

**Protokół zawodów**  
**Akademickie Mistrzostwa Śląska w Trójboku Siłowym Klasycznym**  
Dąbrowa Górnicza, 17 marca 2024

**Kobiety**

| Miejsce | Nazwisko i imię /rocznik | Klub                                 | Waga ciała | Wsp. IPFGL | Nr losowy | Przysiad |       |       |       | Wyciskanie leżąc |      |       |       | Martwy ciąg |       |        |       | Wynik TSK | Punkty IPF GL | Punkty druż. |
|---------|--------------------------|--------------------------------------|------------|------------|-----------|----------|-------|-------|-------|------------------|------|-------|-------|-------------|-------|--------|-------|-----------|---------------|--------------|
|         |                          |                                      |            |            |           | 1        | 2     | 3     | Wynik | 1                | 2    | 3     | Wynik | 1           | 2     | 3      | Wynik |           |               |              |
| Open    |                          |                                      |            |            |           |          |       |       |       |                  |      |       |       |             |       |        |       |           |               |              |
| 1       | Broncel Agnieszka        | AWF Katowice                         | 48,00      | 0,27156    | 13        | 100,0    | 105,0 | 0,0   | 105,0 | 55,0             | 57,5 | -60,0 | 57,5  | 110,0       | 115,0 | -120,0 | 115,0 | 277,5     | 75,358371     | 10           |
| 2       | Warchał Karolina         | Akademia WSB Dąbrowa Górnicza        | 70,10      | 0,20538    | 18        | 110,0    | 115,0 | 120,0 | 120,0 | 65,0             | 67,5 | 70,0  | 70,0  | 140,0       | 147,5 | -152,5 | 147,5 | 337,5     | 69,316672     | 8            |
| 3       | Gwiżdż Laura             | Śląski Uniwersytet Medyczny Katowice | 58,40      | 0,23041    | 9         | 87,5     | -92,5 | -92,5 | 87,5  | 52,5             | 55,0 | 57,5  | 57,5  | 110,0       | 115,0 | 120,0  | 120,0 | 265,0     | 61,058956     | 7            |
| 4       | Twardowska Magdalena     | Politechnika Śląska Gliwice          | 71,90      | 0,20264    | 95        | 77,5     | 85,0  | 90,0  | 90,0  | -67,5            | 70,0 | -75,0 | 70,0  | 110,0       | 115,0 | 120,0  | 120,0 | 280,0     | 56,739266     | 6            |
| 5       | Dajka Aleksandra         | Politechnika Śląska Gliwice          | 46,80      | 0,27838    | 1         | 65,0     | 70,0  | 75,0  | 75,0  | 30,0             | 35,0 | 40,0  | 40,0  | 85,0        | -95,0 | -95,0  | 85,0  | 200,0     | 55,675889     | 5            |
| 6       | Przywarka Hanna          | Uniwersytet Ekonomiczny w Katowicach | 72,20      | 0,20220    | 41        | 70,0     | -77,5 | -82,5 | 70,0  | 45,0             | 50,0 | -52,5 | 50,0  | 95,0        | 105,0 | 115,0  | 115,0 | 235,0     | 47,518047     | 4            |
| 7       | Wołoszyk Ewelina         | Uniwersytet WSB Merito Chorzów       | 62,30      | 0,22038    | 24        | -67,5    | -67,5 | 67,5  | 67,5  | -40,0            | 40,0 | -45,0 | 40,0  | 85,0        | 90,0  | -95,0  | 90,0  | 197,5     | 43,524388     | 3            |
| 8       | Barańska Wiktoria        | Śląski Uniwersytet Medyczny Katowice | 73,50      | 0,20038    | 95        | 50,0     | -60,0 | -65,0 | 50,0  | 30,0             | 35,0 | 40,0  | 40,0  | 70,0        | 80,0  | -100,0 | 80,0  | 170,0     | 34,064936     | 2            |

