

POLSKO-NIEMIECKI CROSS DUATHLON DRZONKÓW 2022 - 1.10.2022
WYNIKI - HOBBY
GENERAL

| Msc | Numer | Nazwisko | Zespół/Miejscowość | Ur. | MscKtg | Ktg | Bieg-1 | Zmiana-1 | Rower-1 | Rower-2 | Zmiana-2 | Brutto | Netto | Km/h | Czas/km |
|-----|-------|-------------------------|----------------------|------|--------|-----|--------|----------|---------|---------|----------|---------|---------|--------|---------|
| 1 | 68 | ZENER MATEUSZ | 7PRO TEAM,LUBIN | 1989 | 1 | m30 | 17:54 | 18:38 | 41:14 | 1:03:52 | 1:04:25 | 1:15:19 | 1:15:18 | 21,912 | 2:44 |
| 2 | 55 | SZOMBIERSKI ROBERT | SZUKAM...,LUBSKO | 1984 | 2 | m30 | 17:55 | 18:36 | 42:16 | 1:06:05 | 1:06:40 | 1:17:36 | 1:17:36 | 21,263 | 2:49 |
| 3 | 58 | TOMASZEWSKI RYSZARD | RZEPIN | 1984 | 3 | m30 | 17:55 | 18:25 | 42:36 | 1:07:32 | 1:07:57 | 1:19:01 | 1:19:00 | 20,886 | 2:52 |
| 4 | 19 | GILEWSKI PAWEŁ | ZIELONA GÓRA | 1976 | 1 | m40 | 20:03 | 20:57 | 44:21 | 1:07:57 | 1:08:41 | 1:20:42 | 1:20:42 | 20,446 | 2:56 |
| 5 | 54 | SZAFRATOWICZ MACIEJ | ROWEROWY RZEPIN,KOWA | 1974 | 2 | m40 | 19:21 | 20:28 | 44:51 | 1:09:34 | 1:10:27 | 1:22:40 | 1:22:37 | 19,972 | 3:00 |
| 6 | 51 | SOLAREK KRZYSZTOF | DZIKIE DZIKI GORZÓW, | 1987 | 4 | m30 | 18:37 | 19:51 | 46:22 | 1:12:16 | 1:13:07 | 1:23:41 | 1:23:40 | 19,721 | 3:02 |
| 7 | 49 | ROGACZEWSKI GABRIEL | LKS TRASA ZIELONA GÓ | 2006 | 1 | m20 | 20:30 | 21:28 | 45:27 | 1:10:14 | 1:11:10 | 1:23:47 | 1:23:45 | 19,702 | 3:02 |
| 8 | 69 | ZIEMNIK WOJCIECH | WATAHA PRZEMKÓW ,PRZ | 1987 | 5 | m30 | 20:12 | 21:07 | 45:26 | 1:10:16 | 1:11:01 | 1:23:51 | 1:23:50 | 19,682 | 3:02 |
| 9 | 3 | BAK ALEKSANDER | MORSY OŚNO LUBUSKIE, | 1975 | 3 | m40 | 20:17 | 21:16 | 46:33 | 1:11:25 | 1:12:17 | 1:23:59 | 1:23:56 | 19,658 | 3:03 |
| 10 | 21 | HELL ANDREAS | MSV TRIPOINT FRANKFU | 1971 | 1 | m50 | 19:47 | 20:49 | 46:30 | 1:12:04 | 1:13:13 | 1:24:50 | 1:24:48 | 19,458 | 3:05 |
| 11 | 5 | BUGANIK JAKUB | KLUB BIEGOWY WIKON N | 1995 | 2 | m20 | 19:41 | 20:16 | 46:36 | 1:12:47 | 1:13:19 | 1:24:55 | 1:24:53 | 19,438 | 3:05 |
| 12 | 25 | JAWORSKI BARTOSZ | TRASA ZIELONA GÓRA , | 2005 | 3 | m20 | 18:25 | 19:09 | 46:29 | 1:13:31 | 1:14:15 | 1:25:06 | 1:25:06 | 19,389 | 3:05 |
