

## DĄBROWA GÓRNICZA TRIATHLON

**Organizator:** Stowarzyszenie KRS TKKF TRIATHLON  
Dąbrowa Górnicza

**Data:** 08.06.2025

**Miejsce:** Dąbrowa Górnicza

**Dystans:** Sprint



| LP | MCE | IMIĘ       | NAZWISKO      | NR | K/M | K | M  | MIEJSCOWOŚĆ          | KLUB                                | KAT. WIEK. | MCE. KAT. WIEK | PŁYWANIE | T1       | ROWER    | T2       | BIEG OKR. 1 | CZAS     |
|----|-----|------------|---------------|----|-----|---|----|----------------------|-------------------------------------|------------|----------------|----------|----------|----------|----------|-------------|----------|
| 1  | 1   | IGOR       | SOBORSKI      | 42 | M   |   | 1  | OLKUSZ               | SPORTWISE KRAKÓW                    | M20        | 1              | 00:10:45 | 00:11:05 | 00:44:41 | 00:45:13 | 00:53:27    | 01:01:49 |
| 2  | 2   | MATEUSZ    | GURDAK        | 20 | M   |   | 2  | KRAKÓW               |                                     | M30        | 1              | 00:13:36 | 00:14:20 | 00:49:35 | 00:50:25 | 00:59:49    | 01:09:07 |
| 3  | 3   | JAN        | STRĄCZEK      | 74 | M   |   | 3  | RADLIN               |                                     | M20        | 2              | 00:11:55 | 00:12:47 | 00:49:12 | 00:49:50 | 00:59:46    | 01:09:19 |
| 4  | 4   | DAWID      | MAJDAK        | 45 | M   |   | 4  | PEWEL WIELKA         | TM IRON TEAM                        | M30        | 2              | 00:14:17 | 00:15:08 | 00:50:38 | 00:51:16 | 01:00:21    | 01:09:22 |
| 5  | 5   | ARTEM      | MIAGKYJ       | 50 | M   |   | 5  | JAWORZE              |                                     | M40        | 1              | 00:13:43 | 00:14:56 | 00:50:44 | 00:51:28 | 01:00:46    | 01:09:57 |
| 6  | 7   | ŁUKASZ     | MARZEC        | 49 | M   |   | 6  | DĄBROWA GÓRNICZA     | TRIATHLON X-TEAM                    | M40        | 2              | 00:13:41 | 00:14:19 | 00:49:35 | 00:50:17 | 01:00:39    | 01:10:54 |
| 7  | 8   | ROMAN      | PUSTULKA      | 64 | M   |   | 7  | DĄBROWA GÓRNICZA     |                                     | M50        | 1              | 00:13:01 | 00:14:12 | 00:50:36 | 00:51:11 | 01:01:46    | 01:12:18 |
| 8  | 9   | MARCIN     | MICHALEWICZ   | 51 | M   |   | 8  | MYSŁOWICE            | TRIDIVISION TRIATHLON TEAM          | M40        | 3              | 00:14:26 | 00:15:00 | 00:50:37 | 00:51:02 | 01:02:09    | 01:12:51 |
| 9  | 10  | PAWEŁ      | DYGDŃ         | 13 | M   |   | 9  | KATOWICE             | SOFT-PONT                           | M50        | 2              | 00:12:07 | 00:13:07 | 00:49:33 | 00:50:11 | 01:12:58    | 01:12:59 |
| 10 | 11  | DARIUSZ    | WALUKIEWICZ   | 82 | M   |   | 10 | SIEMIANOWICE ŚLĄSKIE |                                     | M40        | 4              | 00:14:32 | 00:15:29 | 00:51:35 | 00:52:21 | 01:03:03    | 01:13:27 |
| 11 | 12  | ARKADIUSZ  | KAŻMIERCZAK   | 30 | M   |   | 11 | ZGIERZ               | RUCH KLUCH                          | M40        | 5              | 00:14:22 | 00:15:35 | 00:51:39 | 00:52:14 | 01:03:24    | 01:14:12 |
