

MISTRZOSTWA POLSKI GPC 2025
ZALESIE
12-13 KWIETEN 2025

ONLY BENCH PRESS

Name	Country	City	Birthday	Weight	Ben 1	Ben 2	Ben 3	Ben 4	Best benchpress	Total	Absolute	Absolute (OPEN)
RAW NOT TESTED												
Male (Teenagers 13-15)												
-56 кг												
1 Maliszewski Filip	Poland	Zalesie, POL	2009-08-23	56,00	72,50	77,50	82,50	-	82,50	82,50	155,079	131,423
-60 кг												
1 Makarewicz Sebastian	Poland	Zalesie, POL	2010-09-13	60,00	65,00	70,00	75,00	-	75,00	75,00	131,272	106,725
-67.5 кг												
1 Kotsaga Kyrylo	Ukraine	Lutsk, UKR	2010-07-21	62,00	85,00	90,00	92,50	95,00	92,50	92,50	155,189	126,17
- Miller Julian	Poland	Poland	2010-09-08	66,50	70,00	70,00	77,50	-	0,00	0,00	0	0
-82.5 кг												
1 Szutko Kamil	Poland	Poland	2010-11-19	82,00	70,00	72,50	75,00	-	72,50	72,50	92,207	74,965
Male (Teenagers 16-17)												
-75 кг												
1 Przewodek Mikołaj	Poland	Warszawa, POL	2008-12-09	74,10	135,00	142,50	148,00	150,00	148,00	148,00	189,316	167,536
-82.5 кг												
1 Demczuk Aleksander	Poland	Zalesie, POL Rzepin, Athletic Team,	2008-08-25	82,40	95,00	102,50	107,50	-	107,50	107,50	125,241	110,833
2 Graszka Alan	Poland	POL	2008-06-06	81,20	90,00	95,00	97,50	-	95,00	95,00	112,073	99,18
3 Rogala Mikołaj	Poland	Poland	2008-04-25	81,15	75,00	82,50	85,00	-	85,00	85,00	100,276	88,74
-90 кг												
1 Vasin Daniil	Ukraine	Kryvyy Rig, UKR	2007-07-31	88,40	145,00	155,00	160,00	-	155,00	155,00	164,219	152,055
2 Pieniak Kacper	Poland	Zalesie, POL	2007-07-31	88,00	140,00	145,00	145,00	-	140,00	140,00	148,63	137,62
3 Kania Krzysztof	Poland	Poland	2008-05-07	85,50	95,00	102,50	107,50	-	107,50	107,50	121,718	107,715
4 Jadczyk Antoni	Poland	Zalesie, POL	2008-01-21	87,30	90,00	95,00	100,00	-	95,00	95,00	101,369	93,86
5 Genca Sebastian	Poland	Poland	2007-04-20	89,00	67,50	72,50	77,50	-	77,50	77,50	81,691	75,64
-100 кг												
- Janik Patryk	Poland	Poland	2007-11-25	91,80	115,00	115,00	115,00	-	0,00	0,00	0	0
-110 кг												
1 Kobyliński Marcel	Poland	Poland	2008-09-25	101,00	62,50	67,50	67,50	-	62,50	62,50	64,339	56,938
-125 кг												
1 Wawer Kamil	Poland	Poland	2008-12-17	114,90	95,00	100,00	105,00	-	105,00	105,00	103,581	91,665
Male (Teenagers 18-19)												
-60 кг												
1 Grabiec Przemysław	Poland	Zalesie, POL	2006-01-21	57,90	75,00	80,00	82,50	-	75,00	75,00	117,468	112,95
-75 кг												
1 Galyga Volodymyr	Ukraine	Tysmenytsya	2005-08-16	74,15	110,00	115,00	120,00	-	110,00	110,00	129,501	124,52