**Mężczyźni**

| Miejsce         | Nazwisko i imię /rocznik | Klub                                 | Waga ciała | Wsp. IPFGL | Nr losowy | Przysiad |        |        |       | Wyciskanie leżąc |        |        |       | Martwy ciąg |        |       |       | Wynik TSK | Punkty IPF GL | Punkty druż. |
|-----------------|--------------------------|--------------------------------------|------------|------------|-----------|----------|--------|--------|-------|------------------|--------|--------|-------|-------------|--------|-------|-------|-----------|---------------|--------------|
|                 |                          |                                      |            |            |           | 1        | 2      | 3      | Wynik | 1                | 2      | 3      | Wynik | 1           | 2      | 3     | Wynik |           |               |              |
| Kategoria 59 kg |                          |                                      |            |            |           |          |        |        |       |                  |        |        |       |             |        |       |       |           |               |              |
| 1               | Czyżycki Jakub           | Uniwersytet Śląski Katowice          | 58,90      | 0,16562    | 11        | 87,5     | 92,5   | 100,0  | 100,0 | 65,0             | 70,0   | -72,5  | 70,0  | 112,5       | 117,5  | 122,5 | 122,5 | 292,5     | 48,444893     | 10           |
| 2               | Trębacz Mateusz          | Uniwersytet Śląski Katowice          | 47,60      | 0,18573    | 22        | 90,0     | -95,0  | -95,0  | 90,0  | 67,5             | 72,5   | 75,0   | 75,0  | 110,0       | 117,5  | 120,0 | 120,0 | 285,0     | 52,933226     | 8            |
| Kategoria 66 kg |                          |                                      |            |            |           |          |        |        |       |                  |        |        |       |             |        |       |       |           |               |              |
| 1               | Lata Marcin              | Uniwersytet Śląski Katowice          | 65,70      | 0,15626    | 35        | -135,0   | -135,0 | 140,0  | 140,0 | 90,0             | 97,5   | 105,0  | 105,0 | 160,0       | 170,0  | 180,0 | 180,0 | 425,0     | 66,410689     | 10           |
| 2               | Żuchowski Mateusz        | Politechnika Śląska Gliwice          | 63,00      | 0,15978    | 19        | -100,0   | -110,0 | 110,0  | 110,0 | 95,0             | -102,5 | -102,5 | 95,0  | 100,0       | 115,0  | 130,0 | 130,0 | 335,0     | 53,526101     | 8            |
| 3               | Sumara Benjamin          | Akademia WSB Dąbrowa Górnicza        | 65,20      | 0,15689    | 25        | 90,0     | 100,0  | -110,0 | 100,0 | 70,0             | 80,0   | 85,0   | 85,0  | 120,0       | 140,0  | 150,0 | 150,0 | 335,0     | 52,559446     | 7            |
| Kategoria 74 kg |                          |                                      |            |            |           |          |        |        |       |                  |        |        |       |             |        |       |       |           |               |              |
| 1               | Knobloch Jakub           | Śląski Uniwersytet Medyczny Katowice | 70,50      | 0,15057    | 3         | 170,0    | 180,0  | 0,0    | 180,0 | 102,5            | 110,0  | 115,0  | 115,0 | 190,0       | -205,0 | 205,0 | 205,0 | 500,0     | 75,282547     | 10           |
| 2               | Sobczyk Jan              | Politechnika Śląska Gliwice          | 73,00      | 0,14785    | 23        | 120,0    | 130,0  | 140,0  | 140,0 | 100,0            | -105,0 | 105,0  | 105,0 | 165,0       | 175,0  | 180,0 | 180,0 | 425,0     | 62,836820     | 8            |
| 3               | Duda Kacper              | Akademia WSB Dąbrowa Górnicza        | 71,50      | 0,14946    | 26        | 120,0    | -130,0 | 137,5  | 137,5 | 95,0             | -100,0 | 0,0    | 95,0  | -180,0      | 180,0  | 185,0 | 185,0 | 417,5     | 62,399631     | 7            |
| 4               | Biernat Tomisław         | Uniwersytet Ekonomiczny w Katowicach | 70,90      | 0,15012    | 10        | 90,0     | 100,0  | 105,0  | 105,0 | 90,0             | 95,0   | -100,0 | 95,0  | 150,0       | 160,0  | 0,0   | 160,0 | 360,0     | 54,043184     | 6            |

