### About me

Name: Joanna Soltysiak

Nationality: Polish

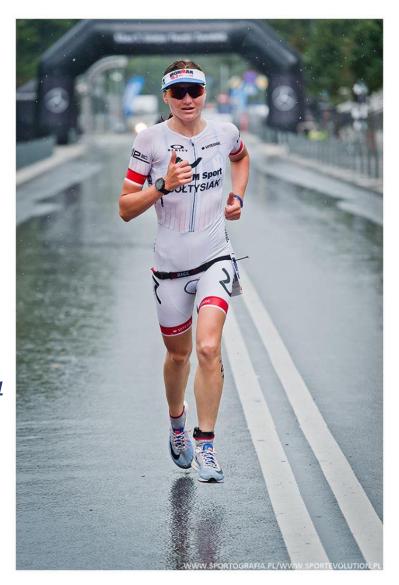
- Born: *April 1989* 

- Live: Lund, Sweden

- Sport: triathlon

Beginning of triathlon career: 2014

- Profession: full time civil engineer



2021-01-30 The sky is the limit.

# Achievements (PRO)

2019

- 1<sup>st</sup> place, Polish National Championship Triathlon Middle Distance, Poland (Super League Poznan)
- 4<sup>th</sup> place, Ironman Vitoria-Gasteiz
  (My debut in Full Distance Ironman ever)
- 3<sup>rd</sup> place, Triathlon Portocolom, Mallorca (1 km swim, 100 km bike and 10 km run) competing for Team Tripep
  (I was chosen by Spirit Multisport to compete in Spirit Tri Series for the long distance.
  Spirit Tri Series is launched by Nicloa Spirig together with Brett Sutton from Trisutto).

https://www.spiritmultisport.com/en/leagues/europe

2<sup>nd</sup> place, Polish National Championship Duathlon, Poland (Middle Distance: 10 km run, 60 km bike and 10 km run) My first competition in Duathlon

Read more on:

# Achievements (PRO)

#### 2018

- 2<sup>nd</sup> place, Polish National Championship Triathlon Middle Distance, Poland
- 4<sup>th</sup> place, Ironman 70.3 Lahti, Finland
- 4th place, Ironman 70.3 Gdynia, Poland
- 4th place, Ironman 70.3 Rugen, Germany

#### 2017

- 1st place, Polish National Championship Triathlon Middle Distance, Poland
- 2<sup>nd</sup> place, Ironman 5150 Warsaw Triathlon, Poland
- 3<sup>rd</sup> place, Ironman 70.3 Weymouth, UK
- 6th place, Ironman 70.3 Gdynia, Poland



## Goals

- Qualify to IRONMAN 70.3 World Championship
- Qualify to Hawaii IRONMAN World Championship Kailua-Kona

### ALL COMPETITION AS PRO

Joanna Soltysiak - Polish National Champion 2017 and 2020

