17-Nov-18 | 2018 GPC LATVIJAS ČEMPIONĀTS-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff	Pl code	Pl-Div-WtCl	Team
Anželina Romanoviča	55	F4	74	75	1.555	120	130	140		140	90	95	100		100	240	130	140	-150		140	380	590.9	723.8525	1	1-F4-75	DECALIFTING
Olga Bondare	23	FJ	51.1	52	2.1266	-80	80	90		90	35	37.5			37.5	127.5	80	95	105		105	232.5	494.4345	494.4345	1	1-FJ-52	DECALIFTING
Silva Puriņa	21	FJ	59.3	60	1.8002	90	-95	-95		90	40	45	-47.5		45	135	100	110			110	245	441.049	449.86998	1	1-FJ-60	Gold Barbell
Kristīne Sergejeva	19	FT3	49	52	2.247	35	40	47.5		47.5	25	32.5	-35		32.5	80	35	40	50		50	130	292.11	303.7944	1	1-FT3-52	FORTE
Karina Glazkova	24	FO	54.9	56	1.9462	50	-60	60		60	40	-45	-45		40	100	80	-85	85		85	185	360.047	360.047	1	1-FO-56	DECALIFTING
Jūlija Pajula	24	FO	57.3	60	1.8588	80	-85	85		85	45	50	-52.5		50	135	90	95	-100		95	230	427.524	427.524	1	1-FO-60	DECALIFTING
Anastasija Sole	24	FO	57.4	60	1.8554	-65	-65	65		65	40	45	-47.5		45	110	90	100			100	210	389.634	389.634	1	2-FO-60	DECALIFTING
Svetlana Lunina	24	FO	57.5	60	1.852	-50	50	55		55	25	27.5	-30		27.5	82.5	70	-75	75		75	157.5	291.69	291.69	1	3-FO-60	DECALIFTING
Irina Žuka	24	FO	67.3	67.5	1.6422	100	110	-120		110	70	75	80		80	190	150	160	170		170	360	591.192	591.192	1	1-FO-67.5	DECALIFTING
Jūlija Usoviča	24	FO	63	67.5	1.715	80	85	-90		85	40	-45	45		45	130	90	95	100		100	230	394.45	394.45	1	2-FO-67.5	DECALIFTING
Darja Balašova	24	FO	76.3	82.5	1.531	70	75	80		80	40	45	-47.5		45	125	80	85	90		90	215	329.165	329.165	1	1-FO-82.5	DECALIFTING
Sintija Lintiņa	32	FO	86	90	1.445	60	70	-80		70	30	35	40		40	110	90	110	112.5		112.5	222.5	321.5125	321.5125	1	1-FO-90	Gold Barbell
Ilja Mamiševs	21	MJ	67.4	67.5	1.239	180	192.5	-200		192.5	100	-107.5	107.5		107.5	300	180	-192.5	-192.5		180	480	594.72	606.6144	1	1-MJ-67.5	JELGAVA ATLANTI
Raivis Gintauts	23	MJ	93.2	100	0.9472	170	190	205		205	100	110	120		120	325	190	220	240		240	565	535.168	535.168	1	1-MJ-100	ind.
Miks Spass	20	MJ	95.5	100	0.934	120				120	147.5	157.5	-162.5		157.5	277.5	210	225			225	502.5	469.335	483.41505	1	2-MJ-100	Gold Barbell
Dainis Polis	59	M4	102.5	110	0.906	140	160	180		180	120	-130			120	300	190	-200			190	490	443.94	593.7811	1	1-M4-110	SALDUS
Dmitrijs Stepenko	48	M2	84	90	1.015	190	205	215		215	135	140	145		145	360	200	215	225		225	585	593.775	651.37117	1	1-M2-90	ind.
Viesturs Paukšēns	44	M2	117	125	0.869	190	200	210		210	140	145	150		150	360	220	230	-240		230	590	512.71	534.75653	1	1-M2-125	ĶEKAVA
Jurijs Vasiljevs	44	M1	74.3	75	1.1272	105	115	125		125	95	105	110		110	235	145	155	160		160	395	445.244	464.38949	1	1-M1-75	RMI GYM
Artis Venskus	18	MT3	96.3	100	0.9306	190	205	-215		205	135	-140	140		140	345	225	-240	-245		225	570	530.442	562.26852	1	1-MT3-100	ĶEKAVA
Matas Marcinkevicius	17	MT2	64	67.5	1.311	-75	80	85		85	55	60	-65		60	145	110	120	130		130	275	360.525	389.367	1	1-MT2-67.5	BIRŽAI
Mykolas Sutkevicius	17	MT2	76.7	82.5	1.0936	120	130	135		135	90	95	100		100	235	150	160	170		170	405	442.908	478.34064	1	1-MT2-82.5	BIRŽAI
Denas Petrauskas	17	MT2	88.6	90	0.9786	170	180	-185		180	105	115	120		120	300	170	190	-200		190	490	479.514	517.87512	1	1-MT2-90	BIRŽAI
Nikita Tkačenko	16	MT2	122.9	125	0.86	170	180	-195		180	130	140	145		145	325	185	-195	195		195	520	447.2	505.336	1	1-MT2-125	RMI GYM
Patriks Ralfs Grasmanis	15	MT1	53.4	56	1.7398	55	-65	65		65	45	-50	-50		45	110	70	80	90		90	200	347.96	410.5928	1	1-MT1-56	SALDUS
