

## Hajer Indoor Triathlon

**Organizator:** Stowarzyszenie Jastrzębski Sport

**Data:** 21.09.2024

**Miejsce:** Jastrzębie-Zdrój

**Dystans:** 11,3km



MCE	IMIĘ	NAZWISKO	NR	K/M	K	M	MIASTO	KLUB	FALA	PŁYWANIE	T1	ROWER	T2	CZAS	STRATA	STRATA DO POPRZEDNIEGO
1	PIOTR	ZWADŁO	128	M		1	POLSKA CEREKIEW	TM IRONTEAM	F_11	00:04:04	00:04:27	00:14:42	00:15:13	00:26:02		
2	TOMASZ	GRYGLIK	130	M		2	RYDZICZKA		F_11	00:05:05	00:05:26	00:15:02	00:15:33	00:27:22	+ 00:01:20	+ 00:01:20
3	PRZEMYSŁAW	SKRZYSZOWSKI	12	M		3	JASTRZĘBIE-ZDRÓJ	SILESIA TRIATHLON TEAM	F1	00:05:01	00:05:19	00:15:33	00:16:04	00:28:37	+ 00:02:35	+ 00:01:15
4	ARTUR	OŚLIZŁO	111	M		4	WODZISŁAW ŚLĄSKI	KWK BUDRYK	F_10	00:04:40	00:04:53	00:15:53	00:16:38	00:28:53	+ 00:02:51	+ 00:00:16
5	SZYMON	JĘCZMIONKA	6	M		5	PSZÓW	SILESIA TRIATHLON TEAM	F1	00:05:09	00:05:29	00:14:57	00:15:29	00:28:59	+ 00:02:57	+ 00:00:06
6	MARCIN	MICHALEWICZ	31	M		6	MYŚŁOWICE	ITMASTERS.COM.PL	F3	00:04:47	00:05:07	00:15:25	00:15:56	00:29:02	+ 00:03:00	+ 00:00:03
7	EUGENIUSZ	BANEK	1	M		7	GORZYCZKI	TRICERATOPS/STT	F1	00:06:05	00:06:31	00:17:01	00:17:35	00:30:15	+ 00:04:13	+ 00:01:13
8	WIKTORIA	REDZIMSKA	125	K		1	SIEMIANOWICE ŚLĄSKIE		F_11	00:04:25	00:04:43	00:16:24	00:17:14	00:30:22	+ 00:04:20	+ 00:00:07
9	PAWEL	KLIMEK	86	M		8	STRUMIEŃ	TOMICA COACHING	F8	00:05:36	00:06:10	00:16:34	00:17:10	00:30:25	+ 00:04:23	+ 00:00:03
10	KAMIL	POSTAWKA	52	M		9	RYBNIK		F5	00:05:35	00:06:17	00:17:39	00:18:06	00:30:32	+ 00:04:30	+ 00:00:07
11	SEBASTIAN	MARCZYŃSKI	87	M		10	JASTRZĘBIE-ZDRÓJ	BEACH VOLLEYBALL	F8	00:06:19	00:07:01	00:17:24	00:17:56	00:30:49	+ 00:04:47	+ 00:00:17
12	KACPER	LEWANDOWSKI	18	M		11	RACIBÓRZ	CROSTRENING RACIBÓRZ	F2	00:06:02	00:06:29	00:17:40	00:18:13	00:31:05	+ 00:05:03	+ 00:00:16
13	ADAM	RUSIN	126	M		12	NIEBOROWICE	TRIDIVISION TRIATHLON TEAM	F_11	00:06:12	00:06:43	00:17:16	00:17:46	00:31:13	+ 00:05:11	+ 00:00:08
14	DARIUSZ	ŁASIEWICKI	62	M		13	RADLIN	IM INSPIRATION	F6	00:05:34	00:06:18	00:17:24	00:18:03	00:31:24	+ 00:05:22	+ 00:00:11
15	KACPER	SKALNY	40	M		14	JASTRZĘBIE ZDRÓJ	ELEGANT	F4	00:05:02	00:06:02	00:18:46	00:19:17	00:31:38	+ 00:05:36	+ 00:00:14
16	IRENEUSZ	KOZIOŁ	29	M		15	JAWORZNO		F3	00:05:54	00:06:23	00:17:24	00:17:53	00:31:50	+ 00:05:48	+ 00:00:12
