

## Mistrzostwa Polski w Duathlonie - MP Elita. Juniorzy . Młodzieżowcy (5km-20.8km-2.5km)

Miejsce: RUMIA - 2018-05-19

Organizator: Uczelniany Klub Sportowy Tri-Team Rumia



M-ce	Numer	Nazwisko	Imię	Płeć	M-ce M/K	Rok ur.	Kat.	M-ce kat. M/K	Miejscowość	Klub	DYST. ANS	Wynik	Prędkość km/h	Tempo min/km	BIEG 1-2.5km	BIEG 1-5km	M-jec BIEG 1	ZMIANA 1	ZMIANA 1 CZAS	M-jec ZMIANA 1	ROWER 1 godzina	ROWER 2 godzina	ROWER 3 godzina	ROWER 4 godzina	ROWER CZAS	M-jec ROWER	ZMIANA 2	ZMIANA 3 CZAS	M-jec ZMIANA 2	BIEG 2-2.5km	BIEG 2-5km	M-jec BIEG 2
1	1	STĘPNIAK	KACPER	M	1	1994	M ELITA	1	RUMIA	UKS TRI-TEAM RUMIA	ELITA	<b>0:55:55</b>	30,37	01:59	0:07:45	<b>0:15:14</b>	4	0:15:55	<b>0:00:41</b>	13	0:23:56	0:31:43	0:39:17	0:47:28	<b>0:31:33</b>	1	0:48:14	<b>0:00:46</b>	13	0:55:55	<b>0:07:41</b>	7
2	10	ŁAWICKI	PIOTR	M	2	1995	M 20-23	1	OBORA	MKS POLKOWICE	ELITA	<b>0:56:00</b>	30,32	01:59	0:07:46	<b>0:15:15</b>	7	0:15:52	<b>0:00:37</b>	6	0:23:55	0:31:42	0:39:17	0:47:31	<b>0:31:39</b>	2	0:48:13	<b>0:00:42</b>	3	0:56:00	<b>0:07:47</b>	8
3	4	KRAWCZYK	JACEK	M	3	1996	M 20-23	2	RUMIA	UKS TRI-TEAM RUMIA	ELITA	<b>0:57:16</b>	29,65	02:01	0:16:14	<b>0:15:37</b>	8	0:16:10	<b>0:00:33</b>	2	0:24:31	0:32:31	0:40:17	0:48:29	<b>0:32:19</b>	3	0:49:14	<b>0:00:45</b>	12	0:57:16	<b>0:08:02</b>	9
4	2	WOŹNIAK	JAKUB	M	4	1990	M ELITA	2	KRAKÓW	DOTFIJZO	ELITA	<b>0:57:40</b>	29,45	02:02	0:15:54	<b>0:15:14</b>	4	0:15:50	<b>0:00:36</b>	5	0:24:05	0:32:31	0:40:17	0:48:30	<b>0:32:40</b>	7	0:49:16	<b>0:00:46</b>	15	0:57:40	<b>0:08:24</b>	15
5	20	KUBIAK	MACIEJ	M	5	1988	M ELITA	3	REDA	ENDURE TEAM / ZOELLER TECH	ELITA	<b>0:57:44</b>	29,41	02:02	0:07:44	<b>0:15:14</b>	4	0:15:49	<b>0:00:35</b>	3	0:23:55	0:31:51	0:39:40	0:48:30	<b>0:32:41</b>	8	0:49:13	<b>0:00:43</b>	7	0:57:44	<b>0:08:31</b>	18
6	36	BREMBOR	TOMASZ	M	6	1994	M ELITA	4	CHORZÓW	AZS AWF KATOWICE GYT BMC	ELITA	<b>0:58:03</b>	29,25	02:03	0:07:59	<b>0:16:06</b>	12	0:16:44	<b>0:00:38</b>	10	0:25:13	0:33:04	0:40:54	0:49:18	<b>0:32:34</b>	5	0:49:59	<b>0:00:41</b>	2	0:58:03	<b>0:08:04</b>	10