|                        |                    |                                      |       |         |    |        |       |        |       |        |        |        |       |        |        |        |       |       |           |    |
|------------------------|--------------------|--------------------------------------|-------|---------|----|--------|-------|--------|-------|--------|--------|--------|-------|--------|--------|--------|-------|-------|-----------|----|
| <b>Kategoria 83 kg</b> |                    |                                      |       |         |    |        |       |        |       |        |        |        |       |        |        |        |       |       |           |    |
| 1                      | Rogoziański Szymon | AWF Katowice                         | 81,80 | 0,13945 | 14 | 180,0  | 190,0 | -200,0 | 190,0 | 140,0  | 145,0  | -150,0 | 145,0 | 210,0  | -220,0 | 0,0    | 210,0 | 545,0 | 76,000562 | 10 |
| 2                      | Zduńczyk Dawid     | Politechnika Śląska Gliwice          | 81,20 | 0,13997 | 45 | 165,0  | 177,5 | 185,0  | 185,0 | 100,0  | 107,5  | 110,0  | 110,0 | -160,0 | 160,0  | 170,0  | 170,0 | 465,0 | 65,087256 | 8  |
| 3                      | Mika Marcel        | Politechnika Śląska Gliwice          | 80,30 | 0,14077 | 30 | 165,0  | 170,0 | 175,0  | 175,0 | -105,0 | 110,0  | -112,5 | 110,0 | 165,0  | 170,0  | 177,5  | 177,5 | 462,5 | 65,105433 | 7  |
| 4                      | Banyś Wojciech     | Śląski Uniwersytet Medyczny Katowice | 83,00 | 0,13843 | 28 | 140,0  | 145,0 | 155,0  | 155,0 | 105,0  | 115,0  | -120,0 | 115,0 | 160,0  | 170,0  | 180,0  | 180,0 | 450,0 | 62,291962 | 6  |
| 5                      | Mikółka Kacper     | Śląski Uniwersytet Medyczny Katowice | 75,70 | 0,14509 | 16 | 150,0  | 160,0 | -170,0 | 160,0 | 105,0  | -115,0 | -115,0 | 105,0 | 170,0  | 180,0  | -197,5 | 180,0 | 445,0 | 64,566745 | 5  |
| 6                      | Lato Bartosz       | Uniwersytet WSB Merito Chorzów       | 82,70 | 0,13868 | 33 | -135,0 | 145,0 | 152,5  | 152,5 | 92,5   | -100,0 | -100,0 | 92,5  | 175,0  | 185,0  | 195,0  | 195,0 | 440,0 | 61,019249 | 4  |
| 7                      | Bańkowski Olaf     | Politechnika Śląska Gliwice          | 81,30 | 0,13989 | 34 | 100,0  | 110,0 | 117,5  | 117,5 | -105,0 | 105,0  | -107,5 | 105,0 | 140,0  | 145,0  | 152,5  | 152,5 | 375,0 | 52,456919 | 3  |
| 8                      | Drzazga Jan        | Akademia WSB Dąbrowa Górnicza        | 81,00 | 0,14015 | 8  | 100,0  | 115,0 | 120,0  | 120,0 | 100,0  | -105,0 | 0,0    | 100,0 | 140,0  | 150,0  | -160,0 | 150,0 | 370,0 | 51,854803 | 2  |
| 9                      | Majewski Konrad    | Uniwersytet Śląski Katowice          | 78,80 | 0,14213 | 8  | 120,0  | 130,0 | -135,0 | 130,0 | 90,0   | -100,0 | -100,0 | 90,0  | -140,0 | 140,0  | -142,5 | 140,0 | 360,0 | 51,166962 | 1  |