17	MICHAŁ	SOBIESKI	21	M		16	SKRZYSZÓW		F2	00:05:20	00:05:51	00:17:13	00:17:57	00:32:03	+ 00:06:01	+ 00:00:13
18	DAMIAN	LAZAR	109	M		17	ŻORY		F_10	00:05:24	00:05:50	00:18:15	00:18:45	00:32:11	+ 00:06:09	+ 00:00:08
19	JACEK	TOMCZOK	44	M		18	KATOWICE	JT CONSULTING-DORADZTWO BIZNESOWE	F4	00:05:49	00:06:42	00:17:49	00:18:21	00:32:27	+ 00:06:25	+ 00:00:16
20	MATEUSZ	KUSTRA	129	M		19	JASTRZĘBIE ZDRÓJ		F_11	00:07:32	00:08:16	00:18:37	00:19:16	00:32:29	+ 00:06:27	+ 00:00:02
21	NORBERT	ŚLUSARZ	43	M		20	JASTRZĘBIE-ZDRÓJ		F4	00:04:42	00:05:25	00:18:25	00:18:57	00:32:38	+ 00:06:36	+ 00:00:09
22	SŁAWOMIR	ADAMCZYK	121	M		21	JASTRZĘBIE ZDRÓJ		F_11	00:07:00	00:07:24	00:18:25	00:19:00	00:33:21	+ 00:07:19	+ 00:00:43
23	TOMASZ	ZĘBIK	73	M		22	CIESZYN		F7	00:07:16	00:08:25	00:19:18	00:19:59	00:33:23	+ 00:07:21	+ 00:00:02
24	STANISŁAW	STASICZEK	22	M		23	PSZCZYNA	MG SPORT	F2	00:07:06	00:08:21	00:18:25	00:19:01	00:33:34	+ 00:07:32	+ 00:00:11
25	MATEUSZ	FIELHAUER	13	M		24	RACIBÓRZ	KP PSP RACIBÓRZ	F2	00:05:54	00:06:36	00:18:44	00:19:20	00:33:42	+ 00:07:40	+ 00:00:08
26	MARCIN	SADŁO	127	M		25	GASZOWICE		F_11	00:06:40	00:07:13	00:18:34	00:19:15	00:33:56	+ 00:07:54	+ 00:00:14
27	ALEKSANDRA	PFEIFER	124	K		2	RYBNIK	SILESIA SKATING	F_11	00:06:46	00:07:21	00:18:20	00:18:53	00:33:57	+ 00:07:55	+ 00:00:01
28	EDYTA	POŁOMSKA	10	K		3	RYDUŁTOWY	POŁOMSCY TEAM	F1	00:07:47	00:08:32	00:19:01	00:19:42	00:33:58	+ 00:07:56	+ 00:00:01
29	GRZEGORZ	POŁOMSKI	11	M		26	RYDUŁTOWY	POŁOMSCY TEAM	F1	00:09:49	00:10:57	00:20:59	00:21:36	00:34:17	+ 00:08:15	+ 00:00:19
30	PAWEŁ	PAKUŁA	123	M		27	JASTRZĘBIE-ZDRÓJ	MORIC TEAM	F_11	00:06:18	00:07:46	00:18:50	00:19:25	00:34:19	+ 00:08:17	+ 00:00:02
31	ALEKSANDRA	ROLNIK	112	K		4	TYCHY		F_10	00:06:07	00:08:14	00:19:36	00:20:27	00:34:43	+ 00:08:41	+ 00:00:24
32	TOMASZ	SPOREK	42	M		28	RUDA ŚLĄSKA		F4	00:08:15	00:09:03	00:19:44	00:20:33	00:35:03	+ 00:09:01	+ 00:00:20
33	PAWEŁ	MENCEWICZ	8	M		29	GOŁKOWICE	SILESIA TRIATHLON TEAM / UKS 5 PLUS RYDUŁTOWY	F1	00:08:23	00:08:44	00:21:55	00:22:31	00:35:07	+ 00:09:05	+ 00:00:04
34	RAFAŁ	BOROŃ	85	M		30	BIELSKO-BIAŁA	TOMICA COACHING	F8	00:05:24	00:06:04	00:18:33	00:19:25	00:35:10	+ 00:09:08	+ 00:00:03