7	6	DAMENTKA	KAMIL	M	7	1998	M 20-23	3	RUMIA	UKS TRI-TEAM RUMIA	ELITA	<b>0:58:15</b>	29,15	02:03	0:07:46	<b>0:15:48</b>	10	0:16:29	<b>0:00:41</b>	13	0:25:13	0:33:04	0:40:55	0:49:19	<b>0:32:50</b>	9	0:50:02	<b>0:00:43</b>	7	0:58:15	<b>0:08:13</b>	12
8	26	SZYMANOWSKI	PRZEMYSŁAW	M	8	1986	M ELITA	5	KOŃSKIE	KS DAWA KATOWICE TRIATHLON TEAM SPARCADONCE	ELITA	<b>0:58:22</b>	29,09	02:04	0:07:59	<b>0:16:04</b>	11	0:16:42	<b>0:00:38</b>	8	0:25:23	0:33:14	0:41:03	0:49:21	<b>0:32:39</b>	6	0:50:03	<b>0:00:42</b>	3	0:58:22	<b>0:08:19</b>	13
9	9	NAJMOWICZ	PAWEŁ	M	9	1993	M ELITA	6	OLSZTYN	TRI NEGU	ELITA	<b>0:58:29</b>	29,03	02:04	0:07:46	<b>0:15:42</b>	9	0:16:22	<b>0:00:40</b>	12	0:24:55	0:33:04	0:40:54	0:49:19	<b>0:32:57</b>	10	0:50:02	<b>0:00:43</b>	7	0:58:29	<b>0:08:27</b>	16
10	30	GORYNSKI	DAWID	M	10	2000	M 18-19	1	SUSZ	UKS TRS SUSZ	ELITA	<b>0:59:26</b>	28,57	02:06	0:08:37	<b>0:16:53</b>	13	0:17:26	<b>0:00:33</b>	1	0:25:46	0:33:29	0:41:22	0:49:57	<b>0:32:31</b>	4	0:50:39	<b>0:00:42</b>	3	0:59:26	<b>0:08:47</b>	22
11	29	SIODMAK	IGOR	M	11	1998	M 20-23	4	SZCZECINEK	MKP SZCZECINEK/ TRIATHLON	ELITA	<b>0:59:58</b>	28,32	02:07	0:08:37	<b>0:16:53</b>	13	0:17:32	<b>0:00:39</b>	11	0:26:04	0:34:13	0:42:27	0:51:10	<b>0:33:38</b>	11	0:51:54	<b>0:00:44</b>	10	0:59:58	<b>0:08:04</b>	10
12	8	RESZKE	PAWEŁ	M	12	1985	M ELITA	7	WEJHEROWO	UKS TRI-TEAM RUMIA	ELITA	<b>1:00:32</b>	28,05	02:08	0:08:36	<b>0:16:53</b>	13	0:17:30	<b>0:00:37</b>	7	0:26:04	0:34:12	0:42:26	0:51:09	<b>0:33:39</b>	12	0:51:58	<b>0:00:49</b>	18	1:00:32	<b>0:08:34</b>	20
13	7	JARLIŃSKI	MICHAŁ	M	13	1999	M 18-19	2	RUMIA	UKS TRI TEAM RUMIA	ELITA	<b>1:00:35</b>	28,03	02:08	0:08:37	<b>0:16:54</b>	16	0:17:32	<b>0:00:38</b>	8	0:26:04	0:34:12	0:42:25	0:51:13	<b>0:33:41</b>	13	0:52:01	<b>0:00:48</b>	17	1:00:35	<b>0:08:34</b>	19
14	32	DZIK	SZYMON	M	14	2000	M 18-19	3	ILAWA	SSP ORKA ILAWA	ELITA	<b>1:02:30</b>	27,17	02:13	0:09:05	<b>0:18:13</b>	21	0:18:55	<b>0:00:42</b>	16	0:27:32	0:35:57	0:44:18	0:53:21	<b>0:34:26</b>	14	0:54:03	<b>0:00:42</b>	3	1:02:30	<b>0:08:27</b>	16