| Miejsce          | Nazwisko i imię /rocznik | Klub                                   | Waga ciała | Wsp. IPFGL | Nr losowy | Przysiad |        |        |       | Wyciskanie leżąc |        |        |       | Martwy ciąg |        |        |       | Wynik TSK | Punkty IPF GL | Punkty druż. |
|------------------|--------------------------|----------------------------------------|------------|------------|-----------|----------|--------|--------|-------|------------------|--------|--------|-------|-------------|--------|--------|-------|-----------|---------------|--------------|
|                  |                          |                                        |            |            |           | 1        | 2      | 3      | Wynik | 1                | 2      | 3      | Wynik | 1           | 2      | 3      | Wynik |           |               |              |
| Kategoria 93 kg  |                          |                                        |            |            |           |          |        |        |       |                  |        |        |       |             |        |        |       |           |               |              |
| 1                | Jarek Michał             | Śląski Uniwersytet Medyczny Katowice   | 92,40      | 0,13124    | 40        | 215,0    | 225,0  | -235,0 | 225,0 | 120,0            | -125,0 | 0,0    | 120,0 | 280,0       | 290,0  | 305,0  | 305,0 | 650,0     | 85,302938     | 10           |
| 2                | Bujara Paweł             | Politechnika Śląska Gliwice            | 90,50      | 0,13258    | 4         | -227,5   | -227,5 | 227,5  | 227,5 | 120,0            | 125,0  | -130,0 | 125,0 | 252,5       | 267,5  | -282,5 | 267,5 | 620,0     | 82,199470     | 8            |
| 3                | Breguła Dawid            | Akademia WSB Dąbrowa Górnicza          | 92,30      | 0,13130    | 5         | 210,0    | 217,5  | -220,0 | 217,5 | 125,0            | 132,5  | -135,0 | 132,5 | -220,0      | 220,0  | -225,0 | 220,0 | 570,0     | 74,843732     | 7            |
| 4                | Demel Karol              | Śląski Uniwersytet Medyczny Katowice   | 91,20      | 0,13208    | 12        | -175,0   | 180,0  | -200,0 | 180,0 | 120,0            | -125,0 | -125,0 | 120,0 | 200,0       | 210,0  | 225,0  | 225,0 | 525,0     | 69,341217     | 6            |
| 5                | Karwacki Kamil           | Politechnika Śląska Gliwice            | 88,90      | 0,13375    | 44        | 170,0    | 182,5  | -190,0 | 182,5 | -90,0            | 95,0   | -100,0 | 95,0  | 185,0       | 195,0  | 210,0  | 210,0 | 487,5     | 65,204325     | 5            |
| 6                | Lisowski Radosław        | Uniwersytet Śląski Katowice            | 91,70      | 0,13172    | 17        | 100,0    | 110,0  | 120,0  | 120,0 | 85,0             | -95,0  | -95,0  | 85,0  | 140,0       | 150,0  | 160,0  | 160,0 | 365,0     | 48,079523     | 4            |
| 7                | Mordarski Jakub          | Śląski Uniwersytet Medyczny Katowice   | 84,90      | 0,13686    | 37        | 80,0     | 110,0  | 125,0  | 125,0 | -80,0            | 85,0   | -95,0  | 85,0  | 100,0       | 125,0  | 140,0  | 140,0 | 350,0     | 47,900282     | 3            |
| Kategoria 105 kg |                          |                                        |            |            |           |          |        |        |       |                  |        |        |       |             |        |        |       |           |               |              |
| 1                | Tempka Jakub             | Śląski Uniwersytet Medyczny Katowice   | 102,90     | 0,12464    | 27        | -250,0   | 250,0  | 270,0  | 270,0 | 170,0            | 175,0  | -180,0 | 175,0 | 270,0       | 290,0  | -300,0 | 290,0 | 735,0     | 91,607138     | 10           |
| 2                | Szuścik Szymon           | Śląska Wyższa Szkoła Medyczna Katowice | 95,10      | 0,12941    | 6         | -190,0   | 200,0  | -205,0 | 200,0 | 100,0            | 105,0  | -107,5 | 105,0 | 215,0       | 225,0  | -235,0 | 225,0 | 530,0     | 68,587001     | 8            |
| 3                | Śliwka Dominik           | Akademia WSB Dąbrowa Górnicza          | 103,90     | 0,12407    | 7         | 175,0    | 190,0  | 200,0  | 200,0 | 95,0             | 100,0  | 107,5  | 107,5 | 180,0       | 192,5  | -207,5 | 192,5 | 500,0     | 62,036096     | 7            |
| 4                | Foltyn Michał            | Akademia WSB Dąbrowa Górnicza          | 104,80     | 0,12357    | 7         | 150,0    | -160,0 | 170,0  | 170,0 | 125,0            | -132,5 | -132,5 | 125,0 | 190,0       | 200,0  | -207,5 | 200,0 | 495,0     | 61,169060     | 6            |
|                  |                          |                                        |            |            |           |          |        |        |       |                  |        |        |       |             |        |        |       |           |               |              |
| Kategoria 120 kg |                          |                                        |            |            |           |          |        |        |       |                  |        |        |       |             |        |        |       |           |               |              |
| 1                | Kruszewski Filip         | Śląski Uniwersytet Medyczny Katowice   | 111,10     | 0,12030    | 20        | 210,0    | -220,0 | 220,0  | 220,0 | 125,0            | 132,5  | -140,0 | 132,5 | 250,0       | -265,0 | -265,0 | 250,0 | 602,5     | 72,481589     | 10           |