35	ŁUKASZ	MAZURCZAK	38	M	31	CHORZÓW		F4	00:09:09	00:10:17	00:20:48	00:21:24	00:35:14	+	00:09:12	+ 00:00:04
36	TOMASZ	LIGOCKI	19	M	32	RACIBÓRZ	PAŃSTWOWA STRAŻ POŻARNA	F2	00:04:52	00:05:48	00:17:36	00:18:11	00:35:29	+	00:09:27	+ 00:00:15
37	PAWEŁ	BRZOZOWSKI	50	M	33	MYSŁOWICE		F5	00:06:42	00:07:14	00:18:47	00:19:24	00:35:34	+	00:09:32	+ 00:00:05
38	ŁUKASZ	KROPI SZ	30	M	34	ŻORY	HR MAX ŻORY	F3	00:05:23	00:06:43	00:20:50	00:21:28	00:35:39	+	00:09:37	+ 00:00:05
39	DOMINIK	JAWORSKI	16	M	35	CZECHOWICE-DZIEDZICE		F2	00:06:32	00:08:49	00:20:55	00:21:40	00:35:51	+	00:09:49	+ 00:00:12
40	MICHAŁ	ZYCHOWICZ	58	M	36	SIERADZ		F5	00:06:17	00:07:23	00:17:43	00:18:17	00:35:56	+	00:09:54	+ 00:00:05
41	DANIEL	NALEPKA	66	M	37	JASTRZĘBIE ZDRÓJ		F6	00:09:11	00:10:16	00:20:51	00:21:46	00:36:20	+	00:10:18	+ 00:00:24
42	DAWID	FRENKE	14	M	38	JASTRZĘBIE ZDRÓJ		F2	00:06:49	00:08:21	00:20:31	00:21:25	00:36:24	+	00:10:22	+ 00:00:04
43	ROBERT	TULKO	65	M	39	JASTRZĘBIE-ZDRÓJ		F6	00:07:54	00:10:02	00:21:11	00:21:54	00:36:51	+	00:10:49	+ 00:00:27
44	DARIUSZ	MURAK	33	M	40	JANKOWICE	AKTYWNA PSZCZYNA	F3	00:08:24	00:09:45	00:21:12	00:21:55	00:37:12	+	00:11:10	+ 00:00:21
45	PAWEŁ	STOLARSKI	23	M	41	CZECHOWICE-DZIEDZICE		F2	00:07:13	00:08:32	00:21:19	00:22:01	00:37:17	+	00:11:15	+ 00:00:05
46	DARIUSZ	PFEIFER	115	M	42	RYBNIK	SZYBKI KRECIK	F_10	00:08:39	00:09:55	00:21:59	00:22:34	00:37:18	+	00:11:16	+ 00:00:01
47	PIOTR	KOWOLIK	28	M	43	PORĘBA		F3	00:07:54	00:08:46	00:21:18	00:21:55	00:37:20	+	00:11:18	+ 00:00:02
48	ZBIGNIEW	KISZKA	116	M	44	JASTRZĘBIE ZDRÓJ	PRESSING RIBOX, SCHODY I DRZWI GROMADKA TEAM	F_10	00:08:59	00:09:46	00:21:20	00:22:09	00:37:24	+	00:11:22	+ 00:00:04
49	MAGDALENA	KYZIOŁ	17	K	5	JASTRZĘBIE ZDRÓJ	MATNER RUNNING TEAM	F2	00:07:12	00:07:47	00:19:45	00:20:35	00:37:27	+	00:11:25	+ 00:00:03
50	ANITA	BROCKA	49	K	6	TURZA ŚLĄSKA	SILESIA N TRIATHLON TEAM	F5	00:07:27	00:08:00	00:20:46	00:21:25	00:37:54	+	00:11:52	+ 00:00:27
51	DARIUSZ	GRUSZCZYK	4	M	45	JASTRZĘBIE-ZDRÓJ		F1	00:08:27	00:09:45	00:21:26	00:22:26	00:37:56	+	00:11:54	+ 00:00:02
52	DAWID	DANIELCZYK	27	M	46	PIEKARY ŚLĄSKIE		F3	00:08:03	00:09:22	00:22:49	00:23:27	00:38:01	+	00:11:59	+ 00:00:05
53	PAWEŁ	ROLNIK	113	M	47	TYCHY		F_10	00:05:37	00:07:05	00:18:48	00:19:27	00:38:41	+	00:12:39	+ 00:00:40
54	RADOMIR	TOMOSZ	24	M	48	CIESZYN	PARKRUN CIESZYN	F2	00:10:16	00:11:55	00:23:57	00:24:33	00:39:13	+	00:13:11	+ 00:00:32