	2	Jarosz Mateusz	Poland	Rzepin, Athletic Team, POL	2007-01-30	74,10	90,00	92,50	92,50 -	90,00	90,00	107,993	101,88	
	3	Łukanowski Gabriel	Poland	Zalesie, POL	2006-11-08	71,10	85,00	85,00	92,50 -	85,00	85,00	106,138	100,13	
-82.5 кг														
	1	Kozakiewicz Kacper	Poland	Zalesie, POL	2005-11-24	78,50	120,00	125,00	130,00 -	125,00	125,00	139,36	134	
-90 кг														
	1	Duda Adam	Poland	Zalesie, POL	2006-03-30	87,50	127,50	132,50	132,50 -	127,50	127,50	130,876	125,843	
	2	Biatecki Paweł	Poland	Poland	2004-05-19	87,90	97,50	102,50	105,00 -	105,00	105,00	106,528	103,425	
-100 кг														
	1	Soboń Jakub	Poland	Poland	2006-07-03	95,20	100,00	100,00	110,00 -	100,00	100,00	99,322	93,7	
-110 кг														
	1	Zyśk Karol	Poland	Poland	2007-05-09	108,20	147,50	152,50	157,50	162,50	162,50	151,389	140,175	
	2	Kosiński Kacper	Poland	Zalesie, POL	2006-12-13	106,30	145,00	150,00	150,00	152,50	150,00	150,00	142,146	134,1
Male (Juniors 20-23)														
-75 кг														
	1	Panaś Artur	Poland	Poland	2001-10-14	73,55	85,00	95,00	102,50 -	95,00	95,00	108,205	108,205	
-82.5 кг														
	1	Wilczyński Filip	Poland	Poland	2002-09-06	81,00	115,00	125,00	135,00 -	135,00	135,00	142,349	140,94	
-125 кг														
	1	Ligas Stanisław	Poland	Podstanga	2001-09-01	123,90	150,00	150,00	162,50 -	162,50	162,50	139,588	139,588	
Male (Open)														
-67.5 кг														
	1	Różnicki Remigiusz	Poland	Bolesławiec, POL	1996-10-29	66,40	130,00	137,50	140,00 -	137,50	137,50	173,663	173,663	
	2	Kotsaga Kyrylo	Ukraine	Lutsk, UKR	2010-07-21	62,00	85,00	90,00	92,50	95,00	92,50	92,50	126,17	126,17
-75 кг														
	1	Wólkiewicz Łukasz	Poland	Wroclaw, POL	1987-02-14	73,80	162,50	167,50	172,50 -	172,50	172,50	195,96	195,96	
	2	Sokołowski Marcin	Poland	Łomża, Łomżyńskie Stowarzyszenie Sportów Siłowych	1997-09-29	72,10	135,00	140,00	142,50 -	140,00	140,00	162,68	162,68	
	3	Duda Szczepan	Poland	Poland	2000-11-08	73,10	132,50	140,00	142,50 -	132,50	132,50	151,978	151,978	
	4	Gmurczyk Kamil	Poland	Poland	2000-02-07	74,25	115,00	120,00	120,00 -	120,00	120,00	135,36	135,36	
-82.5 кг														
	1	Kryvorotko Serhii	Ukraine	Khorol, UKR	1995-11-01	81,50	175,00	182,50	185,00 -	182,50	182,50	189,618	189,618	
	2	Żulczyk Łukasz	Poland	Łasin, POL	1987-02-24	81,75	160,00	165,00	165,00 -	160,00	160,00	165,76	165,76	
	3	Gieraga Przemysław	Poland	Tytan Team	1994-06-29	81,40	130,00	135,00	145,00 -	135,00	135,00	140,535	140,535	
	4	Kawczyński Przemysław	Poland	Olsztyn, POL	1994-03-27	82,00	125,00	130,00	135,00 -	135,00	135,00	139,59	139,59	
	5	Plichta Łukasz	Poland	Poland	1990-11-29	81,40	120,00	127,50	130,00 -	120,00	120,00	124,92	124,92	
-90 кг														
	1	Helman Konrad	Poland	Poland	1993-06-27	88,70	190,00	192,50	192,50 -	190,00	190,00	186,01	186,01	
	2	Chołuj Patryk	Poland	Poland	1999-03-21	87,20	160,00	165,00	170,00 -	165,00	165,00	163,35	163,35	
	3	Balcer Marcin	Poland	Kozy, POL	1990-08-07	89,80	140,00	155,00	162,50 -	155,00	155,00	150,35	150,35	
	4	Besztak Kamil	Poland	Poland	1993-10-11	89,80	145,00	155,00	155,00 -	145,00	145,00	140,65	140,65	
-100 кг														
	1	Ślósarek Łukasz	Poland	Wroclaw, POL	1987-07-14	98,80	210,00	215,00	220,00 -	215,00	215,00	197,8	197,8	

	2	Popowski Andrzej	Poland	Poland	1995-11-05	99,00	165,00	172,50	177,50 -	177,50	177,50	163,123	163,123
	3	Drzymalski Karol	Poland	Poland	1983-01-09	93,90	170,00	170,00	170,00 -	170,00	170,00	160,48	160,48
	4	Grosfeld Krystian	Poland	Poland	1987-12-17	99,80	165,00	170,00	172,50 -	170,00	170,00	155,72	155,72
-110 кг													
	1	Perzyło Michał	Poland	Poland	1999-05-13	102,50	195,00	207,50	212,50 -	212,50	212,50	192,525	192,525
	2	Wroński Remiliusz	Poland	Tytan Team	1992-10-25	103,70	150,00	157,50	165,00 -	165,00	165,00	148,995	148,995
-125 кг													
	1	Prawdzik Karol	Poland	Poland	1992-01-01	113,70	210,00	220,00	225,00 -	225,00	225,00	197,1	197,1
	2	Sztachelek Paweł	Poland	Orzysz, POL	1991-07-21	114,60	190,00	195,00	200,00 -	200,00	200,00	174,6	174,6
	3	Koziątek Michał	Poland	Poland	1995-01-09	117,00	185,00	192,50	200,00 -	200,00	200,00	173,8	173,8
-140 кг													
	1	Czaja Marcin	Poland	Tytan Team	1976-04-06	134,50	110,00	120,00	0,00 -	120,00	120,00	101,64	101,64
-		Szakowski Patryk	Poland	Poland	1992-06-16	130,50	180,00	180,00	180,00 -	0,00	0,00	0	0
Male (Masters 40-44)													
-82.5 кг													
	1	Dąbrowski Damian	Poland	Poland	1983-04-08	82,25	110,00	115,00	120,00 -	115,00	115,00	120,936	118,565
-100 кг													
	1	Perski Piotr	Poland	Poland	1981-09-18	91,50	160,00	165,00	170,00 -	170,00	170,00	167,909	162,86
	2	Drzymalski Karol	Poland	Poland	1983-01-09	93,90	170,00	170,00	170,00 -	170,00	170,00	163,69	160,48
	3	Banna Daniel	Poland	Poland	1983-06-27	97,00	130,00	130,00	137,50 -	130,00	130,00	121,715	120,51
Male (Masters 45-49)													
-90 кг													
	1	Niedziela Sebastian	Poland	Tytan Team	1979-04-02	86,40	170,00	175,00	175,00 -	175,00	175,00	186,152	174,3
-100 кг													
	1	Zakrzewski Krzysztof	Poland	Rzepin, Athletic Team, POL	1977-12-09	99,60	200,00	210,00	215,00 -	210,00	210,00	208,361	192,57
-110 кг													
	1	Łukomski Adam	Poland	Tytan Team	1975-12-15	109,70	160,00	165,00	172,50 -	165,00	165,00	162,709	146,19
	2	Homanowski Edward	Poland	Tytan Team	1976-01-11	104,60	140,00	150,00	155,00 -	150,00	150,00	150,088	134,85
-140 кг													
	1	Makarewicz Marek	Poland	Bezledy, POL	1979-04-09	126,90	195,00	200,00	202,50 -	202,50	202,50	185,127	173,34
	2	Czaja Marcin	Poland	Tytan Team	1976-04-06	134,50	110,00	120,00	0,00 -	120,00	120,00	113,125	101,64
Male (Masters 50-54)													
-82.5 кг													
	1	Szumarowski-Plewa Roch	Poland	Poland	1973-01-14	81,10	125,00	135,00	145,00 -	145,00	145,00	176,358	151,38
-90 кг													
	1	Zbierski Juliusz	Poland	Rzepin, Athletic Team, POL	1974-04-02	89,10	147,50	150,00	150,00 -	147,50	147,50	165,122	143,96
	2	Kmieciak Krzysztof	Poland	Poland	1971-03-29	88,80	120,00	130,00	140,00 -	130,00	130,00	153,077	127,14
-110 кг													
	1	Serafin Tadeusz	Poland	Warszawa, POL Rzepin, Athletic Team,	1973-01-23	101,80	200,00	205,00	210,00 -	205,00	205,00	217,092	186,345
	2	Kaliciak Wojciech	Poland	POL	1971-12-15	107,30	100,00	0,00	0,00 -	100,00	100,00	105,613	89,2
-125 кг													
	1	Bortkun Jacek	Poland	Poland	1973-08-13	114,70	180,00	185,00	195,00 -	185,00	185,00	185,246	161,505