| 13 | 30 | KMIECIK KRZYSZTOF | ZIELONA GÓRA | 1981 | 4 | m40 | 19:18 | 20:13 | 46:33 | 1:12:56 | 1:13:44 | 1:25:21 | 1:25:20 | 19,336 | 3:06 |
| 14 | 10 | DĄBROWICZ ADAM | STREFAKAJAKOWA.PL,ZI | 1979 | 5 | m40 | 19:49 | 20:46 | 46:56 | 1:13:14 | 1:13:44 | 1:25:35 | 1:25:33 | 19,287 | 3:06 |
| 15 | 7 | CADER ARKADIUSZ | HARPAGAN ZG,ZIELONA | 1974 | 6 | m40 | 22:46 | 23:34 | 48:08 | 1:12:40 | 1:13:19 | 1:26:43 | 1:26:40 | 19,038 | 3:09 |
| 16 | 70 | ŻYWICKI CZESŁAW | RZEPIN | 1969 | 2 | m50 | 19:45 | 20:32 | 47:06 | 1:13:57 | 1:14:28 | 1:27:07 | 1:27:07 | 18,940 | 3:10 |
| 17 | 33 | KSIĄŻYK TOBIASZ | ŻARY MTB TEAM ,ŻARY | 1995 | 4 | m20 | 20:29 | 21:30 | 48:04 | 1:14:26 | 1:15:21 | 1:28:15 | 1:28:15 | 18,697 | 3:12 |
| 18 | 71 | SZLACHETKO JAKUB | PRZYTOCZNA | 1996 | 5 | m20 | 20:21 | 21:04 | 48:29 | 1:16:47 | 1:17:22 | 1:29:22 | 1:29:18 | 18,477 | 3:14 |
| 19 | 17 | GARTNER OLAF | MSV TRIPOINT FRANKFU | 1971 | 3 | m50 | 19:37 | 20:19 | 50:29 | 1:18:48 | 1:19:24 | 1:30:34 | 1:30:32 | 18,225 | 3:17 |
| 20 | 8 | CHOJNACKI PIOTR | NOWA SÓL | 1964 | 4 | m50 | 21:25 | 22:11 | 49:49 | 1:17:37 | 1:18:11 | 1:30:55 | 1:30:54 | 18,152 | 3:18 |
| 21 | 9 | CHOROSTKOWSKA NATALIA | PANI,MODRZYCA | 1980 | 1 | k40 | 22:35 | 23:33 | 49:51 | 1:16:39 | 1:17:39 | 1:31:23 | 1:31:22 | 18,059 | 3:19 |
| 22 | 36 | KWIATKOWSKI PIOTR | NOWA SÓL | 1980 | 7 | m40 | 23:50 | 25:15 | 51:19 | 1:17:02 | 1:17:58 | 1:31:36 | 1:31:32 | 18,026 | 3:19 |
| 23 | 4 | BECK BENEDIKT | TV FURSTENWALDE 1990 | 2005 | 6 | m20 | 21:51 | 22:52 | 50:29 | 1:18:07 | 1:18:55 | 1:31:45 | 1:31:44 | 17,987 | 3:20 |
| 24 | 34 | KULIŃSKI BOGDAN | KARATE KYOKUSHIN GŁO | 1959 | 1 | m60 | 22:00 | 22:49 | 50:37 | 1:18:19 | 1:18:56 | 1:32:18 | 1:32:15 | 17,886 | 3:21 |
| 25 | 53 | SYP PEGGY | TV FURSTENWALDE 1990 | 1975 | 2 | k40 | 22:33 | 23:28 | 51:26 | 1:19:36 | 1:20:20 | 1:33:57 | 1:33:56 | 17,566 | 3:24 |
| 26 | 41 | MONIKA MATLA-FINK | MORSY OŚNO LUBUSKIE, | 1984 | 1 | k30 | 21:28 | 22:46 | 51:37 | 1:20:19 | 1:21:10 | 1:34:14 | 1:34:11 | 17,519 | 3:25 |
| 27 | 52 | SULIMA-JAGIEŁOWICZ ANNA | WOSIR TEAM ,ZIELONA | 1969 | 1 | k50 | 22:08 | 23:30 | 51:37 | 1:19:54 | 1:21:13 | 1:34:37 | 1:34:36 | 17,442 | 3:26 |
