



# POLSKI ZWIĄZEK KULTURYSTYKI, FITNESS I TRÓJBOJU SIŁOWEGO

## IX Otwarty Puchar Śląska

### w Wyciskaniu Leżąc

Knurów, 2015.10.10



Ministerstwo  
Sportu i Turystyki



### Kobiety

| Miejsce                                     | Nazwisko i imię/rocznik | Klub                           | Waga ciała | Wsp. Wilks'a | Nr losowy | Grupa | Wyciskanie leżąc |       |        |       | Punkty    |
|---|-------------------------|--------------------------------|------------|--------------|-----------|-------|------------------|-------|--------|-------|-----------|
|   |                         |                                |            |              |           |       | 1                | 2     | 3      | Wynik | Wilks'a   |
| <b>Juniorki do lat 23 klasyfikacja open</b> |                         |                                |            |              |           |       |                  |       |        |       |           |
| 1   | Ilczuk Alicja/93        | KS-MOSSiTF Relax Kamienna Góra | 86,60      | 0,8698       | 6         | I     | 70,0             | 80,0  | -87,5  | 80,0  | 69,584000 |
| 2   | Mularczyk Paulina/94    | UKS Eugen Knurów               | 40,80      | 1,4766       | 26        | I     | -45,0            | 45,0  | -47,5  | 45,0  | 66,447000 |
| 3   | Stanek Joanna/95        | UKS Eugen Knurów               | 56,60      | 1,1668       | 17        | I     | 37,5             | 40,0  | 42,5   | 42,5  | 49,589000 |
| <b>Seniorki klasyfikacja open</b>           |                         |                                |            |              |           |       |                  |       |        |       |           |
| 1   | Szot Aneta/84           | SCF Dąbrowa Górnicza           | 71,10      | 0,9843       | 12        | I     | 95,0             | 100,0 | -105,0 | 100,0 | 98,430000 |
| 2   | Rembiarz Sylwia/70      | KS-MOSSiTF Relax Kamienna Góra | 61,30      | 1,0966       | 8         | I     | 67,5             | -70,0 | -72,5  | 67,5  | 74,020500 |
| 3   | Ilczuk Alicja/93        | KS-MOSSiTF Relax Kamienna Góra | 86,60      | 0,9698       | 6         | I     | 70,0             | 80,0  | -87,5  | 80,0  | 69,584000 |
| 4   | Dziężok Katarzyna/85    | UKS Eugen Knurów               | 70,80      | 0,9871       | 3         | I     | 60,0             | -65,0 | -65,0  | 60,0  | 59,226000 |
| 5   | Habera Sylwia/85        | UKS Pover Kuźnik Chorzów       | 72,80      | 0,9689       | 10        | I     | 52,5             | 57,5  | 60,0   | 60,0  | 58,134000 |
| 6   | Ławnik Anna/86          | UKS Pover Kuźnik Chorzów       | 55,90      | 1,1783       | 18        | I     | 30,0             | 35,0  | -40,0  | 35,0  | 41,240500 |
| <b>Weteranki klasyfikacja open</b>          |                         |                                |            |              |           |       |                  |       |        |       |           |
| 1   | Rembiarz Sylwia/70      | KS-MOSSiTF Relax Kamienna Góra | 61,30      | 1,0966       | 8         | I     | 67,5             | -70,0 | -72,5  | 67,5  | 74,020500 |
| <b>Klasyfikacja najlepszej zawodniczki</b>  |                         |                                |            |              |           |       |                  |       |        |       |           |
| 1   | Szot Aneta/84           | SCF Dąbrowa Górnicza           | 71,10      | 0,9843       | 12        | I     | 95,0             | 100,0 | -105,0 | 100,0 | 98,430000 |
| 2   | Rembiarz Sylwia/70      | KS-MOSSiTF Relax Kamienna Góra | 61,30      | 1,0966       | 8         | I     | 67,5             | -70,0 | -72,5  | 67,5  | 74,020500 |
| 3   | Ilczuk Alicja/93        | KS-MOSSiTF Relax Kamienna Góra | 86,60      | 0,9698       | 6         | I     | 70,0             | 80,0  | -87,5  | 80,0  | 69,584000 |
| 4   | Mularczyk Paulina/94    | UKS Eugen Knurów               | 40,80      | 1,4766       | 26        | I     | -45,0            | 45,0  | -47,5  | 45,0  | 66,447000 |
| 5   | Dziężok Katarzyna/85    | UKS Eugen Knurów               | 70,80      | 0,9871       | 3         | I     | 60,0             | -65,0 | -65,0  | 60,0  | 59,226000 |
| 6   | Habera Sylwia/85        | UKS Pover Kuźnik Chorzów       | 72,80      | 0,9689       | 10        | I     | 52,5             | 57,5  | 60,0   | 60,0  | 58,134000 |
| 7   | Stanek Joanna/95        | UKS Eugen Knurów               | 56,60      | 1,1668       | 17        | I     | 37,5             | 40,0  | 42,5   | 42,5  | 49,589000 |
| 8   | Ławnik Anna/86          | UKS Pover Kuźnik Chorzów       | 55,90      | 1,1783       | 18        | I     | 30,0             | 35,0  | -40,0  | 35,0  | 41,240500 |