| 12 | 13  | PAWEŁ      | BORKOWSKI     | 43 | M   |   | 12 | BERLIN               | RNB TEAM POLANICA ZDRÓJ             | M30        | 3              | 00:15:55 | 00:16:44 | 00:53:31 | 00:54:05 | 01:04:17    | 01:14:18 |
| 13 | 14  | PATRYK     | KOWALIK       | 36 | M   |   | 13 | ZAWIERCIE            | STAJNIAK TEAM                       | M20        | 3              | 00:15:00 | 00:15:40 | 00:51:32 | 00:52:10 | 01:03:33    | 01:14:41 |
| 14 | 15  | GRZEGORZ   | PYSZ          | 65 | M   |   | 14 | ŻORY                 | TRANSPORTTRITEAM                    | M50        | 3              | 00:13:38 | 00:14:57 | 00:52:33 | 00:53:31 | 01:04:30    | 01:15:16 |
| 15 | 16  | ROBERT     | WOJTASZEWSKI  | 91 | M   |   | 15 | RACIBÓRZ             | TM IRON TEAM                        | M40        | 6              | 00:12:51 | 00:14:00 | 00:53:25 | 00:54:19 | 01:05:06    | 01:15:52 |
| 16 | 17  | KRZYSZTOF  | WAŚIK         | 83 | M   |   | 16 | DĄBROWA GÓRNICZA     | WĄSATEGAWRONY                       | M40        | 7              | 00:14:40 | 00:16:21 | 00:55:31 | 00:56:34 | 01:06:25    | 01:15:57 |
| 17 | 19  | ADRIAN     | TUSZEWSKI     | 79 | M   |   | 17 | CZĘSTOCHOWA          | ŚWIADOMOŚĆ BALANS                   | M30        | 4              | 00:14:29 | 00:16:32 | 00:54:55 | 00:55:47 | 01:06:20    | 01:16:24 |
| 18 | 20  | SEBASTIAN  | BARTOSIK      | 5  | M   |   | 18 | WODZIŚLAW ŚLĄSKI     | SILESIA TRIATHLON TEAM              | M30        | 5              | 00:18:05 | 00:18:54 | 00:56:26 | 00:57:09 | 01:07:06    | 01:17:22 |
| 19 | 22  | MARCIN     | LISOWSKI      | 41 | M   |   | 19 | MYSŁOWICE            | SERWIS ROWEROWY - NARCIARSKI U LISA | M40        | 8              | 00:17:48 | 00:19:14 | 00:56:41 | 00:57:29 | 01:17:44    | 01:17:44 |
| 20 | 23  | GRZEGORZ   | SKIBA         | 69 | M   |   | 20 | TYCHY                | TRICERATOPS                         | M40        | 9              | 00:16:01 | 00:17:22 | 00:55:36 | 00:56:36 | 01:07:19    | 01:17:51 |
| 21 | 24  | TOMASZ     | JAWORSKI      | 25 | M   |   | 21 | KRAKÓW               | 4TRITEAM                            | M40        | 10             | 00:16:34 | 00:17:37 | 00:54:14 | 00:55:13 | 01:06:52    | 01:18:08 |
| 22 | 25  | MARIUSZ    | TRZCIONKOWSKI | 77 | M   |   | 22 | OLKUSZ               | OSV TEAM                            | M50        | 4              | 00:17:38 | 00:19:15 | 00:56:27 | 00:57:28 | 01:08:08    | 01:18:36 |
| 23 | 28  | KRZYSZTOF  | SZYMAŃSKI     | 76 | M   |   | 23 | SOSNOWIEC            | HARPAGAN SOSNOWIEC                  | M40        | 11             | 00:15:45 | 00:18:07 | 00:56:54 | 00:58:56 | 01:19:42    | 01:19:42 |
| 24 | 29  | TOMASZ     | WIŚNIEWSKI    | 88 | M   |   | 24 | KATOWICE             |                                     | M40        | 12             | 00:14:57 | 00:16:45 | 00:59:14 | 01:00:31 | 01:21:32    | 01:21:32 |
| 25 | 30  | DAMIAN     | ZYCH          | 94 | M   |   | 25 | DĄBROWA GÓRNICZA     | IM INSPIRATION                      | M20        | 4              | 00:16:05 | 00:17:45 | 00:57:27 | 00:58:24 | 01:21:46    | 01:21:46 |
| 26 | 31  | JAKUB      | ŻYDZIK        | 96 | M   |   | 26 | MYSŁOWICE            | CONCEPT SWIMMING                    | M40        | 13             | 00:14:55 | 00:15:55 | 00:55:21 | 00:56:22 | 01:09:11    | 01:22:08 |