	2	Prętkiewicz Tomasz	Poland	Tytan Team	1973-04-09	124,00	170,00	180,00	185,00 -	180,00	180,00	180,132	154,62	
-140 kg														
	1	Aletorowicz Ireneusz	Poland	Tytan Team	1974-12-20	133,40	180,00	190,00	200,00 -	190,00	190,00	182,066	161,12	
Male (Masters 55-59)														
-82.5 kg														
	1	Wysocki Zygmunt	Poland	Siedlce, POL	1966-01-11	81,50	145,00	150,00	158,00	160,00	158,00	158,00	215,873	164,162
-125 kg														
	1	Bożyczko-Jałocha Krzysztof	Poland	Jordanów, POL	1965-09-02	117,40	200,00	205,00	212,50 -	205,00	205,00	233,991	177,94	
-140 kg														
	1	Podgórski Piotr	Poland	Tytan Team	1968-02-15	133,00	150,00	155,00	155,00 -	155,00	155,00	166,666	131,44	
Male (Masters 60-64)														
-100 kg														
	1	Golus Witold	Poland	Poland	1961-07-19	91,00	60,00	70,00	72,50 -	72,50	72,50	99,005	69,673	
Male (Masters 65-69)														
-90 kg														
	1	Strzałkowski Marek	Poland	Pogórska Wola, POL	1959-10-30	89,10	140,00	145,00	150,00 -	150,00	150,00	216,672	146,4	
-100 kg														
	1	Pasieka Leszek	Poland	Nakło nad Notecią, POL	1955-08-22	95,30	157,50	162,50	170,00	172,50	170,00	170,00	255,91	158,95
Male (Masters 70-74)														
-75 kg														
	1	Koper Zbigniew	Poland	Barczewo, POL	1953-10-04	71,90	92,50	97,50	100,00 -	100,00	100,00	196,005	116,6	
-90 kg														
	1	Cabaj Zbigniew	Poland	Tychowo, POL	1955-04-10	85,90	100,00	115,00	125,00 -	125,00	125,00	205,625	125	
-100 kg														
	1	Matej Jozef	Slovak	Bardejov, SVK	1954-01-21	95,60	115,00	120,00	0,00 -	120,00	120,00	188,406	112,08	
Male (Masters 75-79)														
-90 kg														
	1	Tamiłowski Kazimierz	Poland	Łasin, POL	1948-02-02	88,00	117,50	122,50	125,00 -	125,00	125,00	235,674	122,875	
-100 kg														
	1	Cenkiel Jan	Poland	Tytan Team	1949-03-16	91,80	135,00	140,00	142,50 -	142,50	142,50	255,567	136,23	
Male (MPF)														
-56 kg														
	1	Maliszewski Filip	Poland	Zalesie, POL	2009-08-23	56,00	72,50	77,50	82,50 -	82,50	82,50	155,079	131,423	
-75 kg														
	1	Wólkiewicz Łukasz	Poland	Wrocław, POL	1987-02-14	73,80	162,50	167,50	172,50 -	172,50	172,50	195,96	195,96	
-82.5 kg														
	1	Szumarowski-Plewa Roch	Poland	Poland	1973-01-14	81,10	125,00	135,00	145,00 -	145,00	145,00	176,358	151,38	
	2	Kawczyński Przemysław	Poland	Olsztyn, POL	1994-03-27	82,00	125,00	130,00	135,00 -	135,00	135,00	139,59	139,59	
	3	Plichta Łukasz	Poland	Poland	1990-11-29	81,40	120,00	127,50	130,00 -	120,00	120,00	124,92	124,92	
	4	Demczuk Aleksander	Poland	Zalesie, POL	2008-08-25	82,40	95,00	102,50	107,50 -	107,50	107,50	125,241	110,833	
-90 kg														

