41	00:01:11	00:25:51	93	00:16:19	00:00:00	00:15:33	3867
59	406	Ślupka Piotr	Włodawa	Releintless	M	54	M8	4	00:10:07	93	00:02:08	00:39:08	30	00:02:06	00:23:24	64	00:16:53			

141	402	Sokołski Tomasz	Wiązowna	Team ZabieganeDni	M	116	M10	2	00:11:34	131	00:03:31	00:49:12	126	00:03:10	00:31:29	146	01:38:56	00:00:00	00:38:10	2510
142	322	Kaska-Lobodowska Ewelina	Siennica	FIT&JOY	K	26	K6	4	00:15:03	156	00:02:58	00:50:07	135	00:01:48	00:30:13	136	01:40:09	00:00:00	00:33:08	2812
143	431	Żuk Piotr	Warszawa	Lukki	M	117	M6	22	00:11:13	129	00:04:09	00:54:28	152	00:01:17	00:29:21	133	01:40:28	00:00:00	00:39:41	2418
144	321	Kapusiński Tomasz	Siedlce	GA	M	118	M5	24	00:15:31	158	00:02:52	00:54:25	151	00:01:27	00:26:22	103	01:40:37	00:00:00	00:39:51	2409
145	349	Lubańska Sylwia	Biała Podlaska	Białaśka Manufaktura Triathlonu	K	27	K7	3	00:11:08	116	00:02:53	00:54:02	148	00:01:21	00:32:04	147	01:41:28	00:00:00	00:34:27	2733
146	319	Kaminski Hubert	Warszawa	Mokre Cytrynki	M	119	M3	6	00:11:24	125	00:03:31	00:54:21	150	00:04:32	00:27:43	116	01:41:31	00:00:00	00:40:45	2355
147	435	Czechłacz Olga	Zyrardów		K	28	K3	3	00:15:30	157	00:02:25	00:55:17	153	00:01:06	00:27:19	115	01:41:37	00:00:00	00:34:36	2724
148	381	Piórkowska Martyna	Józefów		K	29	K1	1	00:10:05	91	00:04:05	00:51:05	142	00:01:01	00:36:07	158	01:42:21	00:00:00	00:35:22	2678
149	430	Zawadzko Maksymilian			M	120	M2	6	00:11:30	128	00:05:00	00:49:32	128	00:02:46	00:33:36	153	01:42:24	00:00:00	00:41:38	2302
150	324	Klajnert Marta	Chełm	8 Ball Cross Gym Chełm	K	30	K8	4	00:14:18	153	00:03:06	00:53:39	147	00:01:31	00:30:30	138	01:43:04	00:00:00	00:36:03	2637
151	439	Rokicka Adrianna	Warszawa	Kulecki	K	31	K3	4	00:13:01	147	00:02:13	00:54:05	149	00:01:47	00:33:44	153	01:44:50	00:00:00	00:37:49	2531
152	325	Klaus Albert	Piaseczno	Lemus Team	M	121	M8	11	00:14:55	155	00:02:41	00:50:20	138	00:02:22	00:34:51	154	01:45:09	00:00:00	00:44:23	2137
153	338	Kulakowski Kasper	Józefów		M	122	M1	11	00:10:01	85	00:03:34	00:55:20	154	00:00:42	00:39:55	157	01:45:32	00:00:00	00:44:46	2114
154	405	Stefanowska-Kos Iga	Kielce		K	32	K5	7	00:11:20	124	00:05:27	00:59:52	159	00:01:14	00:28:05	121	01:45:58	00:00:00	00:38:57	2463
155	327	Kobus Łukasz	Warszawa	Mokre Cytrynki	M	123	M3	7	00:11:28	127	00:09:23	01:03:05	160	00:01:30	00:29:32	134	01:48:58	00:00:00	00:48:12	1908
156	305	Górka Damian	Warszawa	Mokre Cytrynki	M	124	M3	8	00:16:05	160	00:04:49	00:56:38	156	00:02:02	00:30:41	142	01:50:15	00:00:00	00:49:29	1831
157	359	Matejko Marcin	Łuków		M	125	M8	12	00:14:29	154	00:02:51	00:58:21	158	00:01:43	00:35:28	155	01:52:52	00:00:00	00:52:06	1674
158	418	Wępa Hanna	Chełm	Chelmska Grupa Triathlonu	K	33	K11	1	00:13:48	151	00:02:50	00:53:30	145	00:01:47	00:41:24	160	01:53:19	00:00:00	00:46:18	2022
159	401	Sokołska Dorota	Wiązowna	Team ZabieganeDni	K	34	K10	1	00:16:04	159	00:05:49	00:58:19	157	00:02:38	00:33:41	152	01:56:31	00:00:00	00:49:30	1850
160	404	Stawowczyk Marta	Białystok		K	35	K5	8	00:17:47	161	00:04:11	01:03:36	161	00:02:52	00:40:59	159	02:09:25	00:00:00	01:02:24	1056