

Duathlon Opinogóra 2020

Organizator: Stowarzyszenie Sportowe „Runners Team”; STS-Timing – profesjonalna obsługa zawodów sportowych; Patronat – Starostwo Powiatowe w Ciechanowie

Data: 26.09.2020r.

Dystans: 5-25-2,5 (km)

Miejscowość: Opinogóra



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Rok urodz.	Kat wiek.	M-ce w kat	Bieg	T1	Rower	T2	Bieg	Wynik
1	20	OLEJNIK BARTOSZ	OPOCZNO	HUROM TRI TEAM	1993	M18	1	00:20:10 (1)	00:00:22	00:36:55 (1)	00:00:19	00:10:41 (1)	01:08:27
2	3	CEBERAK MACIEJ	LUBARTOW	FIZJOTERAPIA MACIEJ CEBERAK	1990	M30	1	00:20:17 (2)	00:00:26	00:37:04 (2)	00:00:15	00:11:03 (3)	01:09:05
3	40	ANTONIUK PIOTR	WARSZAWA	L4	1978	M40	1	00:23:16 (8)	00:00:30	00:37:12 (3)	00:00:22	00:11:53 (9)	01:13:13
4	26	SOBOLEWSKI MIKOŁAJ	ADAMÓW	SZYMANOWSKI TRIATHLON TEAM	1987	M30	2	00:22:15 (7)	00:00:22	00:39:25 (5)	00:00:23	00:11:29 (6)	01:13:54
5	41	GARBIEC TOMASZ	WARSZAWA	VARSO	1975	M40	2	00:23:23 (9)	00:00:20	00:38:14 (4)	00:00:22	00:12:04 (10)	01:14:23
6	14	KUDRA DARIUSZ	DŁUTÓW	SZYBKE ŻÓŁWIE	1973	M40	3	00:21:31 (4)	00:00:41	00:40:52 (9)	00:00:39	00:11:03 (4)	01:14:46
7	11	KOŚCIELSKI MATEUSZ	KĄTY WĘGIERSKIE	BRAVEHEARTS LEGIONOWO	1976	M40	4	00:21:49 (5)	00:00:19	00:41:03 (10)	00:00:28	00:11:20 (5)	01:14:59
8	32	TENGOWSKI MATEUSZ	KWIDZYN	LIDER SZTUM	2004	M16	1	00:23:36 (10)	00:00:49	00:39:56 (6)	00:00:36	00:12:05 (11)	01:17:02
9	38	CYGAŃSKI TOMASZ	OLSZTYN		1985	M30	3	00:21:53 (6)	00:00:21	00:43:10 (18)	00:00:11	00:11:33 (7)	01:17:08
10	39	STANNY MARIUSZ	LEGIONOWO		1978	M40	5	00:23:40 (12)	00:00:44	00:41:46 (12)	00:00:42	00:11:44 (8)	01:18:36
11	15	MAZUREK ARKADIUSZ	ELBLĄG	OPEN BALANCE	1968	M50	1	00:23:39 (11)	00:01:08	00:42:15 (13)	00:00:52	00:12:32 (13)	01:20:26
12	21	PAŁEJKO MATEUSZ	OLSZTYN		1987	M30	4	00:24:23 (16)	00:01:03	00:42:21 (14)	00:00:46	00:12:21 (12)	01:20:54
13	1	ANOWSKI ADRIAN	NARUSZEWO	PSYCHIATRYK KOPERNIKA	1997	M18	2	00:24:16 (15)	00:00:15	00:43:16 (19)	00:00:10	00:13:09 (18)	01:21:06
14	27	SOBOTA KRZYSZTOF	JABŁONNA	BRAVEHEARTS LEGIONOWO	1987	M30	5	00:23:46 (13)	00:00:40	00:43:07 (17)	00:00:45	00:13:25 (19)	01:21:43
15	22	PLEWAKO JULIAN	SZTUM	LIDER SZTUM	2006	M16	2	00:27:03 (24)	00:00:44	00:40:30 (8)	00:01:03	00:12:51 (14)	01:22:11
16	5	DERDEJ MICHAŁ	SZTUM	LIDER SZTUM	2003	M16	3	00:27:04 (25)	00:00:51	00:40:23 (7)	00:00:48	00:13:07 (16)	01:22:13
17	23	RADOMIAK DARIUSZ	WADLEW	SZYBKE ŻÓŁWIE	1976	M40	6	00:24:05 (14)	00:00:50	00:45:19 (21)	00:01:03	00:13:08 (17)	01:24:25
18	31	STEC MARCIN	SZTUM	LIDER SZTUM	1979	M40	7	00:27:42 (26)	00:00:36	00:41:29 (11)	00:00:35	00:14:26 (26)	01:24:48