	1 Balcer Marcin	Poland	Kozy, POL	1990-08-07	89,80	140,00	155,00	162,50 -	155,00	155,00	150,35	150,35
-100 кг												
	1 Popowski Andrzej	Poland	Poland	1995-11-05	99,00	165,00	172,50	177,50 -	177,50	177,50	163,123	163,123
	2 Grosfeld Krystian	Poland	Poland	1987-12-17	99,80	165,00	170,00	172,50 -	170,00	170,00	155,72	155,72
-110 кг												
	1 Perzyło Michał	Poland	Poland	1999-05-13	102,50	195,00	207,50	212,50 -	212,50	212,50	192,525	192,525
	2 Kosiński Kacper	Poland	Zalesie, POL	2006-12-13	106,30	145,00	150,00	150,00 152,50	150,00	150,00	142,146	134,1
-125 кг												
	1 Prawdzik Karol	Poland	Poland	1992-01-01	113,70	210,00	220,00	225,00 -	225,00	225,00	197,1	197,1
	2 Sztachelek Paweł	Poland	Orzysz, POL	1991-07-21	114,60	190,00	195,00	200,00 -	200,00	200,00	174,6	174,6
	3 Koziatek Michał	Poland	Poland	1995-01-09	117,00	185,00	192,50	200,00 -	200,00	200,00	173,8	173,8
Female (Teenagers 16-17)												
-48 кг (WUAP)												
	1 Sikorska Zuzanna	Poland	Poland	2009-04-23	47,95	30,00	35,00	37,50 -	35,00	35,00	96,27	81,585
-60 кг												
	1 Zagajska Aurelia	Poland	Poland	2008-10-11	59,80	55,00	57,50	60,00 -	57,50	57,50	116,24	102,868
-	Szafrańska Nikola	Poland	Poland	2008-04-25	59,90	55,00	60,00	60,00 -	0,00	0,00	0	0
-82.5 кг												
	1 Kucharewicz Kornelia	Poland	Poland	2008-05-12	80,10	50,00	60,00	62,50 -	60,00	60,00	101,497	89,82
Female (Teenagers 18-19)												
-56 кг												
	1 Glińska Aleksandra	Poland	Poland	2006-10-25	56,00	52,50	55,00	55,00 -	55,00	55,00	111,062	104,775
Female (Open)												
-48 кг (WUAP)												
	1 Santos Tetiana	Poland	Poland	2004-01-09	44,70	50,00	55,00	55,00 -	50,00	50,00	129,2	129,2
-52 кг												
	1 Gawkowska Kamila	Poland	Poland	2000-09-24	48,50	45,00	47,50	50,00 -	47,50	47,50	108,205	108,205
-56 кг												
	1 Kubaszewska Anna	Poland	Siedlce, POL	1995-01-21	55,90	70,00	75,00	80,00 -	80,00	80,00	153,12	153,12
	2 Weryk Paulina	Poland	Poland	1988-01-26	53,80	47,50	50,00	52,50 -	50,00	50,00	99,6	99,6
-67.5 кг												
	1 Dulowska Kamila	Poland	Poland	1996-03-19	67,20	72,50	75,00	77,50 -	75,00	75,00	123,525	123,525
-82.5 кг												
	1 Chachuła Marta	Poland	Tytan Team	1987-12-07	82,50	110,00	115,00	120,00 -	120,00	120,00	177	177
-90 кг												
	1 Kopiec Małgorzata	Poland	Tytan Team	1985-11-28	89,40	165,00	170,00	176,50 -	176,50	176,50	251,513	251,513
Female (MPF)												
-56 кг												
	1 Weryk Paulina	Poland	Poland	1988-01-26	53,80	47,50	50,00	52,50 -	50,00	50,00	99,6	99,6
-67.5 кг												
	1 Dulowska Kamila	Poland	Poland	1996-03-19	67,20	72,50	75,00	77,50 -	75,00	75,00	123,525	123,525
Female (Paralympians)												
-48 кг (WUAP)												
	1 Sikorska Zuzanna	Poland	Poland	2009-04-23	47,95	30,00	35,00	37,50 -	35,00	35,00	96,27	81,585
-56 кг												
	1 Kubaszewska Anna	Poland	Siedlce, POL	1995-01-21	55,90	70,00	75,00	80,00 -	80,00	80,00	153,12	153,12

SLINGSHOT NOT TESTED														
Male (Teenagers 18-19)														
-110 кг														
	1	Kosiński Kacper	Poland	Zalesie, POL	2006-12-13	106,30	190,00	200,00	205,00	-	200,00	200,00	189,528	178,8
-140 кг														
	1	Łukomski Kacper	Poland	Tytan Team	2005-12-16	134,80	250,00	300,00	300,00	300,00	250,00	250,00	219,96	211,5
Male (Juniors 20-23)														
-90 кг														
	1	Duda Adam	Poland	Zalesie, POL	2006-03-30	87,50	210,00	220,00	220,00	-	210,00	210,00	215,561	207,27
Male (Open)														
-75 кг														
	1	Wolszczak Krzysztof	Poland	Rzepin, Athletic Team, POL	1985-06-02	74,20	170,00	180,00	180,00	-	180,00	180,00	203,76	203,76
	2	Skrudlik Szymon	Poland	Kozy, POL	2001-04-07	72,00	130,00	140,00	150,00	-	140,00	140,00	162,68	162,68
-90 кг														
	1	Deptuch Dawid	Poland	Rzepin, Athletic Team, POL	1986-02-21	89,60	310,00	320,00	330,00	-	320,00	320,00	311,04	311,04
-100 кг														
	1	Popowski Andrzej	Poland	Poland	1995-11-05	99,00	200,00	215,00	225,00	-	215,00	215,00	197,585	197,585
-125 кг														
	1	Kopiec Marcin	Poland	Tytan Team	1991-07-16	123,80	200,00	230,00	250,00	-	250,00	250,00	214,75	214,75
-140 кг														
	1	Dzik Emil	Poland	Poland	1984-08-21	139,00	265,00	270,00	281,00	-	270,00	270,00	227,07	227,07
Male (Masters 40-44)														
-140 кг														
	1	Dzik Emil	Poland	Poland	1984-08-21	139,00	265,00	270,00	281,00	-	270,00	270,00	227,07	227,07
Male (Masters 45-49)														
-125 кг														
	1	Szutko Adam	Poland	Poland	1978-04-26	115,00	270,00	290,00	300,00	-	290,00	290,00	270,386	253,17
	2	Fus Paweł	Poland	Poland	1977-10-05	118,65	220,00	265,00	280,00	-	220,00	220,00	206,143	190,52
Male (Masters 50-54)														
-82.5 кг														
	1	Szumarowski-Plewa Roch	Poland	Poland	1973-01-14	81,10	135,00	150,00	160,00	-	160,00	160,00	194,602	167,04
-90 кг														
	1	Bondarenko Rostyslav	Ukraine	Smila	1972-07-21	85,70	180,00	200,00	210,00	-	210,00	210,00	245,139	210,42
Male (Masters 55-59)														
-125 кг														
DOC		Bożyczko-Jałocha Krzysztof	Poland	Jordanów, POL	1965-09-02	117,40	230,00	-	-	-	0,00	0,00	0	0
Male (Masters 65-69)														
-100 кг														
	1	Szabluk Franciszek	Poland	Zalesie, POL	1956-09-17	99,00	230,00	240,00	250,00	-	240,00	240,00	347,603	220,56
Male (MPF)														
-82.5 кг														