| 28 | 66 | ZAKRZEWSKI SŁAWOMIR | ZAKRZEWSKI_TEAM,NOWA | 1974 | 8 | m40 | 23:04 | 24:23 | 51:36 | 1:19:12 | 1:20:26 | 1:34:38 | 1:34:37 | 17,439 | 3:26 |
| 29 | 26 | KALITA ROBERT | WROCLAW | 1983 | 6 | m30 | 21:17 | 22:21 | 50:35 | 1:19:27 | 1:20:34 | 1:34:49 | 1:34:48 | 17,405 | 3:26 |
| 30 | 13 | DURACZEK DAMIAN | VORTEX,ZIELONA GÓRA | 1977 | 9 | m40 | 23:12 | 24:30 | 52:02 | 1:19:09 | 1:20:19 | 1:34:52 | 1:34:49 | 17,402 | 3:26 |
| 31 | 1 | ADAMOWICZ ADAM | ROWEROWY RZEPIN,GORZ | 1971 | 5 | m50 | 22:44 | 23:59 | 51:27 | 1:19:07 | 1:20:02 | 1:35:04 | 1:35:00 | 17,368 | 3:27 |

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|-----|-------|----------------------|----------------------|------|--------|-----|--------|----------|---------|---------|----------|---------|---------|--------|---------|
| 32 | 40 | MICHNOWICZ EWELINA | KROSNO ODRZAŃSKIE | 1992 | 2 | k30 | 19:28 | 20:26 | 52:26 | 1:23:38 | 1:24:20 | 1:35:16 | 1:35:16 | 17,320 | 3:27 |
| 33 | 39 | MICHNIEWICZ ŁUKASZ | BBL KROSNO ODRZAŃSKI | 1987 | 7 | m30 | 24:17 | 25:34 | 52:22 | 1:20:36 | 1:21:36 | 1:36:10 | 1:36:07 | 17,167 | 3:29 |
| 34 | 44 | NIEWIEDZIAŁ TOMASZ | TNTRI,POZNAŃ | 1969 | 6 | m50 | 21:50 | 23:13 | 52:27 | 1:22:25 | 1:23:39 | 1:36:35 | 1:36:33 | 17,090 | 3:30 |
| 35 | 60 | WACHOWICZ LESZEK | BWA,MIĘDZYRZECZ | 1968 | 7 | m50 | 22:41 | 23:44 | 52:19 | 1:22:07 | 1:22:45 | 1:36:43 | 1:36:40 | 17,069 | 3:30 |
| 36 | 56 | SZREDER ANDRZEJ | NIEZRZESZONY EMERYT, | 1954 | 2 | m60 | 22:04 | 22:53 | 52:23 | 1:23:03 | 1:23:52 | 1:37:10 | 1:37:07 | 16,990 | 3:31 |
| 37 | 12 | DREWICZ KINGA | GUBIŃSKI KLUB ROWERO | 1979 | 3 | k40 | 22:42 | 23:51 | 54:12 | 1:24:45 | 1:25:32 | 1:39:34 | 1:39:32 | 16,577 | 3:37 |
| 38 | 35 | KUŹMIAK JAROSŁAW | ZIELONA GÓRA | 1977 | 10 | m40 | 21:02 | 21:42 | 53:12 | 1:25:41 | 1:26:26 | 1:39:38 | 1:39:32 | 16,577 | 3:37 |
| 39 | 23 | IKONIAK ALEKSANDRA | MORSY OŚNO,OŚNO LUBU | 1983 | 3 | k30 | 23:42 | 24:51 | 54:47 | 1:24:33 | 1:25:37 | 1:40:27 | 1:40:25 | 16,432 | 3:39 |
| 40 | 20 | ĞŁUSZCZ PRZEMYSŁAW | ZIELONA GÓRA | 1986 | 8 | m30 | 22:06 | 23:24 | 54:14 | 1:24:46 | 1:25:39 | 1:40:45 | 1:40:44 | 16,380 | 3:39 |
| 41 | 2 | BAK AGNIESZKA | MORSY OŚNO LUBUSKIE, | 1978 | 4 | k40 | 23:45 | 25:12 | 57:19 | 1:25:30 | 1:27:14 | 1:41:18 | 1:41:16 | 16,294 | 3:40 |