19	42	NAWROT PAWEŁ	CIECHANÓW	TKKF PROMYK CIECHANÓW	1981	M30	6	00:26:50 (23)	00:00:39	00:42:24 (15)	00:00:41	00:14:22 (23)	01:24:56
20	18	NOWOSIELSKI MICHAŁ	PUŁTUSK		1977	M40	8	00:21:25 (3)	00:00:27	00:52:10 (32)	00:00:15	00:10:45 (2)	01:25:02
21	6	GAMSKI MARCIN	OŻARÓW MAZOWIECKI	TEAM FIZJOTERAPIA MACIEJ CEBERAK	1975	M40	9	00:25:42 (18)	00:00:58	00:45:31 (23)	00:00:31	00:13:54 (21)	01:26:36
22	13	KRUCZYŃSKI JANUSZ	OSTROŁĘKA		1959	M60+	1	00:25:57 (20)	00:00:40	00:47:12 (28)	00:00:15	00:13:04 (15)	01:27:08
23	4	DARKOWSKI RAFAŁ	WINNICA	LIDER WINNICA	1980	M40	10	00:25:29 (17)	00:01:09	00:46:50 (26)	00:00:46	00:14:01 (22)	01:28:15
24	28	SOCHA BENIAMIN	SZTUM	LIDER SZTUM	2007	M16	4	00:28:01 (28)	00:00:43	00:45:02 (20)	00:00:32	00:14:28 (27)	01:28:46
25	10	KACZMARCZYK KRZYSZTOF	MRĄGOWO	MRĄGOWO	1988	M30	7	00:29:57 (31)	00:00:19	00:42:38 (16)	00:00:17	00:16:29 (31)	01:29:40
26	37	MATEUSZEWSKI MARCIN	SIEDLCE	SIEDLCE	1991	M18	3	00:26:45 (22)	00:00:29	00:48:57 (29)	00:00:18	00:13:31 (20)	01:30:00
27	29	SOCHA PIOTR	SZTUM	LIDER SZTUM	1978	M40	11	00:28:06 (29)	00:00:58	00:47:11 (27)	00:00:42	00:14:23 (25)	01:31:20
28	8	GULCZYŃSKI PIOTR	CIECHANÓW	FFF	1987	M30	8	00:25:46 (19)	00:01:33	00:50:34 (31)	00:01:22	00:14:22 (23)	01:33:37
29	16	MIERZEJEWSKI WIKTOR	OSTROLEKA		1989	M30	9	00:28:20 (30)	00:00:34	00:49:40 (30)	00:01:03	00:15:48 (30)	01:35:25
30	2	BOGDAŃSKI KRZYSZTOF	GIŻYCKO		1967	M50	2	00:30:35 (32)	00:00:51	00:46:45 (25)	00:00:38	00:16:39 (32)	01:35:28
31	19	OBOJSKI PAWEŁ	SZCZUKI	POTRABANTOWANO	1990	M30	10	00:26:44 (21)	00:00:22	00:53:38 (34)	00:00:13	00:14:47 (28)	01:35:44
32	34	ZABORONEK HUBERT	SZTUM	LIDER SZTUM	2007	M16	5	00:31:45 (35)	00:00:24	00:45:58 (24)	00:00:21	00:17:54 (35)	01:36:22
33	7	GRESIK JOANNA	SZTUM	LIDER SZTUM	2002	K18	1	00:32:04 (36)	00:00:47	00:45:24 (22)	00:00:43	00:18:46 (37)	01:37:44
34	36	SZYMAŃSKI DOMINIK	CIECHANÓW	FFF	1983	M30	11	00:27:56 (27)	00:01:03	00:53:43 (35)	00:01:01	00:15:29 (29)	01:39:12
35	35	ZAWADZKI STANISŁAW	CIECHANÓW	MAZOVIA PROACTIV CIECHANÓW	1952	M60+	2	00:30:56 (34)	00:00:55	00:53:35 (33)	00:01:13	00:17:13 (33)	01:43:52
36	9	GWOŹDZIK JAKUB	REGIMIN	FFF	1979	M40	12	00:30:37 (33)	00:00:42	01:05:42 (37)	00:00:24	00:17:36 (34)	01:55:01
37	33	TROCHIMOWICZ ARTUR	SZCZYTNÓ	AKB SP2 SZCZYTNÓ TROHIM TEAM	1961	M50	3	00:37:48 (38)	00:00:33	00:57:37 (36)	00:00:26	00:22:14 (38)	01:58:38
38	30	SPEJNA ARTUR	CIECHANÓW	BIEGAM BO CHCĘ:)	1967	M50	4	00:33:28 (37)	00:00:14	01:10:56 (38)	00:00:11	00:17:56 (36)	02:02:45