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## X Otwarty Puchar Śląska

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### Mężczyźni

| Miejsce   | Nazwisko i imię/rocznik  | Klub                           | Waga ciała | Wsp. Wilks'a | Nr losowy | Grupa | Wyciskanie leżąc |       |       |       | Punkty     |
|---|--------------------------|--------------------------------|------------|--------------|-----------|-------|------------------|-------|-------|-------|------------|
|   |                          |                                |            |              |           |       | 1                | 2     | 3     | Wynik | Wilks'a    |
| <b>Juniorzy do lat 23 lat kat.wag.(53-66 kg) - klasyfikacja open</b>    |                          |                                |            |              |           |       |                  |       |       |       |            |
| 1   | Romanow Kacper/98        | UKS Eugen Knurów               | 61,20      | 0,8378       | 27        | II    | 80,0             | 85,0  | 90,0  | 90,0  | 75,402000  |
| 2   | Ozga Dawid/99            | Kandydat                       | 64,20      | 0,8035       | 19        | II    | 65,0             | 70,0  | -75,0 | 70,0  | 56,245000  |
| <b>Juniorzy do lat 23 lat kat.wag.(74-93 kg) - klasyfikacja open</b>    |                          |                                |            |              |           |       |                  |       |       |       |            |
| 1   | Sobczyk Sebastian/94     | KS-MOSSiTF Relax Kamienna Góra | 77,50      | 0,6969       | 14        | II    | 140,0            | 150,0 | 160,0 | 160,0 | 111,504000 |
| 2   | Ludwiczak Patryk/95      | Kandydat                       | 86,30      | 0,6528       | 25        | II    | 140,0            | 145,0 | 150,0 | 150,0 | 97,875000  |
| 3   | Piecha Konrad/97         | Kandydat                       | 76,60      | 0,7023       | 15        | II    | 110,0            | 115,0 | 130,0 | 130,0 | 91,299000  |
| 4   | Mański Sebastian/93      | Kandydat                       | 83,80      | 0,6637       | 16        | II    | 115,0            | 122,5 | 125,0 | 125,0 | 82,962500  |
| 5   | Grochal Przemysław/97    | Kandydat                       | 67,70      | 0,7692       | 24        | II    | 80,0             | -85,0 | -85,0 | 80,0  | 61,536000  |
| 6   | Sobierajski Askaniusz/97 | Kandydat                       | 68,20      | 0,7647       | 17        | II    | 75,0             | 77,5  | 80,0  | 80,0  | 61,176000  |
| 7   | Szwarczyński Szymon/97   | Kandydat                       | 86,30      | 0,6528       | 18        | II    | 85,0             | 90,0  | 92,5  | 92,5  | 60,384000  |
| 8   | Włoczka Radosław/99      | Kandydat                       | 73,60      | 0,7221       | 26        | II    | -60,0            | 60,0  | 65,0  | 65,0  | 46,936500  |
| <b>Juniorzy do lat 23 lat kat.wag.(105-120+ kg) - klasyfikacja open</b> |                          |                                |            |              |           |       |                  |       |       |       |            |
| 1   | Korczyński Patryk/94     | Integracja-ISSIIP Tarnobrzeg   | 117,90     | 0,5774       | 20        | II    | 262,5            | 270,0 | 275,0 | 275,0 | 158,785000 |
| 2   | Grzegorzczuk Dawid/98    | UKS Pover Kuźnik Chorzów       | 97,30      | 0,6155       | 21        | II    | 235,0            | 245,0 | 250,0 | 250,0 | 153,875000 |
| 3   | Rużycki Artur/98         | UKS Eugen Knurów               | 103,70     | 0,6002       | 28        | II    | 60,0             | 65,0  | 70,0  | 70,0  | 42,014000  |
| <b>Seniorzy</b>   |                          |                                |            |              |           |       |                  |       |       |       |            |
| <b>Kategoria 66 kg</b>  |                          |                                |            |              |           |       |                  |       |       |       |            |
| 1   | Balawejder Adam/81       | UKS Pover Kuźnik Chorzów       | 66,00      | 0,7852       | 1         | III   | 210              | 220   | 230   | 230,0 | 180,596000 |
| 2   | Kuraciński Krzysztof/86  | KS Start Strzegom              | 65,40      | 0,7911       | 5         | III   | 130              | 140   | -150  | 140,0 | 110,754000 |
| 3   | Romanow Kacper/98        | UKS Eugen Knurów               | 61,20      | 0,8378       | 27        | II    | 80               | 85    | 90    | 90,0  | 75,402000  |
| 4   | Kołyszko Andrzej/84      | Kandydat                       | 65,00      | 0,7952       | 11        | III   | 70               | 75    | 77,5  | 77,5  | 61,628000  |
| 5   | Ozga Dawid/99            | Kandydat                       | 64,20      | 0,8035       | 19        | II    | 65               | 70    | -75   | 70,0  | 56,245000  |