55	IZABELA	MARCZYŃSKA	63	K	7	JASTRZĘBIE-ZDRÓJ	BEACH VOLLEYBALL	F6	00:07:34	00:09:22	00:22:16	00:22:57	00:39:27	+	00:13:25	+ 00:00:14
56	ARKADIUSZ	ROZCZYPAŁA	53	M	49	ZORY		F5	00:07:06	00:08:04	00:22:09	00:22:47	00:39:30	+	00:13:28	+ 00:00:03
57	MATEUSZ	ROSIŃSKI	39	M	50	ŻORY		F4	00:07:17	00:08:46	00:22:06	00:23:08	00:40:47	+	00:14:45	+ 00:01:17
58	MACIEJ	KĄZMIERCZAK	7	M	51	ŁÓDŹ	SEKTOR WIDZE W	F1	00:07:39	00:08:04	00:20:44	00:22:33	00:40:58	+	00:14:56	+ 00:00:11
59	KAROL	SANECZNIK	64	M	52	WODZISŁAW ŚLĄSKI		F6	00:07:53	00:09:03	00:22:56	00:23:40	00:41:16	+	00:15:14	+ 00:00:18
60	BEATA	PERZAK	9	K	8	ŻORY		F1	00:09:57	00:10:47	00:19:39	00:20:30	00:41:28	+	00:15:26	+ 00:00:12
61	STANISŁAW	BYWALEC	3	M	53	WODZISŁAW SL		F1	00:06:36	00:07:50	00:23:17	00:24:05	00:41:56	+	00:15:54	+ 00:00:28
62	MARCIN	CHINC	61	M	54	JASTRZĘBIE-ZDRÓJ	TURBOCOLA TEAM	F6	00:10:22	00:13:04	00:26:09	00:26:41	00:43:12	+	00:17:10	+ 00:01:16
63	KATARZYNA	HANUSEK	5	K	9	ORZESZE		F1	00:09:32	00:10:29	00:22:42	00:23:30	00:43:32	+	00:17:30	+ 00:00:20
64	GRZEGORZ	MAZUREK	88	M	55	JASTRZĘBIE ZDRÓJ		F8	00:06:57	00:07:45	00:19:44	00:21:07	00:44:18	+	00:18:16	+ 00:00:46
65	REMIGIUSZ	SOŁTYKIEWICZ	41	M	56	JASTRZĘBIE-ZDRÓJ		F4	00:08:52	00:10:13	00:25:23	00:26:26	00:44:48	+	00:18:46	+ 00:00:30
66	DAGMARA	MICHALIK	51	K	10	CHORZÓW		F5	00:08:51	00:10:43	00:23:45	00:24:46	00:44:54	+	00:18:52	+ 00:00:06
67	MATEUSZ	NALEPKA	67	M	57	JASTRZĘBIE ZDRÓJ		F6	00:11:26	00:12:55	00:26:30	00:27:29	00:45:23	+	00:19:21	+ 00:00:29
68	JACEK	FURMANEK	15	M	58	CZERWIONKA LESZCZYNY		F2	00:08:41	00:09:46	00:25:27	00:26:33	00:45:42	+	00:19:40	+ 00:00:19
69	ANITA	LOSKA	110	K	11	PIASEK		F_10	00:10:17	00:12:18	00:26:10	00:27:06	00:46:58	+	00:20:56	+ 00:01:16
70	ANNA	PFEIFER	114	K	12	RYBNIK		F_10	00:09:02	00:10:35	00:23:50	00:24:45	00:47:30	+	00:21:28	+ 00:00:32
71	PATRYCJA	SZCZECHLA	55	K	13	SKOCZÓW		F5	00:09:16	00:11:56	00:25:46	00:26:39	00:47:40	+	00:21:38	+ 00:00:10
72	MIROŚLAW	BURY	2	M	59	JASTRZĘBIE-ZDRÓJ		F1	00:10:27	00:11:40	00:24:46	00:26:50	00:48:23	+	00:22:21	+ 00:00:43
73	AGATA	DANIELCZYK	26	K	14	PIEKARY ŚLĄSKIE		F3	00:08:58	00:11:05	00:24:37	00:25:25	00:49:53	+	00:23:51	+ 00:01:30
74	MATEUSZ	ZEMPER	57	M	60	SOSNOWIEC		F5	00:08:26	00:10:37	00:24:51	00:26:12	00:58:07	+	00:32:05	+ 00:08:14
75	KAROLINA	SYKA	54	K	15	KATOWICE		F5	00:09:29	00:11:13	00:26:09	00:27:13	00:58:27	+	00:32:25	+ 00:00:20