



# PUCHAR PCHNIĘCIA KULĄ PKLAM W GDAŃSKU

## KOMUNIKAT KOŃCOWY ZAWODÓW

**Data:** 14.03.2026 r.

**Miejsce:** ul. Traugutta 29 w hali LA (kompleks sportowy Traugutta), Gdańsk

**Sędzia główny:** Robert Staniak

**Organizator:** Pomorski Klub Lekkiej Atletyki Masters

### Wyróżnieni zawodnicy – najlepsze wyniki zawodów

Zawodnik	Najlepszy wynik (m)	Uwagi
Rafał Kownatke	16,21	najlepszy wynik zawodów
Mateusz Helman	15,05	najlepszy wynik kategorii U21
Ryszard Zglenicki	12,74	najlepszy wynik M65
Małgorzata Krzyżan	10,93	najlepszy wynik kobiet
Hubert Tobias	11,84	najlepszy wynik M80

### Wyniki – seria 1 (Grupa I)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
43	MACIEJ	SUCHANOWSKI	Male	ShotPut	10,83	54,64%	52,59%	10,83	12,52	12,04	609
44	MARCIN	CHMIELECKI	Male	ShotPut	7,40	37,83%	35,93%	7,40	8,67	8,23	380
43	ZDZISŁAW	SKIBICKI	Male	ShotPut	13,45	67,86%	65,31%	13,45	15,55	14,96	787
40	RAFAŁ	KOWNATKE	Male	ShotPut	15,49	75,22%	75,22%	15,49	17,23	17,23	927

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
39	KAMIL	BELZ	Male	ShotPut	12,89	61,81%	58,86%	12,89	14,16	13,48	697
45	KRZYSZTOF	JACKÓW	Male	ShotPut	13,41	69,46%	69,46%	13,41	15,91	15,91	846
47	MICHAŁ	JACKÓW	Male	ShotPut	12,04	64,06%	62,37%	12,04	14,68	14,28	745
48	PRZEMYSŁAW	PŁOSKI	Male	ShotPut	13,30	71,74%	68,89%	13,30	16,43	15,78	838
21	MATEUSZ	HELMAN	Male	ShotPut	14,67	64,03%	64,03%	14,67	14,67	14,67	769
50	MAREK	OZIEMKIEWICZ	Male	ShotPut	10,38	52,33%	52,33%	10,38	11,99	11,98	605
50	SŁAWOMIR	BOROWSKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
19	OLIVIER	GRZENKOWICZ	Male	ShotPut	12,01	52,42%	52,42%	12,01	12,01	12,01	607

### Wyniki – seria 2 (Grupa I)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
43	MACIEJ	SUCHANOWSKI	Male	ShotPut	11,34	57,21%	55,07%	11,34	13,11	12,61	643
44	MARCIN	CHMIELECKI	Male	ShotPut	8,94	45,70%	43,41%	8,94	10,47	9,94	482
43	ZDZISŁAW	SKIBICKI	Male	ShotPut	11,80	59,54%	57,30%	11,80	13,64	13,12	675
40	RAFAŁ	KOWNATKE	Male	ShotPut	15,88	77,11%	77,11%	15,88	17,67	17,66	954
39	KAMIL	BELZ	Male	ShotPut	12,77	61,24%	58,32%	12,77	14,03	13,35	689
45	KRZYSZTOF	JACKÓW	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
47	MICHAŁ	JACKÓW	Male	ShotPut	12,51	66,56%	64,80%	12,51	15,25	14,84	780
48	PRZEMYSŁAW	PŁOSKI	Male	ShotPut	13,77	74,27%	71,33%	13,77	17,02	16,34	872
21	MATEUSZ	HELMAN	Male	ShotPut	14,94	65,21%	65,21%	14,94	14,94	14,94	786
50	MAREK	OZIEMKIEWICZ	Male	ShotPut	10,77	54,30%	54,30%	10,77	12,44	12,44	633
50	SŁAWOMIR	BOROWSKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
19	OLIVIER	GRZENKOWICZ	Male	ShotPut	12,13	52,95%	52,95%	12,13	12,13	12,13	614