| 27 | 32  | ARTUR      | PRZEGENDZA    | 63 | M   |   | 27 | BĘDZIN               | W POGONIE ZA DUCHEM                 | M40        | 14             | 00:16:52 | 00:19:20 | 00:59:21 | 01:00:37 | 01:11:33    | 01:22:22 |
| 28 | 33  | ALEKSANDER | LISOWSKI      | 40 | M   |   | 28 | ŁÓDŹ                 | AUTODNA                             | M30        | 6              | 00:19:31 | 00:21:19 | 00:59:55 | 01:00:50 | 01:12:07    | 01:23:10 |
| 29 | 35  | PAWEŁ      | ADAMCZYK      | 1  | M   |   | 29 | DĄBROWA GÓRNICZA     |                                     | M40        | 15             | 00:19:11 | 00:20:50 | 01:00:45 | 01:01:07 | 01:12:39    | 01:23:50 |
| 30 | 36  | GRZEGORZ   | OGIERMAN      | 58 | M   |   | 30 | CIESZYN              |                                     | M40        | 16             | 00:16:32 | 00:19:01 | 01:00:14 | 01:01:35 | 01:13:22    | 01:24:44 |
| 31 | 37  | JAROSŁAW   | PODSIADŁO     | 60 | M   |   | 31 | SOSNOWIEC            | TRIKONANIŚCI                        | M50        | 5              | 00:16:23 | 00:18:19 | 01:00:16 | 01:01:18 | 01:13:10    | 01:25:06 |
| 32 | 38  | BARTOSZ    | WITAS         | 90 | M   |   | 32 | DĄBROWA GÓRNICZA     |                                     | M20        | 5              | 00:16:30 | 00:18:33 | 01:01:27 | 01:03:08 | 01:14:31    | 01:25:32 |
| 33 | 39  | ADAM       | CIS           | 8  | M   |   | 33 | SOSNOWIEC            | TRIKONANIŚCI                        | M40        | 17             | 00:17:28 | 00:19:16 | 01:00:46 | 01:01:35 | 01:13:47    | 01:25:36 |
| 34 | 40  | ZIEMOWIT   | FILIPOWICZ    | 17 | M   |   | 34 | PŁOCK                | KOZAK TEAM                          | M40        | 18             | 00:16:43 | 00:18:09 | 00:58:53 | 01:00:09 | 01:13:20    | 01:26:18 |
| 35 | 41  | BARTOSZ    | MAJKRZAK      | 46 | M   |   | 35 | KRAKÓW               |                                     | M30        | 7              | 00:17:32 | 00:21:18 | 00:58:53 | 01:00:17 | 01:13:32    | 01:27:03 |
| 36 | 42  | FILIP      | KAMINSKI      | 28 | M   |   | 36 | KRAKÓW               |                                     | M30        | 8              | 00:17:54 | 00:20:20 | 00:58:40 | 01:00:02 | 01:13:32    | 01:27:03 |
| 37 | 43  | SEBASTIAN  | GRZEGORCZYK   | 19 | M   |   | 37 | DĄBROWA GÓRNICZA     |                                     | M30        | 9              | 00:19:54 | 00:21:48 | 01:02:57 | 01:03:53 | 01:15:45    | 01:27:05 |
| 38 | 44  | JAKUB      | KLIWISON      | 31 | M   |   | 38 | KRAKÓW               | BRONOWICE TEŻ BIEGAJĄ               | M40        | 19             | 00:17:18 | 00:20:40 | 01:01:42 | 01:03:49 | 01:16:06    | 01:27:46 |
| 39 | 45  | RAFAŁ      | IMIOŁEK       | 21 | M   |   | 39 | DĄBROWA GÓRNICZA     | POGORIA BIEGA                       | M40        | 20             | 00:14:48 | 00:16:08 | 01:01:43 | 01:02:28 | 01:15:41    | 01:28:32 |
| 40 | 46  | ARTUR      | MARZEC        | 48 | M   |   | 40 | WIELICZKA            | #ADAMCZERWIŃSKITEAM                 | M50        | 6              | 00:17:07 | 00:19:42 | 01:03:21 | 01:04:30 | 01:16:58    | 01:28:56 |