1 Szumarowski-Plewa Roch	Poland	Poland	1973-01-14	81,10	135,00	150,00	160,00	-	160,00	160,00	194,602	167,04
Female (Teenagers 18-19)												
-90 кг												
1 Mosor Joanna	Poland	Kozy, POL	2006-03-25	88,70	120,00	130,00	140,00	-	130,00	130,00	193,201	185,77
NOC TYTANOW IN SLINGSHOT												
Male (Open)												
-90 кг												
1 Deptuch Dawid	Poland	Rzepin, Athletic Team, POL	1986-11-28	89,60	310,00	320,00	330,00	-	320,00	320,00	311,04	311,04
-100 кг												
1 Dąbrowski Sebastian	Poland	Ruda Śląska, POL	1980-07-21	97,00	375,00	375,00	405,00	-	375,00	375,00	347,625	347,625
-110 кг												
1 Wyrwisz Tomasz	Poland	Świebodzice, POL	1987-05-03	106,50	300,00	330,00	350,00	-	330,00	330,00	295,02	295,02
-125 кг												
1 Fijałkowski Krystian	Poland	Sosnowiec, POL	1992-11-24	112,40	330,00	360,00	375,00	-	360,00	360,00	316,44	316,44

SINGLE SQUAT

Name	Country	City	Birthday	Weight	Squat 1	Squat 2	Squat 3	Squat 4	Best squat	Total	Absolute	Absolute (OPEN)
RAW NOT TESTED												
Male (Teenagers 13-15)												
-67.5 кг												
1 Miller Julian	Poland	Ząbki, POL	2010-09-08	66,50	90,00	95,00	95,00	-	95,00	95,00	146,88	119,415
Male (Teenagers 16-17)												
-82.5 кг												
1 Rogala Mikołaj	Poland	KUŹNIA TROJBOJU	2008-04-25	81,15	110,00	120,00	130,00	-	120,00	120,00	141,566	125,28
-90 кг												
1 Kania Krzysztof	Poland	KUŹNIA TROJBOJU	2008-05-07	85,50	170,00	170,00	190,00	-	170,00	170,00	192,484	170,34
2 Genca Sebastian	Poland	KUŹNIA TROJBOJU	2007-04-20	90,00	122,50	130,00	140,00	-	140,00	140,00	146,513	135,66
-100 кг												
1 Janik Patryk	Poland	KUŹNIA TROJBOJU	2007-11-25	91,80	160,00	170,00	190,00	-	160,00	160,00	165,197	152,96
-125 кг												
1 Wawer Kamil	Poland	KUŹNIA TROJBOJU	2008-12-17	114,90	170,00	170,00	200,00	-	170,00	170,00	167,703	148,41
Male (Teenagers 18-19)												
-90 кг												
1 Biatecki Paweł	Poland	Poland	2004-05-19	87,90	140,00	150,00	155,00	-	155,00	155,00	157,255	152,675
-100 кг												
1 Karbowski Jan	Poland	Poland	2005-09-26	96,80	190,00	205,00	210,00	-	210,00	210,00	202,675	194,88
-110 кг												

1	Zyśk Karol	Poland	Poland	2007-05-09	108,50	215,00	222,50	227,50	-	227,50	227,50	218,427	202,248
Male (Juniors 20-23)													
-125 kg													
1	Ligas Stanisław	Poland	Podsztangą	2001-09-01	123,80	270,00	282,50	290,00	-	290,00	290,00	249,11	249,11
Male (Open)													
-67.5 kg													
1	Różnicki Remigiusz	Poland	Bolesławiec, POL	1996-10-29	66,40	150,00	165,00	177,50	-	165,00	165,00	208,395	208,395
-75 kg													
1	Duda Szczepan	Poland	Poland	2000-11-08	73,90	205,00	215,00	225,00	-	225,00	225,00	255,6	255,6
-82.5 kg													
1	Kawczyński Przemysław	Poland	Olsztyn, POL	1994-03-27	82,00	225,00	241,00	250,00	255,00	250,00	250,00	258,5	258,5
2	Łydzziński Mariusz	Poland	Złocieniec, POL	1990-01-25	80,60	150,00	160,00	185,00	-	185,00	185,00	193,88	193,88
3	Plichta Łukasz	Poland	Poland	1990-11-29	81,40	170,00	177,50	185,00	-	177,50	177,50	184,778	184,778
-90 kg													
1	Besztak Kamil	Poland	Poland	1993-10-11	89,80	220,00	245,00	260,00	-	220,00	220,00	213,4	213,4
-100 kg													
1	Czupryn Konrad	Poland	Zalesie, POL	1989-03-15	99,50	170,00	180,00	185,00	-	185,00	185,00	169,645	169,645
-110 kg													
1	Wroński Remiliusz	Poland	Tytan Team	1992-10-25	104,15	200,00	210,00	220,00	-	210,00	210,00	189,21	189,21
-125 kg													
1	Koziatek Michał	Poland	Poland	1995-01-09	117,00	240,00	255,00	260,00	-	255,00	255,00	221,595	221,595
2	Stelmasik Grzegorz	Poland	Głogów, POL	1999-02-12	120,30	170,00	185,00	200,00	-	200,00	200,00	172,8	172,8
-140 kg													
1	Latała Marek	Poland	Poland	1997-10-22	125,70	250,00	270,00	287,50	-	270,00	270,00	231,39	231,39
140+ kg													
1	Sanewski Robert	Poland	Poland	1987-06-30	145,50	250,00	260,00	0,00	-	260,00	260,00	217,1	217,1
Male (Masters 40-44)													
-82.5 kg													
1	Dąbrowski Damian	Poland	Poland	1983-04-08	81,90	150,00	157,50	160,00	-	160,00	160,00	169,075	165,76
-100 kg													
1	Banna Daniel	Poland	Poland	1983-06-27	97,00	140,00	150,00	160,00	-	160,00	160,00	149,803	148,32
Male (Masters 45-49)													
-75 kg													
1	Tatarczak Arkadiusz	Poland	Lublin, POL	1976-01-14	73,70	172,00	180,00	190,00	-	190,00	190,00	240,864	216,41
-110 kg													
1	Homanowski Edward	Poland	Tytan Team	1976-01-11	104,60	160,00	170,00	175,00	-	175,00	175,00	175,103	157,325
-125 kg													
1	Fus Paweł	Poland	Poland	1977-10-05	119,20	160,00	175,00	190,00	222,50	190,00	190,00	178,032	164,54
Male (Masters 55-59)													
-100 kg													
1	Rufkiewicz Mariusz	Poland	Drawsko Pomorskie, POL	1967-03-23	98,40	175,00	195,00	210,00	-	210,00	210,00	249,963	193,62
Male (Masters 70-74)													
-60 kg													
1	Kaliński Antoni	Poland	Kutno, K.S.Tytan	1953-10-01	59,90	90,00	90,00	100,00	-	100,00	100,00	240,719	143,2