| Kategoria 74 kg |                          |                          |       |        |    |     |        |        |       |       |            |  |
|-----------------|--------------------------|--------------------------|-------|--------|----|-----|--------|--------|-------|-------|------------|--|
| 1               | Gawel Bartłomiej/80      | UKS Pover Kuźnik Chorzów | 74,00 | 0,7193 | 9  | III | -205,0 | 205,0  | 220,0 | 220,0 | 158,246000 |  |
| 2               | Podmanicki Marcin/88     | TKKF Herkules Warszawa   | 73,60 | 0,7221 | 4  | III | 172,5  | -180,0 | 180,0 | 180,0 | 129,978000 |  |
| 3               | Grochal Przemysław/97    | Kandydat                 | 67,70 | 0,7692 | 24 | II  | 80,0   | -85,0  | -85,0 | 80,0  | 61,536000  |  |
| 4               | Sobierajski Askaniusz/97 | Kandydat                 | 68,20 | 0,7647 | 17 | II  | 75,0   | 77,5   | 80,0  | 80,0  | 61,176000  |  |
| 5               | Włoczka Radosław/99      | Kandydat                 | 73,60 | 0,7221 | 26 | II  | -60,0  | 60,0   | 65,0  | 65,0  | 46,936500  |  |

| Kategoria 83 kg |                        |                          |       |        |    |     |       |       |        |       |            |  |
|-----------------|------------------------|--------------------------|-------|--------|----|-----|-------|-------|--------|-------|------------|--|
| 1               | Dąbrowski Sebastian/80 | UKS Pover Kuźnik Chorzów | 83,00 | 0,6675 | 8  | III | 235,0 | 245,0 | -250,0 | 245,0 | 163,537500 |  |
| 2               | Ławnik Piotr/79        | UKS Pover Kuźnik Chorzów | 83,00 | 0,6675 | 2  | III | 190,0 | 200,0 | 205,0  | 205,0 | 136,837500 |  |
| 3               | Sobczyk Sebastian/94   | KS Relax Kamienna Góra   | 77,50 | 0,6969 | 14 | II  | 140,0 | 150,0 | 160,0  | 160,0 | 111,504000 |  |
| 4               | Piecha Konrad/97       | Kandydat                 | 76,60 | 0,7023 | 15 | II  | 110,0 | 115,0 | 130,0  | 130,0 | 91,299000  |  |
| 5               | Dąbrowski Wiesław/40   | KS Paco Lublin           | 75,30 | 0,7106 | 10 | III | 45,0  | 50,0  | -52,5  | 50,0  | 35,530000  |  |

| Kategoria 93 kg |                        |                                |       |        |    |     |        |       |        |       |            |  |