| 41 | 47  | MAREK      | BANAŚ         | 3  | M   |   | 41 | SOSNOWIEC            | TRIATHLON - RUNNING X TEAM          | M60        | 1              | 00:18:45 | 00:20:31 | 01:03:22 | 01:05:03 | 01:17:11    | 01:29:08 |
| 42 | 48  | WOJCIECH   | SOCZÓWKA      | 70 | M   |   | 42 | OLKUSZ               |                                     | M30        | 10             | 00:17:49 | 00:19:13 | 01:01:17 | 01:02:33 | 01:16:22    | 01:29:32 |
| 43 | 49  | GRZEGORZ   | POTĘGA        | 61 | M   |   | 43 | DĄBROWA GÓRNICZA     |                                     | M50        | 7              | 00:18:46 | 00:20:23 | 01:06:51 | 01:07:42 | 01:18:52    | 01:29:44 |
| 44 | 50  | JAKUB      | BARANIK       | 4  | M   |   | 44 | ZABRZE               |                                     | M20        | 6              | 00:16:34 | 00:19:38 | 01:05:10 | 01:06:28 | 01:18:37    | 01:30:11 |

|    |    |            |             |    |   |    |                      |                                  |     |    |          |          |          |          |          |          |
|----|----|------------|-------------|----|---|----|----------------------|----------------------------------|-----|----|----------|----------|----------|----------|----------|----------|
| 45 | 51 | MICHAŁ     | CIĄGOWSKI   | 7  | M | 45 | KRAKÓW               | 4TRITEAM                         | M40 | 21 | 00:16:27 | 00:18:42 | 01:01:40 | 01:03:12 | 01:17:04 | 01:30:19 |
| 46 | 52 | MACIEJ     | WILCZAK     | 87 | M | 46 | DĄBROWA GÓRNICZA     | WOLF GANG                        | M16 | 1  | 00:19:45 | 00:22:42 | 01:04:39 | 01:06:53 | 01:18:42 | 01:30:19 |
| 47 | 53 | MARIUSZ    | IZDEBSKI    | 22 | M | 47 | DĄBROWA GÓRNICZA     | OSV TEAM                         | M50 | 8  | 00:19:30 | 00:20:47 | 01:04:33 | 01:05:45 | 01:18:15 | 01:30:28 |
| 48 | 54 | RADOSŁAW   | POZLEWICZ   | 62 | M | 48 | DĄBROWA GÓRNICZA     |                                  | M20 | 7  | 00:15:01 | 00:16:36 | 01:04:02 | 01:04:38 | 01:17:42 | 01:30:30 |
| 49 | 56 | MAREK      | ZOBER       | 92 | M | 49 | ŚWIĘTOCHŁOWICE       | CHOP ŻE ŻELAZA TRO TEAM          | M40 | 22 | 00:17:22 | 00:18:39 | 01:00:21 | 01:01:26 | 01:16:44 | 01:32:31 |
| 50 | 57 | SEBASTIAN  | KOSOBUDZKI  | 35 | M | 50 | SOSNOWIEC            | WIKOSS TEAM                      | M50 | 9  | 00:17:30 | 00:20:29 | 01:04:38 | 01:05:54 | 01:20:17 | 01:33:53 |
| 51 | 58 | KAMIL      | MIKOŁAJCZAK | 54 | M | 51 | KNURÓW               |                                  | M20 | 8  | 00:16:22 | 00:17:37 | 01:02:25 | 01:04:06 | 01:19:21 | 01:35:05 |
| 52 | 59 | MARCIN     | TRZEWIK     | 78 | M | 52 | NAKŁO ŚLĄSKIE        |                                  | M30 | 11 | 00:22:36 | 00:24:14 | 01:07:25 | 01:08:55 | 01:22:21 | 01:35:07 |
| 53 | 60 | DARIUSZ    | SZMYDKI     | 75 | M | 53 | MIKOŁÓW              |                                  | M50 | 10 | 00:19:00 | 00:22:06 | 01:07:24 | 01:09:19 | 01:22:27 | 01:35:22 |
| 54 | 61 | JAROMIR    | KONIARSKI   | 33 | M | 54 | GLIWICE              | BOJKÓW BIEGA                     | M30 | 12 | 00:21:53 | 00:23:09 | 01:09:52 | 01:10:59 | 01:23:58 | 01:36:52 |