-75 кг														
	1	Baek Stanisław	Poland	Poland	1955-02-22	73,40	100,00	105,00	110,00	-	110,00	110,00	206,826	125,73
-90 кг														
	1	Cabaj Zbigniew	Poland	Tychowo, POL	1955-04-10	85,90	130,00	140,00	150,00	-	150,00	150,00	246,75	150
Male (MPF)														
-82.5 кг														
	1	Kawczyński Przemysław	Poland	Olsztyn, POL	1994-03-27	82,00	225,00	241,00	250,00	255,00	250,00	250,00	258,5	258,5
	2	Łydzziński Mariusz	Poland	Złoceniec, POL	1990-01-25	80,60	150,00	160,00	185,00	-	185,00	185,00	193,88	193,88
	3	Plichta Łukasz	Poland	Poland	1990-11-29	81,40	170,00	177,50	185,00	-	177,50	177,50	184,778	184,778
-100 кг														
	1	Czupryn Konrad	Poland	Zalesie, POL	1989-03-15	99,50	170,00	180,00	185,00	-	185,00	185,00	169,645	169,645
-125 кг														
	1	Koziatek Michał	Poland	Poland	1995-01-09	117,00	240,00	255,00	260,00	-	255,00	255,00	221,595	221,595
Female (Teenagers 16-17)														
-60 кг														
	1	Szafrańska Nikola	Poland	Poland	2008-04-25	60,00	90,00	102,50	102,50	-	102,50	102,50	206,516	182,758
-82.5 кг														
	1	Kucharewicz Kornelia	Poland	Poland	2008-05-12	80,10	90,00	95,00	106,00	110,00	110,00	106,00	179,311	158,682
Female (Open)														
-52 кг														
	1	Gawkowska Kamila	Poland	Poland	2000-09-24	48,50	80,00	85,00	90,00	-	90,00	90,00	205,02	205,02
-56 кг														
	1	Weryk Paulina	Poland	Poland	1988-01-26	55,00	95,00	100,00	100,00	-	95,00	95,00	184,49	184,49
-67.5 кг														
	1	Dulowska Kamila	Poland	Poland	1996-03-19	67,20	105,00	115,00	125,00	-	125,00	125,00	205,875	205,875
Female (Masters 40-44)														
-67.5 кг														
	1	Požoga Alina	Poland	Poland	1981-06-01	63,50	75,00	80,00	85,00	-	80,00	80,00	140,793	136,56
Female (Masters 60-64)														
100+ кг														
	1	Abramczyk-Puzio Krystyna	Poland	Olsztyn, POL	1965-04-23	105,50	140,00	150,00	150,00	-	150,00	150,00	269,742	201,3
Female (MPF)														
-56 кг														
	1	Weryk Paulina	Poland	Poland	1988-01-26	55,00	95,00	100,00	100,00	-	95,00	95,00	184,49	184,49
-67.5 кг														
	1	Dulowska Kamila	Poland	Poland	1996-03-19	67,20	105,00	115,00	125,00	-	125,00	125,00	205,875	205,875

SINGLE DEADLIFT

Name	Country	City	Birthday	Weight	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best deadlift Total	Absolute	Absolute (OPEN)	
RAW NOT TESTED												
Male (Teenagers 13-15)												
-67.5 kg												
1 Trójniak Matthew	Poland	Kozy, POL	2011-08-17	67,5	120	130	130	-	130	130	197,796	160,81
-82.5 kg												
1 Cwiertka Dominik	Poland	Kozy, POL Czarny Dunajec, CKF	2009-11-02	77,3	170	185	200	-	200	200	256,532	217,4
2 Palarz Tomasz	Poland	MAXIMUS	2009-11-10	77,1	130	140	142,5	-	140	140	180,068	152,6
3 Zieliński Jędrzej	Poland	Poland	2010-05-31	75,4	80	90	100	-	100	100	137,022	111,4
Male (Teenagers 16-17)												
-67.5 kg												
1 Krok Szymon	Poland	Czarny Dunajec, CKF MAXIMUS	2008-07-04	62,1	125	135	140	-	135	135	208,078	184,14
-82.5 kg												
1 Kondej Krystian	Poland	Warszawa, POL	2008-10-01	82,5	175	192,5	200,5	-	192,5	192,5	223,833	198,083
2 Rogala Mikołaj	Poland	KUŹNIA TROJBOJU	2008-04-25	81,15	120	140	155	-	155	155	182,857	161,82
-90 kg												
1 Kania Krzysztof	Poland	KUŹNIA TROJBOJU Czarny Dunajec, CKF	2008-05-07	85,5	170	175	195	-	195	195	220,791	195,39
2 Legutko Filip	Poland	MAXIMUS Czarny Dunajec, CKF	2008-07-29	88,1	180	190	195	-	195	195	216,604	191,685
3 Haberny Jan	Poland	MAXIMUS	2008-09-10	84,9	140	150	162,5	-	162,5	162,5	185,094	163,8
4 Genca Sebastian	Poland	KUŹNIA TROJBOJU	2007-04-20	89	125	137,5	150	-	150	150	158,112	146,4
-100 kg												
1 Janik Patryk	Poland	KUŹNIA TROJBOJU	2007-11-25	91,8	180	200	215	-	200	200	206,496	191,2
-125 kg												
1 Wawer Kamil	Poland	KUŹNIA TROJBOJU	2008-12-17	114,9	170	190	211	-	190	190	187,433	165,87
Male (Teenagers 18-19)												
-67.5 kg												
1 Czyszczorń Dominik	Poland	Czarny Dunajec, CKF MAXIMUS	2006-08-09	65,5	140	150	155	-	155	155	210,14	198,245
-90 kg												
1 Białecki Paweł	Poland	Poland	2004-05-19	87,9	150	170	182,5	-	182,5	182,5	185,155	179,763
-100 kg												
1 Jarończyk Jakub	Poland	Czarny Dunajec, CKF MAXIMUS	2005-10-24	98,3	220	240	245	-	245	245	234,926	225,89
2 Stołowski Łukasz	Poland	Czarny Dunajec, CKF MAXIMUS	2006-04-21	93,6	200	215	232,5	-	232,5	232,5	232,895	219,713
3 Karbowski Jan	Poland	Poland	2005-09-26	96,8	220	230	242,5	-	230	230	221,978	213,44
-110 kg												
1 Zyśk Karol	Poland	Poland	2007-05-09	108,5	210	220	232,5	-	232,5	232,5	223,228	206,693
Male (Juniors 20-23)												
-100 kg												