|-----------------|------------------------|--------------------------------|-------|--------|----|-----|--------|-------|--------|-------|------------|--|
| 1               | Rembiesz Paweł/75      | KS-MOSSiTF Relax Kamienna Góra | 90,30 | 0,6373 | 7  | III | 170,0  | 180,0 | -190,0 | 180,0 | 114,714000 |  |
| 2               | Wesoly Arkadiusz/68    | Kandydat                       | 91,80 | 0,6321 | 6  | III | -160,0 | 165,0 | 170,0  | 170,0 | 107,457000 |  |
| 3               | Ludwiczak Patryk/95    | Kandydat                       | 86,30 | 0,6528 | 25 | II  | 140,0  | 145,0 | 150,0  | 150,0 | 97,875000  |  |
| 4               | Łakomski Marcin/90     | Kandydat                       | 85,60 | 0,6557 | 12 | III | 100,0  | 110,0 | 120,0  | 120,0 | 78,684000  |  |
| 5               | Molenda Andrzej/92     | KS Start Strzegom              | 89,20 | 0,6413 | 3  | III | 115,0  | 120,0 | 127,5  | 127,5 | 81,766575  |  |
| 6               | Szwarczyński Szymon/97 | Kandydat                       | 86,30 | 0,6528 | 18 | II  | 85,0   | 90,0  | 92,5   | 92,5  | 60,384000  |  |

| Kategoria 105 kg |                       |                          |        |        |    |     |       |       |       |       |            |  |
|------------------|-----------------------|--------------------------|--------|--------|----|-----|-------|-------|-------|-------|------------|--|
| 1                | Grzegorzczuk Dawid/98 | UKS Pover Kuźnik Chorzów | 97,30  | 0,6155 | 21 | II  | 235,0 | 245,0 | 250,0 | 250,0 | 153,875000 |  |
| 2                | Dąbrowski Jarosław/65 | UKS Pover Kuźnik Chorzów | 105,00 | 0,5976 | 13 | III | 185,0 | 200,0 | 205,0 | 205,0 | 122,508000 |  |
| 3                | Rużycki Artur/98      | UKS Eugen Knurów         | 103,70 | 0,6002 | 28 | II  | 60,0  | 65,0  | 70,0  | 70,0  | 42,014000  |  |

| Kategoria 120 kg |                      |                             |        |        |    |    |       |       |       |       |            |  |
|------------------|----------------------|-----------------------------|--------|--------|----|----|-------|-------|-------|-------|------------|--|
| 1                | Korczyński Patryk/94 | Integracja-ISSiP Tarnobrzeg | 117,90 | 0,5774 | 20 | II | 262,5 | 270,0 | 275,0 | 275,0 | 158,785000 |  |