| 42 | 31 | KOŁASKI GRZEGORZ | ZIELONA GÓRA | 1987 | 9 | m30 | 24:54 | 26:23 | 55:24 | 1:24:36 | 1:25:58 | 1:43:14 | 1:43:10 | 15,994 | 3:45 |
| 43 | 28 | KASPERSKA EMILIA | ZIELONA GÓRA | 2005 | 1 | k20 | 26:08 | 27:39 | 57:55 | 1:27:09 | 1:28:40 | 1:44:53 | 1:44:49 | 15,742 | 3:48 |
| 44 | 16 | GADE KATJA | TV FURSTENWALDE 1990 | 1976 | 5 | k40 | 24:46 | 25:44 | 56:05 | 1:27:52 | 1:29:09 | 1:45:04 | 1:45:02 | 15,709 | 3:49 |
| 45 | 67 | ZAPALA BOGDAN | OKI BODEK SULECHÓW,S | 1970 | 8 | m50 | 22:29 | 23:14 | 57:25 | 1:31:30 | 1:32:03 | 1:45:37 | 1:45:33 | 15,632 | 3:50 |
| 46 | 42 | MOSZCZYŃSKA DOMINIKA | ZIELONA GÓRA | 2004 | 2 | k20 | 25:13 | 27:02 | 57:24 | 1:28:51 | 1:29:54 | 1:45:53 | 1:45:53 | 15,583 | 3:51 |
| 47 | 62 | WITLICKI KACPER | KROSNO ODRZAŃSKIE | 1994 | 7 | m20 | 21:11 | 22:33 | 57:54 | 1:32:55 | 1:33:56 | 1:46:22 | 1:46:19 | 15,520 | 3:51 |
| 48 | 46 | PAWLAK SŁAWOMIR | ÓPAWLAKTEAM,KROSNO O | 1976 | 11 | m40 | 25:22 | 27:19 | 59:41 | 1:31:33 | 1:32:35 | 1:47:59 | 1:47:57 | 15,285 | 3:55 |
| 49 | 6 | BUŁKA ARKADIUSZ | DRZONKÓW ZIELONA GÓR | 1992 | 10 | m30 | 25:39 | 26:53 | 59:43 | 1:31:16 | 1:32:34 | 1:48:28 | 1:48:22 | 15,226 | 3:56 |
| 50 | 37 | LATOS JOANNA | ZIELONA GÓRA | 1973 | 6 | k40 | 25:09 | 26:11 | 59:46 | 1:33:06 | 1:34:03 | 1:49:12 | 1:49:08 | 15,119 | 3:58 |
| 51 | 43 | NAWROCKA ALEKSANDRA | ZIELONA GÓRA | 1980 | 7 | k40 | 24:55 | 26:13 | 59:49 | 1:34:32 | 1:35:33 | 1:50:47 | 1:50:44 | 14,901 | 4:01 |
| 52 | 59 | TOWPIK AGATA | KOŻUCHÓW | 1987 | 4 | k30 | 23:50 | 24:44 | 59:42 | 1:34:42 | 1:35:16 | 1:51:02 | 1:50:58 | 14,869 | 4:02 |
| 53 | 48 | ROGACZEWSKA ROZALIA | ZIELONA GÓRA | 2003 | 3 | k20 | 25:04 | 26:17 | 1:01:54 | 1:38:26 | 1:39:26 | 1:53:23 | 1:53:22 | 14,555 | 4:07 |
| 54 | 29 | KAWSZYN DARIUSZ | ARBITER,NOWA SÓL | 1973 | 12 | m40 | 24:53 | 26:09 | 1:06:06 | 1:51:41 | 1:53:02 | 2:09:47 | 2:09:43 | 12,720 | 4:43 |
| 55 | 65 | WOŹNIAK AGNIESZKA | ŻAGAŃ | 1985 | 5 | k30 | 27:33 | 28:45 | 1:10:34 | 1:55:03 | 1:56:15 | 2:14:41 | 2:14:36 | 12,259 | 4:53 |
| 56 | 45 | OLEKSIEWICZ MARCIN | ŻAGAŃ | 1986 | 11 | m30 | 31:29 | 32:34 | 1:12:14 | 1:55:05 | 1:56:10 | 2:15:55 | 2:15:50 | 12,147 | 4:56 |