



# MISTRZOSTWA POLSKI SENIOREK I SENIORÓW

w podnoszeniu ciężarów  
Ciechanów, 21-23.06.2019 rok



## KOBIECY

Kat. 46 kg

Data startu: 21.06.2019

Godz. startu: 1600

| B-CB | Numer<br>konceny | NAZWISKO I IMIĘ          | ROK UR. | KLUB                            | WYNIK<br>ZŁ. | WAGA  | RWANIE |    |    | PODRZUT |    |    | 200J | WIELKAR | PKT. |
|------|------------------|--------------------------|---------|---------------------------------|--------------|-------|--------|----|----|---------|----|----|------|---------|------|
|      |                  |                          |         |                                 |              |       | 1      | 2  | 3  | 1       | 2  | 3  |      |         |      |
| 1    | 4                | <b>KUDŁASZYK PAULINA</b> | 1997    | LKS „Budowlani-Calus” Nowy Tom. | 125          | 44,80 | 50     | 54 | 55 | 65      | 70 | 74 | 125  | 209,6   | 30   |
| 2    | 23               | BOBROWSKA NATALIA        | 2000    | MKS Unia Hrubieszów             | 100          | 44,60 | 45     | 48 | 54 | 55      | 58 | 60 | 108  | 181,8   | 25   |
| 3    | 116              | MISZCZAK KAROLINA        | 1997    | WLKS Nowe Iganie                | 90           | 41,70 | 40     | 42 | 44 | 48      | 48 | 54 | 90   | 160,6   | 22   |
| 4    | 62               | BERLIŃSKA ZOFIA          | 2005    | LSSS Start Maków Maz.           | 75           | 34,30 | 32     | 34 | 35 | 36      | 38 | 40 | 72   | 154,8   | 18   |

### Medalistki w rwanie

|   |                   |       |
|---|-------------------|-------|
| 1 | KUDŁASZYK PAULINA | 55 kg |
| 2 | BOBROWSKA NATALIA | 48 kg |
| 3 | MISZCZAK KAROLINA | 42 kg |

### Medalistki w podrzucie

|   |                   |       |
|---|-------------------|-------|
| 1 | KUDŁASZYK PAULINA | 70 kg |
| 2 | BOBROWSKA NATALIA | 60 kg |
| 3 | MISZCZAK KAROLINA | 48 kg |

Kat. 49 kg

Data startu: 21.06.2019

Godz. startu: 1600

| B-CB | Numer<br>konceny | NAZWISKO I IMIĘ           | ROK UR. | KLUB                      | WYNIK<br>ZŁ. | WAGA  | RWANIE |    |    | PODRZUT |    |    | 200J | WIELKAR | PKT. |
|------|------------------|---------------------------|---------|---------------------------|--------------|-------|--------|----|----|---------|----|----|------|---------|------|
|      |                  |                           |         |                           |              |       | 1      | 2  | 3  | 1       | 2  | 3  |      |         |      |
| 1    | 118              | <b>ZACHAREK KATARZYNA</b> | 1992    | CWZS Zawisza Bydgoszcz PC | 150          | 48,90 | 62     | 65 | 67 | 80      | 84 | 88 | 149  | 232,8   | 30   |
| 2    | 48               | WRZOSEK KATARZYNA         | 1991    | KS Raszyn                 | 140          | 48,80 | 60     | 64 | 67 | 80      | 84 | 88 | 148  | 231,6   | 25   |
| 3    | 83               | OLEŚKIEWICZ SYLWIA        | 1999    | LKS Omega Kleszczów       | 150          | 47,80 | 61     | 63 | 66 | 78      | 79 | 83 | 146  | 232,2   | 22   |
| 4    | 70               | KUCZMASZEWSKA AGNIESZKA   | 1995    | KS Agros Zamość           | 150          | 48,80 | 63     | 66 | 67 | 75      | 78 | 78 | 141  | 220,6   | 18   |
| 5    | 125              | OLUBEK KLAUDIA            | 1998    | LKS Omega Kleszczów       | 130          | 48,40 | 53     | 54 | 58 | 63      | 67 | 71 | 129  | 203,1   | 14   |
| 6    | 36               | KROPIDŁOWSKA KAROLINA     | 2001    | CWZS Zawisza Bydgoszcz PC | 120          | 48,60 | 48     | 51 | 53 | 60      | 63 | 66 | 114  | 178,9   | 12   |
| 7    | 43               | LESZCZYŃSKA KAROLINA      | 2002    | LSSS Start Maków Maz.     | 110          | 47,50 | 48     | 48 | 52 | 58      | 60 | 60 | 106  | 169,4   | 10   |
| 8    | 25               | MŁOTKOWSKA DARIĄ          | 2006    | LSSS Start Maków Maz.     | 100          | 47,00 | 40     | 43 | 43 | 50      | 54 | 56 | 97   | 156,4   | 8    |
| 9    | 74               | PONIATOWSKA NINA          | 2005    | LSSS Start Maków Maz.     | 100          | 48,30 | 38     | 41 | 43 | 49      | 52 | 54 | 90   | 142,0   | 6    |
| nk   | 84               | POLAKOWSKA MARLENA        | 1995    | GLKS POM-Iskra Piotrowice | 130          | 48,80 | 61     | 65 | 67 | 72      | 72 | 76 | 0    | 0,0     | 0    |