| Weterani (40-49 lat) - klasyfikacja open |                       |                                |        |        |    |     |        |       |        |       |            |  |
|--|-----------------------|--------------------------------|--------|--------|----|-----|--------|-------|--------|-------|------------|--|
| 1  | Rembiesz Paweł/75     | KS-MOSSiTF Relax Kamienna Góra | 90,30  | 0,6373 | 7  | III | 170,0  | 180,0 | -190,0 | 180,0 | 114,714000 |  |
| 2  | Wesoly Arkadiusz/68   | Kandydat                       | 91,80  | 0,6321 | 6  | III | -160,0 | 165,0 | 170,0  | 170,0 | 107,457000 |  |
| Weterani (50-59 lat) - klasyfikacja open |                       |                                |        |        |    |     |        |       |        |       |            |  |
| 1  | Dąbrowski Jarosław/65 | UKS Pover Kuźnik Chorzów       | 105,00 | 0,5976 | 13 | III | 185,0  | 200,0 | 205,0  | 205,0 | 122,508000 |  |
| 2  | Warecki Tomasz/64     | Integracja-ISSiP Tarnobrzeg    | 85,20  | 0,6575 | 29 | III | 120,0  | 130,0 | -140,0 | 130,0 | 85,475000  |  |

| Weterani 70 i powyżej             |                          |                                |        |        |    |     |        |        |        |       |            |
|-----------------------------------|--------------------------|--------------------------------|--------|--------|----|-----|--------|--------|--------|-------|------------|
| 1                                 | Dąbrowski Wiesław/40     | KS Paco Lublin                 | 75,30  | 0,7106 | 10 | III | 45,0   | 50,0   | -52,5  | 50,0  | 35,530000  |
| Klasyfikacj najlepszego zawodnika |                          |                                |        |        |    |     |        |        |        |       |            |
| 1                                 | Balawejder Adam/81       | UKS Pover Kuźnik Chorzów       | 66,00  | 0,7852 | 1  | III | 210,0  | 220,0  | 230,0  | 230,0 | 180,596000 |
| 2                                 | Dąbrowski Sebastian/80   | UKS Pover Kuźnik Chorzów       | 83,00  | 0,6675 | 8  | III | 235,0  | 245,0  | -250,0 | 245,0 | 163,537500 |
| 3                                 | Korczyński Patryk/94     | Integracja-ISSiP Tarnobrzeg    | 117,90 | 0,5774 | 20 | II  | 262,5  | 270,0  | 275,0  | 275,0 | 158,785000 |
| 4                                 | Gawel Bartłomiej/80      | UKS Pover Kuźnik Chorzów       | 74,00  | 0,7193 | 9  | III | -205,0 | 205,0  | 220,0  | 220,0 | 158,246000 |
| 5                                 | Grzegorzczuk Dawid/98    | UKS Pover Kuźnik Chorzów       | 97,30  | 0,6155 | 21 | II  | 235,0  | 245,0  | 250,0  | 250,0 | 153,875000 |
| 6                                 | Ławnik Piotr/79          | UKS Pover Kuźnik Chorzów       | 83,00  | 0,6675 | 2  | III | 190,0  | 200,0  | 205,0  | 205,0 | 136,837500 |
| 7                                 | Podmanicki Marcin/88     | TKKF Herkules Warszawa         | 73,60  | 0,7221 | 4  | III | 172,5  | -180,0 | 180,0  | 180,0 | 129,978000 |
| 8                                 | Dąbrowski Jarosław/65    | UKS Pover Kuźnik Chorzów       | 105,00 | 0,5976 | 13 | III | 185,0  | 200,0  | 205,0  | 205,0 | 122,508000 |
| 9                                 | Rembiasz Paweł/75        | KS-MOSSiTF Relax Kamienna Góra | 90,30  | 0,6373 | 7  | III | 170,0  | 180,0  | -190,0 | 180,0 | 114,714000 |
