

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*



Achievements (PRO)

2019

- **1st place, Polish National Championship Triathlon Middle Distance, Poland (Super League Poznan)**
- **4th place, Ironman Vitoria-Gasteiz (My debut in Full Distance Ironman ever)**
- **3rd 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).
Read more on: <https://www.spiritmultisport.com/en/leagues/europe>
- **2nd place, Polish National Championship Duathlon, Poland (Middle Distance: 10 km run, 60 km bike and 10 km run) My first competition in Duathlon**

Achievements (PRO)

2018

- **2nd place, Polish National Championship Triathlon Middle Distance, Poland**
- 4th place, Ironman 70.3 Lahti, Finland
- 4th place, Ironman 70.3 Gdynia, Poland
- 4th place, Ironman 70.3 Rügen, Germany

2017

- **1st place, Polish National Championship Triathlon Middle Distance, Poland**
- 2nd place, Ironman 5150 Warsaw Triathlon, Poland
- 3rd 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 2019



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