### Medalistki w rwanie

|   |                         |       |
|---|-------------------------|-------|
| 1 | KUCZMASZEWSKA AGNIESZKA | 66 kg |
| 2 | POLAKOWSKA MARLENA      | 65 kg |
| 3 | ZACHAREK KATARZYNA      | 65 kg |

### Medalistki w podrzucie

|   |                    |       |
|---|--------------------|-------|
| 1 | WRZOSEK KATARZYNA  | 84 kg |
| 2 | ZACHAREK KATARZYNA | 84 kg |
| 3 | OLEŚKIEWICZ SYLWIA | 83 kg |

Kat. 55 kg

Data startu: 21.06.2019

Godz. startu: 1700

| B-CB | Numer<br>konceny | NAZWISKO I IMIĘ         | ROK UR. | KLUB                           | WYNIK<br>ZŁ. | WAGA  | RWANIE |    |     | PODRZUT |     |     | 200J | WIELKAR | PKT. |
|------|------------------|-------------------------|---------|--------------------------------|--------------|-------|--------|----|-----|---------|-----|-----|------|---------|------|
|      |                  |                         |         |                                |              |       | 1      | 2  | 3   | 1       | 2   | 3   |      |         |      |
| 1    | 112              | <b>ŁOCHOWSKA JOANNA</b> | 1988    | KS Budowlani Opole             | 200          | 54,75 | 82     | 82 | 85  | 104     | 108 | 110 | 195  | 280,2   | 30   |
| 2    | 127              | SZYMANEK MONIKA         | 2002    | LKS Dobryszycze                | 160          | 54,55 | 69     | 70 | 74  | 86      | 89  | 91  | 161  | 231,9   | 25   |
| 3    | 129              | BRZOSTEK KAROLINA       | 2000    | UOLKA Ostrow Maz.              | 140          | 53,75 | 65     | 65 | 67  | 79      | 83  | 85  | 148  | 215,4   | 22   |
| 4    | 18               | BIELAK ELŻBIETA         | 1997    | LKS Znicz Biłgoraj             | 150          | 54,20 | 63     | 66 | 68  | 77      | 81  | 83  | 147  | 212,7   | 18   |
| 5    | 56               | CZECHOWSKA KAMILA       | 1997    | LKS Polwica Wierzbno           | 125          | 54,95 | 51     | 54 | 56  | 67      | 71  | 75  | 131  | 187,7   | 14   |
| 6    | 87               | ZAJDEL ŁUCJA            | 2001    | LKS "PZL-Lechia" Sędziszów Młp | 120          | 54,85 | 52     | 56 | 59  | 70      | 72  | 74  | 128  | 183,7   | 12   |
| 7    | 105              | LUBASIŃSKA ŻAKLINA      | 1997    | UKS Talent Wrocław             | 120          | 54,80 | 52     | 54 | 57  | 65      | 67  | 69  | 126  | 180,9   | 10   |
| 8    | 120              | FERRARO CARMELA         | 1994    | KS Agros Zamość                | 110          | 53,85 | 48     | 52 | 55  | 62      | 67  | 70  | 119  | 173,0   | 8    |
| 9    | 97               | BERLIŃSKA ZUZANNA       | 2003    | LSSS Start Maków Maz.          | 120          | 53,10 | 50     | 52 | --- | 55      | --- | --- | 105  | 154,2   | 6    |

### Medalistki w rwanie

|   |                  |       |
|---|------------------|-------|
| 1 | ŁOCHOWSKA JOANNA | 85 kg |
| 2 | SZYMANEK MONIKA  | 70 kg |
| 3 | BIELAK ELŻBIETA  | 66 kg |

