

WYNIKI ZAWODÓW / RESULTS LIST

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City:	Mietków	Distance:	475m+22,5km+5,25km	
Date:	09.06.2019	Organizer:	Platforma Sportów Wytrzymałościowych, Fundacja Pro Sport Pro Life	

1/8 IM

KOBIETY (WOMEN)

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
1	280	KOTFICA Paulina		POL GVT BMC	86K30/1	K / 1	00:07:20 / 3	00:02:17 / 3	00:36:06 / 2	00:00:39 / 1	00:20:34 / 1	01:06:56	00:06:22
2	566	KRZEMIŃSKA Mariola		POL LITWIN TRIATHLON TEAM	92K20/1	K / 2	00:07:00 / 2	00:02:23 / 2	00:39:45 / 4	00:00:38 / 2	00:22:13 / 3	01:11:58	00:11:24
3	277	BOHATER Paulina		POL SSP ORKA ŁAWA	00KJun/1	K / 3	00:06:56 / 1	00:02:24 / 1	00:41:00 / 5	00:00:40 / 4	00:21:13 / 2	01:12:12	00:11:38
4	273	JANUSZ Izabela		POL	94K20/2	K / 4	00:08:21 / 6	00:02:40 / 6	00:38:14 / 3	00:01:01 / 3	00:22:26 / 4	01:12:41	00:12:07
5	304	ŚWISTERSKA Julia		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	03KMł/1	K / 5	00:11:02 / 15	00:05:02 / 18	00:35:32 / 1	00:01:11 / 5	00:25:02 / 12	01:17:48	00:17:14
6	464	TOMASZEWSKA Joanna		POL JELCZ TRIATHLON PROJECT	83K30/2	K / 6	00:09:49 / 11	00:03:09 / 8	00:41:58 / 6	00:00:51 / 7	00:23:46 / 6	01:19:32	00:18:58
7	301	BAJ Joanna		POL TRIATHLONOWA AKADEMIA MŁODZIEŻY	02KMł/2	K / 7	00:07:23 / 4	00:02:36 / 4	00:44:40 / 7	00:00:38 / 6	00:24:33 / 9	01:19:50	00:19:16
8	316	GŁOGOWSKA Patrycja		POL	94K20/3	K / 8	00:07:30 / 5	00:02:38 / 5	00:44:51 / 11	00:00:48 / 8	00:24:55 / 11	01:20:42	00:20:08
9	471	DROP Joanna		POL	66K50/1	K / 9	00:09:29 / 9	00:04:21 / 11	00:44:42 / 9	00:00:56 / 9	00:25:39 / 14	01:25:06	00:24:32
10	561	KOLARZYK Justyna		POL	83K30/3	K / 10	00:13:11 / 35	00:03:48 / 26	00:45:56 / 13	00:00:54 / 15	00:22:29 / 5	01:26:18	00:25:44
11	365	PIĄTEK Anita		POL FRONTREAR	83K30/4	K / 11	00:11:38 / 19	00:03:50 / 14	00:44:42 / 8	00:01:37 / 11	00:24:43 / 10	01:26:30	00:25:56
12	288	OKUNIEWSKA Julia		POL TAM	04KMł/3	K / 12	00:09:10 / 8	00:02:42 / 7	00:47:18 / 19	00:00:50 / 10	00:26:40 / 19	01:26:40	00:26:06
13	519	ZAWODNIK ANONIMOWY		POL	92K20/4	K / 13	00:10:52 / 13	00:04:51 / 15	00:46:29 / 17	00:00:55 / 14	00:24:15 / 8	01:27:22	00:26:48
14	523	LARA Ania		POL	85K30/5	K / 14	00:08:47 / 7	00:04:48 / 10	00:48:40 / 25	00:00:49 / 13	00:27:27 / 23	01:30:31	00:29:57
15	518	ŚWIATŁOŃ-SZYDEŁKO Małgorzata		POL CZARNI ROKITKI	89K30/6	K / 15	00:10:53 / 14	00:03:45 / 12	00:46:16 / 16	00:01:02 / 12	00:29:27 / 35	01:31:23	00:30:49
16	379	SZYDŁO Izabela		POL GT RAT	98K20/5	K / 16	00:09:42 / 10	00:03:47 / 9	00:49:17 / 29	00:01:05 / 16	00:27:49 / 27	01:31:39	00:31:05
17	311	TARATUTA Patrycja		POL GLKS SWIDNICA	01KJun/2	K / 17	00:13:05 / 33	00:03:24 / 24	00:50:37 / 37	00:00:43 / 24	00:24:15 / 7	01:32:03	00:31:29
18	582	MIKOŁAJCZAK Ola		POL HALFWORN TEAM	81K30/7	K / 18	00:12:02 / 25	00:04:01 / 17	00:47:25 / 20	00:01:10 / 17	00:27:47 / 26	01:32:25	00:31:51
19	504	ZAWITOWSKA Izabela		POL	89K30/8	K / 19	00:11:58 / 23	00:04:23 / 22	00:50:24 / 33	00:01:15 / 27	00:25:14 / 13	01:33:14	00:32:40
20	440	MARCINIAK Agata		POL -	80K30/9	K / 20	00:13:40 / 37	00:04:01 / 32	00:47:43 / 21	00:01:28 / 22	00:26:29 / 16	01:33:20	00:32:46
21	485	KUBISZYN-BZDYK Agata		POL	73K40/1	K / 21	00:11:58 / 22	00:04:21 / 21	00:47:44 / 22	00:01:35 / 20	00:27:59 / 29	01:33:37	00:33:03
22	596	ONISZKO-KIELAR Marta		POL BIEGAJ-ZAPOBIEGAJ	81K30/10	K / 22	00:16:03 / 56	00:04:38 / 53	00:45:14 / 12	00:01:57 / 26	00:28:08 / 30	01:36:00	00:35:25
23	552	SUŚCICKA Natalia		POL DRUŻYNA DECATHLON LEGNICA	97K20/6	K / 23	00:13:05 / 32	00:04:57 / 34	00:46:16 / 15	00:01:03 / 18	00:30:50 / 42	01:36:11	00:35:37
24	522	GORAJEK Zuza		POL -	92K20/7	K / 24	00:11:06 / 16	00:04:11 / 13	00:49:02 / 27	00:01:16 / 19	00:30:41 / 41	01:36:16	00:35:41
25	447	ŻEREBECKA Ewa		POL	80K30/11	K / 25	00:14:00 / 42	00:05:21 / 41	00:47:12 / 18	00:02:30 / 30	00:27:27 / 22	01:36:30	00:35:56
26	541	DRYGALA Anna		POL GT RAT	85K30/12	K / 26	00:11:34 / 18	00:04:31 / 19	00:48:06 / 24	00:01:35 / 21	00:31:11 / 45	01:36:57	00:36:23
27	352	FARION Marzena		POL THE FARIONS	81K30/13	K / 27	00:15:41 / 54	00:04:28 / 48	00:50:26 / 34	00:00:53 / 39	00:26:35 / 18	01:38:03	00:37:29