15	28	COMBIK	MARCIN	M	15	1994	M ELITA	8	KRAKÓW	TRIATHLON YMCA KRAKÓW	ELITA	<b>1:02:34</b>	27,14	02:13	0:08:37	<b>0:16:55</b>	17	0:17:31	<b>0:00:36</b>	4	0:27:02	0:35:57	0:44:18	0:53:25	<b>0:35:54</b>	21	0:54:11	<b>0:00:46</b>	13	1:02:34	<b>0:08:23</b>	14
16	27	PALIŃSKI	MACIEJ	M	16	2000	M 18-19	4	SUSZ	UKS-TRS SUSZ	ELITA	<b>1:03:12</b>	26,87	02:14	0:09:02	<b>0:18:00</b>	18	0:18:46	<b>0:00:46</b>	26	0:27:32	0:35:57	0:44:18	0:53:25	<b>0:34:39</b>	15	0:54:19	<b>0:00:54</b>	28	1:03:12	<b>0:08:53</b>	24
17	11	ŁAGOWNIK	MARTA	K	1	1995	K 20-23	1	GDĄSK	WKS DAWA KATOWICE COACHING TRIATHLON TEAM SPARCADONCE	ELITA	<b>1:03:45</b>	26,64	02:15	0:09:30	<b>0:18:08</b>	19	0:18:52	<b>0:00:44</b>	18	0:27:54	0:36:32	0:45:16	0:54:19	<b>0:35:27</b>	16	0:54:59	<b>0:00:40</b>	1	1:03:45	<b>0:08:46</b>	21
18	12	SŁUPEK	ROKSANA	K	2	1999	K 18-19	1	RUMIA	UKS TRI-TEAM RUMIA	ELITA	<b>1:04:28</b>	26,34	02:17	0:09:31	<b>0:18:12</b>	20	0:19:03	<b>0:00:51</b>	33	0:28:21	0:36:55	0:45:31	0:54:49	<b>0:35:46</b>	20	0:55:38	<b>0:00:49</b>	18	1:04:28	<b>0:08:50</b>	23
19	15	JĘDRZEJEWSKA	ALEKSANDRA	K	3	1991	K ELITA	1	WROCLAW	AZS AWF KATOWICE GYT BMC	ELITA	<b>1:04:38</b>	26,27	02:17	0:09:32	<b>0:18:25</b>	24	0:19:12	<b>0:00:47</b>	28	0:28:21	0:36:55	0:45:30	0:54:50	<b>0:35:38</b>	19	0:55:39	<b>0:00:49</b>	18	1:04:38	<b>0:08:59</b>	25
20	13	WAŚIK	MAŁGORZATA	K	4	1991	K ELITA	2	MALBORK	WANIEWSKI COACHING	ELITA	<b>1:05:09</b>	26,06	02:18	0:09:30	<b>0:18:23</b>	22	0:19:13	<b>0:00:50</b>	30	0:28:21	0:36:55	0:45:30	0:54:49	<b>0:35:36</b>	18	0:56:40	<b>0:00:51</b>	23	1:05:09	<b>0:09:29</b>	26
21	22	SIKORA	MARTA	K	5	2000	K 18-19	2	JUSZCZYN	TRIATHLON YMCA KRAKÓW	ELITA	<b>1:06:23</b>	25,58	02:21	0:09:42	<b>0:18:56</b>	25	0:19:41	<b>0:00:45</b>	21	0:28:44	0:37:28	0:46:29	0:56:11	<b>0:36:30</b>	23	0:56:59	<b>0:00:48</b>	16	1:06:23	<b>0:09:24</b>	27
22	18	CIESLAK	AGNIESZKA	K	6	1989	K ELITA	3	ŚLESIN	AZS AWF KATOWICE	ELITA	<b>1:07:00</b>	25,34	02:22	0:09:31	<b>0:18:58</b>	26	0:19:41	<b>0:00:43</b>	17	0:28:44	0:37:28	0:46:30	0:56:12	<b>0:36:31</b>	25	0:57:04	<b>0:00:52</b>	25	1:07:00	<b>0:09:56</b>	34
23	38	WIELIGÓRKA	OSKAR	M	17	1999	M 18-19	5	GRYFINO	DELTA GRYFINO	ELITA	<b>1:07:01</b>	25,33	02:22	0:09:11	<b>0:18:23</b>	22	0:19:08	<b>0:00:45</b>	21	0:28:56	0:38:30	0:47:32	0:57:03	<b>0:37:55</b>	31	0:57:52	<b>0:00:49</b>	21	1:07:01	<b>0:09:09</b>	26