	1	Petk Bartłomiej	Poland	Czarny Dunajec, CKF MAXIMUS	2005-02-20	92,5	220	220	230 -	220	220	215,497	209,22	
	2	Podczerwiński Wojciech	Poland	Poland	2004-03-04	98,9	200	200	220 -	200	200	187,68	184	
-125 кг														
	1	Ligas Stanisław	Poland	Podsztanga	2001-09-01	123,8	260	272,5	275 -	260	260	223,34	223,34	
Male (Open)														
-67.5 кг														
	1	Różnicki Remigiusz	Poland	Bolesławiec, POL	1996-10-29	66,2	200	212,5	220 -	212,5	212,5	269,45	269,45	
-75 кг														
	1	Duda Szczepan	Poland	Poland	2000-11-08	73,9	240	255	265 -	255	255	289,68	289,68	
	2	Skrudlik Szymon	Poland	Kozy, POL	2001-04-07	72	200	215	217,5 -	217,5	217,5	252,735	252,735	
	3	Sokołowski Marcin	Poland	Głogów, POL	1990-01-06	72,1	200	215	217,5 -	217,5	217,5	252,735	252,735	
-82.5 кг														
	1	Kawczyński Przemysław	Poland	Olsztyn, POL	1994-03-27	82	260	272	282,5	290	282,5	282,5	292,105	292,105
	2	Łydziński Mariusz	Poland	Złoceniec, POL	1990-01-25	80,6	220	240	260 -	240	240	251,52	251,52	
	3	Plichta Łukasz	Poland	Poland	1990-11-29	81,4	180	190	200 -	190	190	197,79	197,79	
-90 кг														
	1	Besztak Kamil	Poland	Poland	1993-10-11	89,8	250	270	280 -	270	270	261,9	261,9	
-100 кг														
	1	Przybyłski Hubert	Poland	Kościan, POL	1993-08-11	95,5	320	330	330 -	320	320	298,88	298,88	
	2	Czupryn Konrad	Poland	Zalesie, POL	1989-03-15	99,5	210	220	230 -	230	230	210,91	210,91	
-110 кг														
	1	Wroński Remiliusz	Poland	Tytan Team	1992-10-25	104,15	260	270	275 -	270	270	243,27	243,27	
-125 кг														
	1	Koziatek Michał	Poland	Poland	1995-01-09	111	265	275	290 -	290	290	255,78	255,78	
	2	Stelmasik Grzegorz	Poland	Głogów, POL	1999-02-12	120,3	220	232,5	235 -	235	235	203,04	203,04	
-140 кг														
	1	Latała Marek	Poland	Poland	1997-10-22	125,7	280	300	310 -	300	300	257,1	257,1	
Male (Masters 40-44)														
-82.5 кг														
	1	Dąbrowski Damian	Poland	Poland	1983-04-08	81,9	170	185	200 -	185	185	195,493	191,66	
-90 кг														
	1	Tokarski Marek	Poland	Wrocław, POL	1981-08-04	86,7	180	190	200 -	200	200	204,963	198,8	
-100 кг														
	1	Siwek Przemysław	Poland	Poland	1983-09-15	98,5	240	252,5	255 -	252,5	252,5	234,878	232,553	
	2	Banna Daniel	Poland	Poland	1983-06-27	97	200	210	220 -	210	210	196,617	194,67	
-110 кг														
	1	Miarka Jacek	Poland	Rzepin, Athletic Team, POL	1983-03-23	106,2	230	242,5	242,5 -	242,5	242,5	221,378	217,038	
140+ кг														
	1	Wyrozębski Mariusz	Poland	Kozy, POL	1982-04-01	155,7	230	250	260 -	260	260	221,686	215,02	
Male (Masters 45-49)														
-75 кг														
	1	Tataczak Arkadiusz	Poland	Lublin, POL	1976-01-14	73,7	180	190	200 -	200	200	253,541	227,8	