### Wyniki – seria 3 (Grupa I)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
43	MACIEJ	SUCHANOWSKI	Male	ShotPut	11,15	56,26%	54,14%	11,15	12,89	12,40	631
44	MARCIN	CHMIELECKI	Male	ShotPut	8,24	42,12%	40,01%	8,24	9,64	9,16	435
43	ZDZISŁAW	SKIBICKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
40	RAFAŁ	KOWNATKE	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
39	KAMIL	BELZ	Male	ShotPut	12,97	62,19%	59,23%	12,97	14,25	13,56	701
45	KRZYSZTOF	JACKÓW	Male	ShotPut	13,62	70,55%	70,55%	13,62	16,16	16,16	861
47	MICHAŁ	JACKÓW	Male	ShotPut	12,52	66,62%	64,85%	12,52	15,26	14,85	780
48	PRZEMYSŁAW	PŁOSKI	Male	ShotPut	13,91	75,03%	72,05%	13,91	17,19	16,50	882
21	MATEUSZ	HELMAN	Male	ShotPut	14,71	64,21%	64,21%	14,71	14,71	14,71	772
50	MAREK	OZIEMKIEWICZ	Male	ShotPut	10,32	52,03%	52,03%	10,32	11,92	11,92	602
50	SŁAWOMIR	BOROWSKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
19	OLIVIER	GRZENKOWICZ	Male	ShotPut	12,22	53,34%	53,34%	12,22	12,22	12,22	620

### Wyniki – seria 1 (Grupa II)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
60	ROBERT	PIOTROWSKI	Male	ShotPut	9,59	51,29%	51,29%	9,59	11,75	11,74	591
64	MIECZYŚLAW	SZPAK	Male	ShotPut	12,77	72,96%	68,29%	12,77	16,72	15,64	829
67	EDWARD	LASS	Male	ShotPut	10,33	62,20%	60,05%	10,33	14,25	13,75	713
68	PIOTR	PRELIŃSKI	Male	ShotPut	8,71	53,40%	50,63%	8,71	12,23	11,59	582
69	RYSZARD	ZGLENICKI	Male	ShotPut	12,07	75,37%	70,16%	12,07	17,27	16,07	856
73	MIECZYŚLAW	KUBACKI	Male	ShotPut							
26	KINGA	HAPKA-SEPETOWSKA	Female	ShotPut							
44	ADRIANNA	BALMAS	Female	ShotPut	8,68	48,52%	45,62%	8,68	10,31	9,69	509
61	ELŻBIETA	SAMBOR	Female	ShotPut	7,77	50,46%	49,51%	7,77	10,72	10,51	563
57	MAŁGORZATA	KRZYŻAN	Female	ShotPut	10,82	65,20%	62,90%	10,82	13,85	13,35	751
57	RENATA	LEWANDOWSKA	Female	ShotPut	8,19	49,35%	47,61%	8,19	10,48	10,11	537
59	RYSZARDA	PTAK	Female	ShotPut	10,15	63,47%	59,00%	10,15	13,48	12,53	696
63	MARIA	SCHMIDT	Female	ShotPut	7,20	48,63%	45,88%	7,20	10,33	9,74	512
83	HUBERT	TOBIAS	Male	ShotPut	10,79	70,20%	65,39%	10,79	16,08	14,98	788
66	BOGUSŁAW	POŁOWNIAK	Male	ShotPut	8,86	52,41%	51,50%	8,86	12,01	11,79	594