KOBIETY (WOMEN)

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.	
28	579	FRAĆZEK Iwona		POL TMTEAM		82K30/14	K / 28	00:11:25 / 17	00:04:50 / 20	00:52:07 / 41	00:01:20 / 34	00:28:58 / 31	01:38:40	00:38:06
29	544	KOCZY-ŁUSIAK Sylwia		POL		84K30/15	K / 29	00:13:10 / 34	00:04:17 / 29	00:50:32 / 35	00:01:15 / 33	00:30:10 / 38	01:39:23	00:38:49
30	412	CHOLUJ Małgorzata		POL TMTEAM		64K50/2	K / 30	00:13:44 / 39	00:05:23 / 39	00:51:11 / 39	00:01:35 / 40	00:27:36 / 25	01:39:29	00:38:55
31	537	OPALIŃSKA Dorota		POL BIELAWSKA AKADEMIA BIEGANIA		85K30/16	K / 31	00:14:35 / 47	00:04:49 / 43	00:52:20 / 42	00:01:34 / 43	00:26:33 / 17	01:39:50	00:39:16
32	529	MAZUR Kinga		POL TMTEAM		74K40/2	K / 32	00:16:32 / 60	00:05:07 / 59	00:48:04 / 23	00:02:19 / 41	00:27:56 / 28	01:39:57	00:39:23
33	278	TRYKOWSKA Blanka		POL GT RAT		82K30/17	K / 33	00:12:58 / 29	00:04:42 / 31	00:49:45 / 31	00:01:28 / 28	00:31:54 / 47	01:40:47	00:40:13
34	425	BUKIEL Klaudia		POL		95K20/8	K / 34	00:16:17 / 58	00:04:02 / 51	00:52:43 / 43	00:01:41 / 46	00:26:26 / 15	01:41:09	00:40:35
35	354	ŁESEJKO Edyta		POL		79K40/3	K / 35	00:13:52 / 40	00:04:35 / 37	00:50:33 / 36	00:01:24 / 36	00:31:38 / 46	01:42:02	00:41:28
36	477	JAŁOSZYŃSKA Anna		POL PULSBIKE TEAM		80K30/18	K / 36	00:16:34 / 61	00:04:28 / 55	00:44:47 / 10	00:01:42 / 23	00:34:40 / 56	01:42:10	00:41:36
37	350	DOWNAR-ZAPOLSKA Laura		POL @MD_RUN		93K20/9	K / 37	00:13:42 / 38	00:04:05 / 33	00:50:07 / 32	00:01:19 / 32	00:33:04 / 51	01:42:17	00:41:42
38	553	SZKUDLARZ Hanna		POL DRUŻYNA DECATHLON LEGNICA		89K30/19	K / 38	00:12:58 / 28	00:05:13 / 36	00:54:47 / 54	00:01:53 / 47	00:27:30 / 24	01:42:20	00:41:46
39	524	LASKOWSKA Ewelina		POL		90K20/10	K / 39	00:10:15 / 12	00:05:33 / 16	00:53:28 / 47	00:02:07 / 38	00:31:03 / 44	01:42:25	00:41:51
40	383	SITKOWSKA Joanna		POL GT KONA		82K30/20	K / 40	00:12:23 / 26	00:04:20 / 25	00:51:04 / 38	00:01:11 / 29	00:33:50 / 53	01:42:48	00:42:14
41	581	MINKINA Karolina		POL		87K30/21	K / 41	00:11:44 / 21	00:04:44 / 23	00:51:41 / 40	00:01:53 / 35	00:32:51 / 49	01:42:53	00:42:19
42	498	ZAWODNIK ANONIMOWY		POL		92K20/11	K / 42	00:24:19 / 67	00:04:05 / 67	00:46:00 / 14	00:01:34 / 52	00:27:00 / 20	01:42:58	00:42:24
43	572	SMOLEŃ Dagmara		POL TMTEAM		76K40/4	K / 43	00:12:59 / 30	00:04:29 / 30	00:49:14 / 28	00:01:09 / 25	00:35:32 / 60	01:43:22	00:42:48