| 10                                | Sobczyk Sebastian/94     | KS-MOSSiTF Relax Kamienna Góra | 77,50  | 0,6969 | 14 | II  | 140,0  | 150,0  | 160,0  | 160,0 | 111,504000 |
| 11                                | Kuraciński Krzysztof/86  | KS Start Strzegom              | 65,40  | 0,7911 | 5  | III | 130,0  | 140,0  | -150,0 | 140,0 | 110,754000 |
| 12                                | Wesoły Arkadiusz/68      | Kandydat                       | 91,80  | 0,6321 | 6  | III | -160,0 | 165,0  | 170,0  | 170,0 | 107,457000 |
| 13                                | Ludwiczak Patryk/95      | Kandydat                       | 86,30  | 0,6528 | 25 | II  | 140,0  | 145,0  | 150,0  | 150,0 | 97,875000  |
| 14                                | Piecha Konrad/97         | Kandydat                       | 76,60  | 0,7023 | 15 | II  | 110,0  | 115,0  | 130,0  | 130,0 | 91,299000  |
| 15                                | Warecki Tomasz/64        | Integracja-ISSiP Tarnobrzeg    | 85,20  | 0,6575 | 29 | III | 120,0  | 130,0  | -140,0 | 130,0 | 85,475000  |
| 16                                | Mański Sebastian/93      | Kandydat                       | 83,80  | 0,6637 | 16 | II  | 115,0  | 122,5  | 125,0  | 125,0 | 82,962500  |
| 17                                | Molenda Andrzej/92       | KS Start Strzegom              | 89,20  | 0,6413 | 3  | III | 115,0  | 120,0  | 127,5  | 127,5 | 81,766575  |
| 18                                | Łakomski Marcin/90       | Kandydat                       | 85,60  | 0,6557 | 12 | III | 100,0  | 110,0  | 120,0  | 120,0 | 78,684000  |
| 19                                | Romanow Kacper/98        | UKS Eugen Knurów               | 61,20  | 0,8378 | 27 | II  | 80,0   | 85,0   | 90,0   | 90,0  | 75,402000  |
| 20                                | Kolyszko Andrzej/84      | Kandydat                       | 65,00  | 0,7952 | 11 | III | 70,0   | 75,0   | 77,5   | 77,5  | 61,628000  |
| 21                                | Grochal Przemysław/97    | Kandydat                       | 67,70  | 0,7692 | 24 | II  | 80,0   | -85,0  | -85,0  | 80,0  | 61,536000  |
| 22                                | Sobierajski Askaniusz/97 | Kandydat                       | 68,20  | 0,7647 | 17 | II  | 75,0   | 77,5   | 80,0   | 80,0  | 61,176000  |
| 23                                | Szwarczyński Szymon/97   | Kandydat                       | 86,30  | 0,6528 | 18 | II  | 85,0   | 90,0   | 92,5   | 92,5  | 60,384000  |
| 24                                | Ozga Dawid/99            | Kandydat                       | 64,20  | 0,8035 | 19 | II  | 65,0   | 70,0   | -75,0  | 70,0  | 56,245000  |
| 25                                | Włoczka Radosław/99      | Kandydat                       | 73,60  | 0,7221 | 26 | II  | -60,0  | 60,0   | 65,0   | 65,0  | 46,936500  |
| 26                                | Rużycki Artur/98         | UKS Eugen Knurów               | 103,70 | 0,6002 | 28 | II  | 60,0   | 65,0   | 70,0   | 70,0  | 42,014000  |
| 27                                | Dąbrowski Wiesław/40     | KS Paco Lublin                 | 75,30  | 0,7106 | 10 | III | 45,0   | 50,0   | -52,5  | 50,0  | 35,530000  |

NK - niesklasyfikowany

Sędzia główny zawodów : Tochaczek Wiesław

Sekretarz zawodów : Czerner Chrystian

Wykonał : Leski Grzegorz

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