| 55 | 62 | SEBASTIAN  | MIL         | 56 | M | 55 | WARSZAWA             | NIEPANIKUJ.PL                    | M40 | 23 | 00:18:38 | 00:21:05 | 01:04:40 | 01:06:34 | 01:37:52 | 01:37:52 |
| 56 | 63 | BARTOSZ    | KADŁUBICKI  | 27 | M | 56 | KATOWICE             | SZMYDCY I WŚCIEKLI               | M40 | 24 | 00:18:52 | 00:20:32 | 01:06:46 | 01:08:01 | 01:22:55 | 01:38:13 |
| 57 | 64 | DARIUSZ    | WILCZAK     | 85 | M | 57 | DĄBROWA GÓRNICZA     | WOLF GANG                        | M50 | 11 | 00:21:23 | 00:23:58 | 01:09:21 | 01:11:33 | 01:25:04 | 01:38:19 |
| 58 | 67 | PIOTR      | KOCUR       | 32 | M | 58 | NAKŁO ŚLĄSKIE        | SZMYDCY I WŚCIEKLI               | M30 | 13 | 00:22:01 | 00:24:53 | 01:09:14 | 01:11:28 | 01:25:52 | 01:40:14 |
| 59 | 68 | ZBIGNIEW   | KORNOBIS    | 34 | M | 59 | SOSNOWIEC            |                                  | M50 | 12 | 00:21:29 | 00:23:57 | 01:09:49 | 01:11:29 | 01:26:01 | 01:40:19 |
| 60 | 69 | ŁUKASZ     | KURASIEWICZ | 38 | M | 60 | BĘDZIN               |                                  | M30 | 14 | 00:18:22 | 00:20:09 | 01:06:34 | 01:08:23 | 01:24:38 | 01:40:25 |
| 61 | 70 | MARCIN     | PATEREK     | 59 | M | 61 | KATOWICE             |                                  | M40 | 25 | 00:21:00 | 00:24:48 | 01:12:45 | 01:13:32 | 01:27:01 | 01:40:40 |
| 62 | 71 | ŁUKASZ     | WALKOWSKI   | 81 | M | 62 | BĘDZIN               |                                  | M30 | 15 | 00:18:31 | 00:20:19 | 01:08:27 | 01:09:22 | 01:25:36 | 01:41:36 |
| 63 | 72 | PIOTR      | MURCHA      | 57 | M | 63 | SIEMIANOWICE ŚLĄSKIE | I LO SIEMIANOWICE ŚLĄSKIE        | M16 | 2  | 00:20:44 | 00:23:26 | 01:12:05 | 01:13:01 | 01:27:48 | 01:42:18 |
| 64 | 73 | MICHAŁ     | SOWIŃSKI    | 71 | M | 64 | SOSNOWIEC            |                                  | M20 | 9  | 00:19:50 | 00:25:35 | 01:14:24 | 01:15:05 | 01:29:35 | 01:43:12 |
| 65 | 75 | MATEUSZ    | SAKWA       | 66 | M | 65 | DĄBROWA GÓRNICZA     | ACTIVE TEAM ARCELORMITTAL POLAND | M20 | 10 | 00:22:26 | 00:25:12 | 01:14:55 | 01:15:37 | 01:30:54 | 01:44:00 |
| 66 | 77 | PRZEMYSŁAW | ZWOLIŃSKI   | 93 | M | 66 | DĄBROWA GÓRNICZA     |                                  | M50 | 13 | 00:22:43 | 00:25:15 | 01:13:10 | 01:15:00 | 01:30:16 | 01:46:12 |
| 67 | 80 | PIOTR      | WALIGÓRA    | 80 | M | 67 | PRECZÓW              | PRECZÓW BŁYSKAWICA               | M40 | 26 | 00:22:49 | 00:27:48 | 01:19:08 | 01:19:50 | 01:33:58 | 01:48:45 |
| 68 | 81 | BARTLOMIEJ | SIDORCZUK   | 67 | M | 68 | PRECZÓW              |                                  | M40 | 27 | 00:21:54 | 00:26:02 | 01:18:24 | 01:19:22 | 01:34:29 | 01:49:33 |
| 69 | 82 | ADRIAN     | WIŚNIEWSKI  | 89 | M | 69 | KOŁOBRZEG            |                                  | M20 | 11 | 00:26:51 | 00:29:25 | 01:22:24 | 01:23:17 | 01:39:09 | 01:54:27 |
| 70 | 84 | RAFAŁ      | FERDYN      | 15 | M | 70 | ROGOŹNIK             |                                  | M50 | 14 | 00:21:23 | 00:26:21 | 01:19:49 | 01:21:20 | 01:46:36 | 02:10:33 |
| 71 | 85 | RAFAŁ      | MALAGA      | 47 | M | 71 | KRAKÓW               | #YOLOTEAMKRK                     | M30 | 16 | 00:30:36 | 00:34:42 | 01:34:25 | 01:36:15 | 01:54:18 | 02:13:03 |