### Medalistki w podrzucie

|   |                   |        |
|---|-------------------|--------|
| 1 | ŁOCHOWSKA JOANNA  | 110 kg |
| 2 | SZYMANEK MONIKA   | 91 kg  |
| 3 | BRZOSTEK KAROLINA | 83 kg  |

Kat. 59 kg

Data startu: 21.06.2019

Godz. startu: 1700

| B-CB | Numer<br>konceny | NAZWISKO I IMIĘ       | ROK UR. | KLUB                   | WYNIK<br>ZŁ. | WAGA  | RWANIE |    |    | PODRZUT |    |    | 200J | WIELKAR | PKT. |
|------|------------------|-----------------------|---------|------------------------|--------------|-------|--------|----|----|---------|----|----|------|---------|------|
|      |                  |                       |         |                        |              |       | 1      | 2  | 3  | 1       | 2  | 3  |      |         |      |
| 1    | 111              | <b>DZIENIS MONIKA</b> | 1994    | UKS Talent Wrocław     | 185          | 58,70 | 80     | 80 | 83 | 90      | 92 | 94 | 175  | 239,8   | 30   |
| 2    | 44               | WOLAS WERONIKA        | 1996    | WKS "Śląsk" Wrocław    | 160          | 58,25 | 65     | 69 | 74 | 82      | 91 | 93 | 160  | 220,4   | 25   |
| 3    | 109              | KWIATKOWSKA KINGA     | 2000    | MKS Unia Hrubieszów    | 140          | 58,25 | 61     | 64 | 65 | 70      | 73 | 76 | 137  | 188,7   | 22   |
| 4    | 39               | BARTOSIK ALEKSANDRA   | 1999    | UMLKS Radomsko         | 130          | 58,90 | 52     | 55 | 56 | 68      | 68 | 69 | 125  | 170,9   | 18   |
| 5    | 104              | MROZIK NATALIA        | 2004    | LKS Znicz Biłgoraj     | 122          | 58,45 | 50     | 53 | 56 | 68      | 69 | 72 | 125  | 171,8   | 14   |
| 6    | 42               | PAKUSZEWSKA NATALIA   | 2001    | CLKS Mazovia Ciechanów | 120          | 58,35 | 48     | 51 | 54 | 68      | 72 | 72 | 123  | 169,2   | 12   |

### Medalistki w rwanie

|   |                   |       |
|---|-------------------|-------|
| 1 | DZIENIS MONIKA    | 83 kg |
| 2 | WOLAS WERONIKA    | 69 kg |
| 3 | KWIATKOWSKA KINGA | 61 kg |

### Medalistki w podrzucie

|   |                   |       |
|---|-------------------|-------|
| 1 | DZIENIS MONIKA    | 92 kg |
| 2 | WOLAS WERONIKA    | 91 kg |
| 3 | KWIATKOWSKA KINGA | 76 kg |

Kat. 64 kg

Data startu: 21.06.2019

Godz. startu: 1800

| B-CB | Numer<br>konceny | NAZWISKO I IMIĘ         | ROK UR. | KLUB                           | WYNIK<br>ZŁ. | WAGA  | RWANIE |    |    | PODRZUT |     |     | 200J | WIELKAR | PKT. |
|------|------------------|-------------------------|---------|--------------------------------|--------------|-------|--------|----|----|---------|-----|-----|------|---------|------|
|      |                  |                         |         |                                |              |       | 1      | 2  | 3  | 1       | 2   | 3   |      |         |      |
| 1    | 100              | <b>KRASKA KATARZYNA</b> | 1993    | KS Budowlani Opole             | 190          | 63,30 | 75     | 78 | 80 | 100     | 106 | 110 | 184  | 240,5   | 30   |
| 2    | 46               | CZOP EWELINA            | 1995    | KS Agros Zamość                | 170          | 61,40 | 65     | 65 | 70 | 85      | 90  | 90  | 160  | 213,0   | 25   |
| 3    | 92               | MICHALSKA ALEKSANDRA    | 1994    | KPC Górnik Polkowice           | 155          | 64,00 | 65     | 68 | 74 | 82      | 85  | 87  | 155  | 201,2   | 22   |
| 4    | 19               | PEPŁOWSKA ALEKSANDRA    | 1998    | CLKS Mazovia Ciechanów         | 135          | 62,30 | 63     | 66 | 68 | 75      | 79  | 81  | 147  | 194,0   | 18   |
| 5    | 21               | DEPTA MARTYNA           | 1993    | LKS "PZL-Lechia" Sędziszów Młp | 145          | 63,60 | 60     | 63 | 65 | 80      | 82  | 90  | 147  | 191,6   | 14   |
| 6    | 28               | FIDOR OLGA              | 1998    | LKS "PZL-Lechia" Sędziszów Młp | 135          | 63,60 | 60     | 63 | 63 | 80      | 84  | 86  | 144  | 187,7   | 12   |
| nk   | 51               | SOLTYSZEWSKA MARTYNA    | 1993    | KS Raszyn                      | 140          | 63,50 | 64     | 65 | 65 | ---     | --- | --- | 0    | 0,0     | 0    |