### Wyniki – seria 2 (Grupa II)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
60	ROBERT	PIOTROWSKI	Male	ShotPut	9,58	51,23%	51,23%	9,58	11,74	11,73	590
64	MIECZYŚLAW	SZPAK	Male	ShotPut	12,85	73,42%	68,72%	12,85	16,82	15,74	835
67	EDWARD	LASS	Male	ShotPut	11,12	66,95%	64,64%	11,12	15,34	14,80	777
68	PIOTR	PRELIŃSKI	Male	ShotPut	8,54	52,35%	49,64%	8,54	11,99	11,37	568
69	RYSZARD	ZGLENICKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
73	MIECZYŚLAW	KUBACKI	Male	ShotPut							
26	KINGA	HAPKA-SEPETOWSKA	Female	ShotPut							
44	ADRIANNA	BALMAS	Female	ShotPut	8,75	48,91%	45,99%	8,75	10,39	9,76	514
61	ELŻBIETA	SAMBOR	Female	ShotPut	7,79	50,59%	49,64%	7,79	10,75	10,54	565
57	MAŁGORZATA	KRZYŻAN	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
57	RENATA	LEWANDOWSKA	Female	ShotPut	8,11	48,87%	47,14%	8,11	10,38	10,01	530
59	RYSZARDA	PTAK	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
63	MARIA	SCHMIDT	Female	ShotPut	7,43	50,18%	47,34%	7,43	10,66	10,05	533
83	HUBERT	TOBIAS	Male	ShotPut	11,84	77,03%	71,76%	11,84	17,64	16,43	878
66	BOGUSŁAW	POŁOWNIAK	Male	ShotPut	8,58	50,75%	49,87%	8,58	11,63	11,42	571

### Wyniki – seria 3 (Grupa II)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
60	ROBERT	PIOTROWSKI	Male	ShotPut	9,40	50,27%	50,27%	9,40	11,52	11,51	577
64	MIECZYŚLAW	SZPAK	Male	ShotPut	12,43	71,02%	66,47%	12,43	16,27	15,22	803

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
67	EDWARD	LASS	Male	ShotPut	11,29	67,98%	65,63%	11,29	15,57	15,03	792
68	PIOTR	PRELINSKI	Male	ShotPut	8,07	49,47%	46,91%	8,07	11,33	10,74	530
69	RYSZARD	ZGLENICKI	Male	ShotPut	12,55	78,36%	72,95%	12,55	17,95	16,71	895
73	MIECZYSLAW	KUBACKI	Male	ShotPut							
26	KINGA	HAPKA-SEPETOWSKA	Female	ShotPut							
44	ADRIANNA	BALMAS	Female	ShotPut	8,08	45,17%	42,47%	8,08	9,59	9,02	465
61	ELŻBIETA	SAMBOR	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
57	MAŁGORZATA	KRZYŻAN	Female	ShotPut	10,93	65,86%	63,54%	10,93	13,99	13,49	760
57	RENATA	LEWANDOWSKA	Female	ShotPut	8,45	50,92%	49,12%	8,45	10,82	10,43	558
59	RYSZARDA	PTAK	Female	ShotPut	10,15	63,47%	59,00%	10,15	13,48	12,53	696
63	MARIA	SCHMIDT	Female	ShotPut	6,62	44,71%	42,18%	6,62	9,50	8,95	461
83	HUBERT	TOBIAS	Male	ShotPut	10,55	68,64%	63,94%	10,55	15,73	14,64	768
66	BOGUSŁAW	POŁOWNIAK	Male	ShotPut	8,70	51,46%	50,57%	8,70	11,79	11,58	581

### Wyniki – seria 1 (Finał)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
57	MAŁGORZATA	KRZYŻAN	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
59	RYSZARDA	PTAK	Female	ShotPut	9,47	59,21%	55,05%	9,47	12,58	11,69	641
57	RENATA	LEWANDOWSKA	Female	ShotPut	7,79	46,94%	45,28%	7,79	9,97	9,61	504
61	ELŻBIETA	SAMBOR	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
63	MARIA	SCHMIDT	Female	ShotPut	5,78	39,04%	36,83%	5,78	8,29	7,82	388
69	RYSZARD	ZGLENICKI	Male	ShotPut	12,28	76,68%	71,38%	12,28	17,57	16,35	873
40	RAFAŁ	KOWNATKE	Male	ShotPut	16,21	78,72%	78,72%	16,21	18,03	18,03	977
83	HUBERT	TOBIAS	Male	ShotPut	10,42	67,80%	63,15%	10,42	15,53	14,46	757
48	PRZEMYSŁAW	PŁOSKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
64	MIECZYSLAW	SZPAK	Male	ShotPut	12,71	72,62%	67,97%	12,71	16,64	15,57	825
45	KRZYSZTOF	JACKÓW	Male	ShotPut	13,32	69,00%	69,00%	13,32	15,81	15,80	839
67	EDWARD	LASS	Male	ShotPut	11,38	68,52%	66,15%	11,38	15,70	15,15	799
43	ZDZISŁAW	SKIBICKI	Male	ShotPut	12,68	63,98%	61,57%	12,68	14,66	14,10	734
47	MICHAŁ	JACKÓW	Male	ShotPut	12,12	64,49%	62,78%	12,12	14,77	14,38	752
21	MATEUSZ	HELMAN	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0