Gvido Ozols	13	MT1	79.2	82.5	1.0636	70	80	85		85	35	40	-42.5		40	125	70	85	-90		85	210	223.356	285.89568	1	1-MT1-82.5	SALDUS
Dmitrijs Leontjevs	15	MT1	84.4	90	1.0118	100	115	125		125	105	115	120		120	245	120	130	145		145	390	394.602	465.63036	1	1-MT1-90	RMI GYM
Roberts Lintiņš	13	MT1	84	90	1.015	90	-100	100		100	40	45	55		55	155	100	105	-110		105	260	263.9	337.792	1	2-MT1-90	Gold Barbell
Adrians Upenieks	15	MT1	115.6	125	0.8716	150	160	170		170	110	120	-125		120	290	210	220	240		240	530	461.948	545.09864	1	1-MT1-125	SALDUS
Mārtiņš Krauze	33	MO	75	75	1.117	200	210	-220		210	130	140	150		150	360	190	200	-210		200	560	625.52	625.52	1	1-MO-75	KULDĪGA
Andrejs Mortujevs	35	MO	90	90	0.969	210	225	235		235	162.5	167.5	172.5		172.5	407.5	265	275	290		290	697.5	675.8775	675.8775	1	1-MO-90	
Edgars Peterlevics	32	MO	86.9	90	0.9908	235	245	255	261	255	170	181	185		185	440	240	250	255		255	695	688.606	688.606	1	2-MO-90	KULDĪGA
Gvido Jankovskis		MO	89.6	90	0.9712	225	235	-247.5		235	130	-137.5	-137.5		130	365	245	252.5	257.5		257.5	622.5	604.572	0	1	3-MO-90	RĪGA
Kristaps Dūdiņš	30	MO	98.2	100	0.9222	230	250	260		260	180	187.5	191		191	451	260	280	295		295	746	687.9612	687.9612	1	1-MO-100	OLYMP
Arvis Bogadajevs	27	MO	99.3	100	0.9178	230	250	270		270	150	160	-170		160	430	280	300	315		300	730	669.994	669.994	1	2-MO-100	Gold Barbell
Jānis Ratnieks	33	MO	98.1	100	0.9226	250	260	-270		260	165	170	175		175	435	260	270	-280		270	705	650.433	650.433	1	3-MO-100	TSA
Artis Veiss	27	MO	95.2	100	0.9354	235	250	265		265	150	160	165		165	430	240	255	265		265	695	650.103	650.103	1	4-MO-100	Gold Barbell
Andris Dilāns	26	MO	99	100	0.919	230	240	250		250	165	172.5	177.5		177.5	427.5	235	250	260		260	687.5	631.8125	631.8125	1	5-MO-100	KULDĪGA
Elviss Kranāts	24	MO	107.8	110	0.89	240	260	270		270	150	-160	165		165	435	260	280	-285		280	715	636.35	636.35	1	1-MO-110	Gold Barbell
Aloyzas Slavinskas	25	MO	108	110	0.89	230	-245	245		245	180	190	-195		190	435	240	260	270		270	705	627.45	627.45	1	2-MO-110	BIRŽAI
Rimantas Lazauskas	26	MO	103	110	0.904	210	225	235		235	180	190	195		195	430	230	255	270		270	700	632.8	632.8	1	3-MO-110	BIRŽAI
Stanislavs Meļehins	32	MO	103.4	110	0.9034	200	220	230		230	140	150	-157.5		150	380	200	220	235		235	615	555.591	555.591	1	4-MO-110	RMI GYM
Dzintars Vircavs		MO	123	125	0.86	280	-310	310		310	180	190	195		195	505	300	-315	-315		300	805	692.3	0	1	1-MO-125	SALDUS
Intars Sauskājs	24	MO	117	125	0.869	225	245	252.5		252.5	175	182.5	190		190	442.5	240	-260			240	682.5	593.0925	593.0925	1	2-MO-125	LĪVĀNI
Konstantīns Soboļevs	28	MO	117	125	0.869	250	270	-300		270	201	-210	210		210	480	125				125	605	525.745	525.745	1	3-MO-125	ind.
Jānis Krūmiņš	29	MO	131	140	0.85	160	180	200		200	150	160	-170		160	360	250	270	285		285	645	548.25	548.25	1	1-MO-140	LĪVĀNI

ABSOLŪTAIS VĒRTĒJUMS

SIEVIETES:
1.Anželina Romanoviča
2.Irina Žuka
3.Olga Bondare

JAUNIEŠI:
1.Artis Venskus
2.Adrians Upenieks
3.Denas Petrauskas

JUNIORI:
1.Ilja Mamiševs
2.Raivis Gintauts
3.Miks Spass

SENIORI:
1.Dmitrijs Stepenko
2.Dainis Polis
3.Viesturs Paukšēns

OPEN:
1.Dzintars Vircavs
2.Edgars Peterlevics
3.Kristaps Dūdiņš

KOMANDAS:
1.DECALIFTING
2.GoldBarbell
3.BIRŽAI
4.SALDUS ATLĒTI
5.RMI GYM
6.KULDĪGA
7.RĒZEKNE
8.ĶEKAVA
9.OLYMP
10.TSA
11.Jelgavas ATLANTI
12.RĪGA
13.FORTE IECAVA