44	320	PAWLAK Katarzyna		POL ŻELAZNA ŚWIDNICA		76K40/5	K / 44	00:13:57 / 41	00:05:27 / 42	00:53:51 / 50	00:01:20 / 45	00:29:25 / 33	01:44:00	00:43:26
45	390	MASŁOWIEC Dorota		POL GT RAT		81K30/22	K / 45	00:12:59 / 31	00:05:12 / 35	00:48:57 / 26	00:02:02 / 31	00:34:56 / 58	01:44:06	00:43:32
46	325	ŚWIDERSKA Izabela		POL		76K40/6	K / 46	00:15:18 / 52	00:04:54 / 49	00:55:38 / 57	00:01:16 / 58	00:27:23 / 21	01:44:29	00:43:54
47	413	SARNA Beata		POL TMTEAM		70K40/7	K / 47	00:16:02 / 55	00:04:16 / 50	00:54:29 / 53	00:01:01 / 50	00:29:27 / 34	01:45:14	00:44:40
48	497	KADYSZEWSKA Paula		POL		91K20/12	K / 48	00:16:07 / 57	00:05:52 / 60	00:52:54 / 44	00:01:54 / 55	00:29:22 / 32	01:46:09	00:45:35
49	367	ZAKLIŃSKA Katarzyna		POL		76K40/8	K / 49	00:14:58 / 51	00:05:00 / 47	00:49:19 / 30	00:01:37 / 37	00:35:30 / 59	01:46:24	00:45:49
50	493	SZCZĘŚNIAK Justyna		POL		83K30/23	K / 50	00:14:11 / 45	00:05:00 / 40	00:56:32 / 59	00:01:16 / 56	00:29:35 / 37	01:46:34	00:46:00
51	482	ŚWIATOWSKA Anna		POL		89K30/24	K / 51	00:12:51 / 27	00:04:20 / 28	00:54:21 / 52	00:01:19 / 42	00:34:07 / 55	01:46:58	00:46:24
52	415	ZDZIECHOWICZ Natalia		POL		98K20/13	K / 52	00:14:41 / 48	00:04:56 / 45	00:56:38 / 60	00:00:48 / 57	00:30:12 / 39	01:47:15	00:46:40
53	463	DEREJ Maria		POL		78K40/9	K / 53	00:11:44 / 20	00:05:16 / 27	00:57:36 / 61	00:01:15 / 51	00:32:43 / 48	01:48:34	00:47:59
54	551	ŁUĆ Katarzyna		POL		81K30/25	K / 54	00:14:56 / 50	00:05:48 / 54	00:54:04 / 51	00:01:32 / 53	00:33:03 / 50	01:49:23	00:48:49
55	578	KREMENS Karolina		POL #GLEBOCKITEAM		80K30/26	K / 55	00:15:33 / 53	00:05:44 / 56	00:53:06 / 45	00:01:13 / 49	00:33:58 / 54	01:49:34	00:49:00
56	344	WODECKA Marta		POL GT KONA		86K30/27	K / 56	00:14:10 / 44	00:05:17 / 44	00:53:16 / 46	00:01:44 / 44	00:35:45 / 62	01:50:12	00:49:38
57	289	MAJEWSKA Monika		POL		77K40/10	K / 57	00:11:58 / 24	00:08:37 / 52	00:53:36 / 49	00:02:23 / 54	00:33:48 / 52	01:50:22	00:49:47
58	410	CIEPŁA Monika		POL		92K20/14	K / 58	00:14:43 / 49	00:06:36 / 57	00:58:02 / 62	00:02:02 / 60	00:29:29 / 36	01:50:52	00:50:18
59	515	TARAKANOW Barbara		POL STANMA.PL		72K40/11	K / 59	00:13:40 / 36	00:04:58 / 38	00:54:56 / 55	00:01:43 / 48	00:38:20 / 65	01:53:36	00:53:02
60	283	JANCZAK Angelika		POL		73K40/12	K / 60	00:20:15 / 64	00:05:43 / 64	00:55:50 / 58	00:02:15 / 62	00:30:18 / 40	01:54:21	00:53:47
61	319	MADEJOWSKA Joanna		POL		78K40/13	K / 61	00:16:22 / 59	00:05:00 / 58	00:55:35 / 56	00:00:49 / 59	00:37:24 / 64	01:55:09	00:54:35