-90 кг														
	1	Kotsaga Vadym	Ukraine	Lutsk, UKR	1977-04-29	90	200	210	217,5	220	217,5	217,5	228,04	210,758
-110 кг														
	1	Homanowski Edward	Poland	Tytan Team	1976-01-11	104,6	200	210	215 -		215	215	215,126	193,285
	2	Musiał Marcin	Poland	Poland	1977-06-08	109,5	200	212,5	217,5 -		212,5	212,5	203,714	188,275
Male (Masters 50-54)														
-75 кг														
	1	Pracownik Paweł	Poland	Lublin, POL	1973-08-27	72,5	260	270	280 -		270	270	357,692	311,85
Male (Masters 55-59)														
-82.5 кг														
	1	Tur Krzysztof	Poland	Warszawa, POL	1967-07-30	82,5	202,5	220	230 -		220	220	287,05	226,38
-100 кг														
	1	Rufkiewicz Mariusz	Poland	Drawsko Pomorskie, POL	1967-03-23	98,4	220	240	250 -		250	250	297,576	230,5
-125 кг														
	1	Nemś Robert	Poland	Czarny Dunajec, CKF MAXIMUS	1969-06-15	114,1	220	240	245 -		240	240	257,25	210
Male (Masters 70-74)														
-60 кг														
	1	Kaliński Antoni	Poland	Kutno, K.S.Tytan	1953-10-01	59,9	115	123	125 -		125	125	300,899	179
-75 кг														
	1	Baek Stanisław	Poland	Poland	1955-02-22	73,4	120	125	130 -		130	130	244,431	148,59
-82.5 кг														
	1	Bejgrowicz Józef	Poland	Tczew, POL	1952-09-24	79	170	185	192,5 -		185	185	338,807	197,21
-90 кг														
	1	Cabaj Zbigniew	Poland	Tychowo, POL	1955-04-10	85,9	170	190	200 -		190	190	312,55	190
Male (Masters 75-79)														
-75 кг														
	1	Śliwiński Ryszard	Poland	Chełm, Olimp Chełm, POL	1950-01-22	73,2	110	120	125 -		125	125	263,093	143,375
-82.5 кг														
	1	Sochański Stefan	Poland	Zalesie, POL	1948-11-17	81,7	155	170	177,5 -		177,5	177,5	345,977	184,423
Male (MPF)														
-82.5 кг														
	1	Kawczyński Przemysław	Poland	Olsztyn, POL	1994-03-27	82	260	272	282,5	290	282,5	282,5	292,105	292,105
	2	Łydzziński Mariusz	Poland	Złocieniec, POL	1990-01-25	80,6	220	240	260 -		240	240	251,52	251,52
	3	Plichta Łukasz	Poland	Poland	1990-11-29	81,4	180	190	200 -		190	190	197,79	197,79
	4	Sochański Stefan	Poland	Zalesie, POL	1948-11-17	81,7	155	170	177,5 -		177,5	177,5	345,977	184,423
-90 кг														
	1	Kotsaga Vadym	Ukraine	Lutsk, UKR	1977-04-29	90	200	210	217,5	220	217,5	217,5	228,04	210,758
	2	Tokarski Marek	Poland	Wroclaw, POL	1981-08-04	86,7	180	190	200 -		200	200	204,963	198,8
-100 кг														
	1	Siwek Przemysław	Poland	Poland	1983-09-15	98,5	240	252,5	255 -		252,5	252,5	234,878	232,553
	2	Czupryn Konrad	Poland	Zalesie, POL	1989-03-15	99,5	210	220	230 -		230	230	210,91	210,91
-125 кг														

1	Koziatek Michał	Poland	Poland	1995-01-09	111	265	275	290 -	290	290	255,78	255,78
Female (Teenagers 13-15)												
-75 kg												
1	Wyrozębska Helena	Poland	Kozy, POL	2010-03-18	71,6	75	85	95 100	95	95	177,791	150,67
-90 kg												
1	Wyrozębska Joanna	Poland	Kozy, POL	2012-09-25	83,8	75	85	95 -	85	85	153,061	124,44
Female (Teenagers 16-17)												
-52 kg												
1	Hatłas Gabriela	Poland	Czarny Dunajec, CKF MAXIMUS	2008-06-30	49,2	80	92,5	101 -	101	101	256,45	226,947
-60 kg												
1	Jarończyk Aleksandra	Poland	Czarny Dunajec, CKF MAXIMUS	2008-02-18	58	115	125	130 -	125	125	248,13	229,75
2	Szafrańska Nikola	Poland	Poland	2008-04-25	60	122,5	137,5	137,5 -	122,5	122,5	246,812	218,418
-82.5 kg												
1	Kucharewicz Kornelia	Poland	Poland	2008-05-12	80,1	100	115	130 -	130	130	219,909	194,61
Female (Juniors 20-23)												
-52 kg												
1	Szpila Magdalena	Poland	Kozy, POL	2002-03-06	50,9	120	127,5	132,5 -	132,5	132,5	284,345	284,345
Female (Open)												
-52 kg												
1	Gawkowska Kamila	Poland	Poland	2000-09-24	48,5	105	115	120 -	115	115	261,97	261,97
-56 kg												
1	Weryk Paulina	Poland	Poland	1988-01-26	53,8	130	140	145 -	140	140	278,88	278,88
-60 kg												
1	Kardaś Elzbieta	Poland	Czarny Dunajec, CKF MAXIMUS	1999-12-16	57,3	125	135	145 -	145	145	269,7	269,7
-67.5 kg												
1	Dulowska Kamila	Poland	Poland	1996-03-19	67,2	140	147,5	147,5 -	140	140	230,58	230,58
2	Pracownik Paulina	Poland	Lublin, POL	1990-05-27	61,3	120	130	130 -	120	120	210,12	210,12
Female (Masters 50-54)												
-56 kg												
1	Świrska Monika	Poland	Warszawa, POL	1976-01-19	55,35	128	140	150 -	150	150	322,547	289,8
Female (Masters 60-64)												
100+ kg												
1	Abramczyk-Puzio Krystyna	Poland	Olsztyn, POL	1965-04-23	105,5	140	150	160	160	160	287,725	214,72
Female (Masters 80+)												
-56 kg												
1	Tur Grażyna	Poland	Poland	1943-10-24	53,2	70	77,5	82,5 -	82,5	82,5	350,682	167,31
Female (MPF)												
-56 kg												
1	Weryk Paulina	Poland	Poland	1988-01-26	53,8	130	140	145 -	140	140	278,88	278,88
-67.5 kg												
1	Dulowska Kamila	Poland	Poland	1996-03-19	67,2	140	147,5	147,5 -	140	140	230,58	230,58