#### Klasyfikacja najlepszego zawodnika

|   |              |                                      |        |         |    |        |        |        |       |       |        |        |       |       |       |        |       |       |           |    |
|---|--------------|--------------------------------------|--------|---------|----|--------|--------|--------|-------|-------|--------|--------|-------|-------|-------|--------|-------|-------|-----------|----|
| 1 | Tempka Jakub | Śląski Uniwersytet Medyczny Katowice | 102,90 | 0,12464 | 27 | -250,0 | 250,0  | 270,0  | 270,0 | 170,0 | 175,0  | -180,0 | 175,0 | 270,0 | 290,0 | -300,0 | 290,0 | 735,0 | 91,607138 | 10 |
| 2 | Jarek Michał | Śląski Uniwersytet Medyczny Katowice | 92,40  | 0,13124 | 40 | 215,0  | 225,0  | -235,0 | 225,0 | 120,0 | -125,0 | 0,0    | 120,0 | 280,0 | 290,0 | 305,0  | 305,0 | 650,0 | 85,302938 | 10 |
| 3 | Bujara Paweł | Politechnika Śląska Gliwice          | 90,50  | 0,13258 | 4  | -227,5 | -227,5 | 227,5  | 227,5 | 120,0 | 125,0  | -130,0 | 125,0 | 252,5 | 267,5 | -282,5 | 267,5 | 620,0 | 82,199470 | 8  |

#### Klasyfikacja drużynowa

| Uczelnia                               | Pkt. | Kobiety | 59    | 66 | 74 | 83      | 93       | 105  | 120 |
|----------------------------------------|------|---------|-------|----|----|---------|----------|------|-----|
| Śląski Uniwersytet Medyczny Katowice   | 53   | 7, 2    | 0     | 0  | 10 | 6, 5    | 10, 6, 3 | 10   | 10  |
| Politechnika Śląska Gliwice            | 45   | 6, 5    | 0     | 8  | 8  | 8, 7, 3 | 8, 5     | 0    | 0   |
| Akademia WSB Dąbrowa Górnicza          | 42   | 8       | 0     | 7  | 7  | 2       | 7        | 7, 6 | 0   |
| Uniwersytet Śląski Katowice            | 33   | 0       | 10, 8 | 10 | 0  | 1       | 4        | 0    | 0   |
| AWF Katowice                           | 20   | 10      | 0     | 0  | 0  | 10      | 0        | 0    | 0   |
| Uniwersytet Ekonomiczny w Katowicach   | 10   | 4       | 0     | 0  | 6  | 0       | 0        | 0    | 0   |
| Śląska Wyższa Szkoła Medyczna Katowice | 8    | 0       | 0     | 0  | 0  | 0       | 0        | 8    | 0   |
| Uniwersytet WSB Merito Chorzów         | 7    | 3       | 0     | 0  | 0  | 4       | 0        | 0    | 0   |