24	14	ULATOWSKA	ALICJA	K	7	1996	K 20-23	2	PAWLOWICE	WLKS KMICIC CZĘSTOCHOWA	ELITA	<b>1:07:18</b>	25,23	02:23	0:09:48	<b>0:19:24</b>	28	0:20:10	<b>0:00:46</b>	24	0:29:13	0:38:01	0:46:51	0:56:24	<b>0:36:14</b>	22	0:57:26	<b>0:01:02</b>	31	1:07:18	<b>0:09:52</b>	30
25	34	PETTERS	KLAUDIA	K	8	1999	K 18-19	3	BOLESŁAWIEC	TS AKWEDUKT KIELCE	ELITA	<b>1:07:18</b>	25,23	02:23	0:09:42	<b>0:19:04</b>	27	0:19:48	<b>0:00:44</b>	18	0:29:29	0:38:56	0:47:32	0:56:58	<b>0:37:10</b>	28	0:57:42	<b>0:00:44</b>	10	1:07:18	<b>0:09:36</b>	29
26	21	RUMIŃSKA	KATARZYNA	K	9	2000	K 18-19	4	MALBORK	SSP ORKA ILAWA	ELITA	<b>1:07:38</b>	25,11	02:23	0:10:18	<b>0:20:35</b>	34	0:21:21	<b>0:00:46</b>	24	0:30:24	0:38:57	0:47:31	0:56:56	<b>0:35:35</b>	17	0:57:45	<b>0:00:49</b>	21	1:07:38	<b>0:09:53</b>	32
27	17	BUŻYCKA	MAJA	K	10	2000	K 18-19	5	MLAWA	SSP ORKA ILAWA/TWISTER TEAM	ELITA	<b>1:07:45</b>	25,06	02:24	0:09:46	<b>0:19:40</b>	31	0:20:27	<b>0:00:47</b>	27	0:30:02	0:38:58	0:47:32	0:56:57	<b>0:36:30</b>	23	0:57:53	<b>0:00:56</b>	29	1:07:45	<b>0:09:52</b>	30
28	19	LULIŃSKA	KAMILA	K	11	1995	K 20-23	3	GDYNIA	UKS TRS SUSZ	ELITA	<b>1:07:56</b>	25,00	02:24	0:09:32	<b>0:19:26</b>	29	0:20:11	<b>0:00:45</b>	21	0:29:56	0:38:58	0:47:32	0:57:02	<b>0:36:51</b>	26	0:57:54	<b>0:00:52</b>	25	1:07:56	<b>0:10:02</b>	35
29	33	DRZEWOŚZEWSKI	KAMIL	M	18	2000	M 18-19	6	SUSZ	UKS TRS SUSZ	ELITA	<b>1:08:40</b>	24,73	02:26	0:09:51	<b>0:19:32</b>	30	0:20:16	<b>0:00:44</b>	18	0:30:08	0:38:54	0:48:06	0:57:54	<b>0:37:38</b>	29	0:58:45	<b>0:00:51</b>	24	1:08:40	<b>0:09:55</b>	33
30	31	SKOLASIŃSKI	RADEK	M	19	2000	M 18-19	7	SUSZ	UKS TRS SUSZ	ELITA	<b>1:10:19</b>	24,15	02:29	0:09:52	<b>0:20:10</b>	32	0:21:00	<b>0:00:50</b>	30	0:30:10	0:38:54	0:48:05	0:57:53	<b>0:36:53</b>	27	0:58:54	<b>0:01:01</b>	30	1:10:19	<b>0:11:25</b>	37
31	24	KWAŚKIEWICZ	OLIWIA	K	12	1998	K 20-23	4	DĄBROWA GÓRNICZA	AZS AWF KATOWICE	ELITA	<b>1:11:51</b>	23,63	02:32	0:09:53	<b>0:21:45</b>	35	0:22:39	<b>0:00:54</b>	34	0:32:18											