KOBIETY (WOMEN)

Msc Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Pływanie Swim	T1 Poz. po T1	Rower Bike	T2 Poz. po T2	Bieg Run	Wynik Time	Strata Diff.
62	340	ZAKRZEWSKA Edyta		POL GLKS ŻELAZNA ŚWIDNICA	77	K / 62	00:16:40 / 62	00:05:46 / 61	01:02:11 / 64	00:01:37 / 63	00:31:00 / 43	01:57:13	00:56:39
63	342	GWIAZDA Katarzyna		POL CYKLOPOLE	89	K / 63	00:22:02 / 66	00:06:06 / 66	00:53:35 / 48	00:01:30 / 61	00:39:02 / 66	02:02:14	01:01:40
64	527	RAKOWSKA Magdalena		POL	84	K / 64	00:20:41 / 65	00:06:06 / 65	00:59:58 / 63	00:01:55 / 64	00:35:35 / 61	02:04:15	01:03:41
65	469	HEJNOSZ Natalia		POL	83	K / 65	00:14:11 / 43	00:08:44 / 63	01:04:11 / 65	00:02:02 / 65	00:36:00 / 63	02:05:07	01:04:32
66	339	SPIKOWSKA Monika		POL	81	K / 66	00:17:32 / 63	00:05:21 / 62	01:10:38 / 66	00:00:53 / 66	00:34:49 / 57	02:09:12	01:08:38
	343	KONARSKA Edyta		POL	74		00:14:20 / 46	00:05:22 / 46	02:12:08 / 67			DNF	
	401	MARCINIAK Barbara		POL TRIATHLON CLUB WROCŁAW	61							DNF	
	418	MIKOŁAJEWICZ Aleksandra		POL	96							DNF	
	433	SKRZYNKOWSKA Joanna		POL SKRZYNKOWSKI TEAM	78							DNF	
	327	BOGACKA Gosia		POL	72							DNS	
	429	KĘDZIA Julita		POL IRON MAJKEL	79							DNS	
	487	PIĘKNY Joanna		POL FITWHEELS BIKESTACJA	90							DNS	

Zgłoszonych:	320	Odebrało nr.:	268	Wystartowało:	273	Ukończyło:	259
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