### Medalistki w rwanie

|   |                      |       |
|---|----------------------|-------|
| 1 | KRASKA KATARZYNA     | 78 kg |
| 2 | CZOP EWELINA         | 70 kg |
| 3 | MICHALSKA ALEKSANDRA | 68 kg |

### Medalistki w podrzucie

|   |                      |        |
|---|----------------------|--------|
| 1 | KRASKA KATARZYNA     | 106 kg |
| 2 | CZOP EWELINA         | 90 kg  |
| 3 | MICHALSKA ALEKSANDRA | 87 kg  |

Kat. 71 kg

Data startu: 21.06.2019

Godz. startu: 1800

| B-CB | Numer<br>konceny | NAZWISKO I IMIĘ       | ROK UR. | KLUB                      | WYNIK<br>ZŁ. | WAGA  | RWANIE |    |    | PODRZUT |     |     | 200J | WIELKAR | PKT. |
|------|------------------|-----------------------|---------|---------------------------|--------------|-------|--------|----|----|---------|-----|-----|------|---------|------|
|      |                  |                       |         |                           |              |       | 1      | 2  | 3  | 1       | 2   | 3   |      |         |      |
| 1    | 75               | <b>WIÓR JOLANTA</b>   | 1995    | GKS Andaluzja Piekary Śl. | 200          | 70,40 | 85     | 88 | 90 | 100     | 103 | --- | 191  | 235,0   | 30   |
| 2    | 52               | RUTKOWSKA MILENA      | 2001    | CLKS Mazovia Ciechanów    | 180          | 70,20 | 78     | 81 | 84 | 97      | 101 | 103 | 184  | 226,7   | 25   |
| 3    | 59               | KRÓL JULITA           | 1986    | HKS "Szopieniec"          | 170          | 70,90 | 76     | 79 | 82 | 94      | 96  | 96  | 175  | 214,5   | 22   |
| 4    | 8                | KACZMARCZYK ANDZELIKA | 2002    | UOLKA Ostrow Maz.         | 170          | 67,80 | 75     | 78 | 80 | 94      | 94  | 97  | 174  | 218,5   | 18   |
| 5    | 54               | PAWLIK NATALIA        | 2000    | LKS Polwica Wierzbno      | 170          | 70,40 | 77     | 80 | 83 | 87      | 90  | 93  | 173  | 212,9   | 14   |
| 6    | 60               | KACZOROWSKA JULIA     | 2003    | UOLKA Ostrow Maz.         | 140          | 66,60 | 60     | 60 | 65 | 75      | 78  | 78  | 140  | 177,6   | 12   |
| 7    | 76               | CIEŚLAK KLARA         | 2001    | LKS Dobryszycze           | 140          | 70,90 | 60     | 65 | 67 | 75      | 80  | 82  | 140  | 171,6   | 10   |
| 8    | 71               | KOPKA ALEKSANDRA      | 2000    | LKS Omega Kleszczów       | 140          | 70,60 | 57     | 60 | 63 | 70      | 75  | 78  | 130  | 159,7   | 8    |
| nk   | 24               | ANDREJCZUK PATRYCJA   | 1998    | UKS Talent Wrocław        | 140          | 65,50 | 60     | 62 | 64 | ---     | --- | --- | 0    | 0,0     | 0    |
| nk   | 90               | MAŁECKA KAROLINA      | 2001    | UOLKA Ostrow Maz.         | 110          | 68,30 | 48     | 51 | 53 | 60      | 60  | 60  | 0    | 0,0     | 0    |

### Medalistki w rwanie

|   |                  |       |
|---|------------------|-------|
| 1 | WIÓR JOLANTA     | 83 kg |
| 2 | PAWLIK NATALIA   | 83 kg |
| 3 | RUTKOWSKA MILENA | 81 kg |

### Medalistki w podrzucie

|   |                  |        |
|---|------------------|--------|
| 1 | WIÓR JOLANTA     | 103 kg |
| 2 | RUTKOWSKA MILENA | 103 kg |
| 3 | KRÓL JULITA      | 96 kg  |