### Wyniki – seria 2 (Finał)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
57	MAŁGORZATA	KRZYŻAN	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
59	RYSZARDA	PTAK	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
57	RENATA	LEWANDOWSKA	Female	ShotPut	7,98	48,09%	46,39%	7,98	10,21	9,85	520
61	ELŻBIETA	SAMBOR	Female	ShotPut	7,95	51,63%	50,66%	7,95	10,97	10,75	579
63	MARIA	SCHMIDT	Female	ShotPut	6,93	46,81%	44,16%	6,93	9,94	9,37	488
69	RYSZARD	ZGLENICKI	Male	ShotPut	12,74	79,55%	74,05%	12,74	18,22	16,96	911
40	RAFAŁ	KOWNATKE	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
83	HUBERT	TOBIAS	Male	ShotPut	10,91	70,98%	66,12%	10,91	16,26	15,14	798

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
48	PRZEMYSŁAW	PŁOSKI	Male	ShotPut	13,61	73,41%	70,50%	13,61	16,82	16,15	861
64	MIECZYŚLAW	SZPAK	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
45	KRZYSZTOF	JACKÓW	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
67	EDWARD	LASS	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
43	ZDZISŁAW	SKIBICKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
47	MICHAŁ	JACKÓW	Male	ShotPut	12,25	65,18%	63,45%	12,25	14,93	14,53	761
21	MATEUSZ	HELMAN	Male	ShotPut	14,71	64,21%	64,21%	14,71	14,71	14,71	772

### Wyniki – seria 3 (Finał)

Age	First	Last	Sex	Event	Performance	One-Year Age Grade	Five-Year Age Grade	Numeric Performance	One-Year Age Graded Performance	Five-Year Age Graded Performance	Combined Event Score
57	MAŁGORZATA	KRZYŻAN	Female	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
59	RYSZARDA	PTAK	Female	ShotPut	9,80	61,28%	56,97%	9,80	13,02	12,10	668
57	RENATA	LEWANDOWSKA	Female	ShotPut	8,27	49,83%	48,07%	8,27	10,58	10,21	543
61	ELŻBIETA	SAMBOR	Female	ShotPut	7,72	50,14%	49,19%	7,72	10,65	10,44	558
63	MARIA	SCHMIDT	Female	ShotPut	6,88	46,47%	43,84%	6,88	9,87	9,31	484
69	RYSZARD	ZGLENICKI	Male	ShotPut	12,50	78,05%	72,66%	12,50	17,88	16,64	891
40	RAFAŁ	KOWNATKE	Male	ShotPut	15,90	77,21%	77,21%	15,90	17,69	17,68	955
83	HUBERT	TOBIAS	Male	ShotPut	9,56	62,20%	57,94%	9,56	14,25	13,27	684
48	PRZEMYSŁAW	PŁOSKI	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
64	MIECZYŚLAW	SZPAK	Male	ShotPut	12,67	72,39%	67,76%	12,67	16,59	15,52	822
45	KRZYSZTOF	JACKÓW	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
67	EDWARD	LASS	Male	ShotPut	0	0,00%	0,00%	0,00	0,00	0,00	0
43	ZDZISŁAW	SKIBICKI	Male	ShotPut	13,65	68,87%	66,28%	13,65	15,78	15,18	801
47	MICHAŁ	JACKÓW	Male	ShotPut	12,14	64,59%	62,88%	12,14	14,80	14,40	753
21	MATEUSZ	HELMAN	Male	ShotPut	15,05	65,69%	65,69%	15,05	15,05	15,05	793