2-Nov-19	GPC LATVIJAS ČEMPIONĀTS 2019-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**	**Best Bench**	**Sub Total**	**Deadlift 1**	**Deadlift 2**	**Deadlift 3**	**Best Deadlift**	**PL Total**	**Coeff Score**	**Age & Coeff**	**Pl-Div-WtCl**	**Team**
Dalia Jakucioniene	46	F2	71.5	75	1.586	90	100	-115		**100**	52.5	55		**55**	155	130	140	145	**145**	**300**	475.8	508.154	1-F2-75	LTU MONSTER
Līga Muižniece	19	FT3	65	67.5	1.681	-80	85	90		**90**	42.5	-47.5	47.5	**47.5**	137.5	100	110	-120	**110**	**247.5**	416.0475	432.689	1-FT3-67.5	DECALIFTING
Oksana Kainova	17	FT2	65.8	67.5	1.667	60	65	70		**70**	-30	40	45	**45**	115	80	85	90	**90**	**205**	341.776	369.118	1-FT2-67.5	DECALIFTING
Darja Siņicina	25	FO	54.4	56	1.967	75	80	85		**85**	55	-57.5	-57.5	**55**	140	110	120	-125	**120**	**260**	511.472	511.472	1-FO-56	DECALIFTING
Diana Ulmkalne	25	FO	52.5	56	2.053	75	80	85		**85**	45	50	-52.5	**50**	135	100	110	-120	**110**	**245**	502.985	502.985	2-FO-56	DECALIFTING
Santa Šarķe	25	FO	54	56	1.984	60	72.5	80		**80**	30	-42.5	-42.5	**30**	110	85	95	105	**105**	**215**	426.56	426.56	3-FO-56	SALDUS
Julia Usovicha	25	FO	60.7	67.5	1.765	75	80	85		**85**	45	50	52.5	**52.5**	137.5	105	115	125	**125**	**262.5**	463.26	463.26	1-FO-67.5	DECALIFTING
Linda Grigorjeva	35	FO	60.5	67.5	1.77	85	-95	-95		**85**	40	45	47.5	**47.5**	132.5	100	110	120	**120**	**252.5**	446.925	446.925	2-FO-67.5	SK MĀLZEME
Dorota Kocknecht	25	FO	65.2	67.5	1.677	-80	80	-90		**80**	60	65	-70	**65**	145	-90	90	100	**100**	**245**	410.963	410.963	3-FO-67.5	POLAND
Regīna Puķe	36	FO	76	82.5	1.534	-105	105	110		**110**	60	67.5	70	**70**	180	105	115	122.5	**122.5**	**302.5**	464.035	464.035	1-FO-82.5	SK MĀLZEME
Darja Balašova	30	FO	78	82.5	1.515	100	105	-110		**105**	55	57.5	60	**60**	165	110	-115	-115	**110**	**275**	416.625	416.625	2-FO-82.5	FK TITAN
Kayla Thomas	28	FO	85.5	90	1.449	65	70	80		**80**	45	50	-60	**50**	130	85	95	105	**105**	**235**	340.515	340.515	1-FO-90	CANADA NATO
Karina Bagažkova	33	FO	89	90	1.427	-50	50	55		**55**	35	-40	42.5	**42.5**	97.5	80	85	90	**90**	**187.5**	267.5625	267.562	2-FO-90	DECALIFTING
Intars Baumanis	21	MJ	76.1	82.5	1.102	280	300	-312.5		**300**	140	150	-160	**150**	450	250	-260	270	**270**	**720**	793.296	809.161	1-MJ-82.5	FORTE IECAVA
Tyler Vincent	23	MJ	86.7	90	0.992	200	-207.5	-207.5		**200**	112.5	120	132.5	**132.5**	332.5	225	235	245	**245**	**577.5**	573.111	573.111	1-MJ-90	CANADA NATO
Dainis Polis	60	M5	105	110	0.898	120	150	170		**170**	100	120		**120**	290	150	170		**170**	**460**	413.08	553.527	1-M5-110	SALDUS
Vasiljevs Jurijs	45	M2	83.7	90	1.017	120	130	140		**140**	110	115	-120	**115**	255	150	160	-170	**160**	**415**	422.221	445.443	1-M2-90	RMI GYM
Audrius Dilginas	42	M1	83	90	1.024	185	195	-210		**195**	147.5	152.5		**152.5**	347.5	230	-240	240	**240**	**587.5**	601.6	613.632	1-M1-90	LTU MONSTER
Deniss Korohods	40	M1	96.5	100	0.929	240	260	280	-290	**280**	160	170	175	**175**	455	220	240	260	**260**	**715**	664.235	664.235	1-M1-100	SK MĀLZEME
Modestas Beinoraviciu	42	M1	108.5	110	0.889	240	255	270		**270**	175	182.5	187.5	**187.5**	457.5	260	275	285	**285**	**742.5**	660.0825	673.284	1-M1-110	LTU MONSTER
Vladislavs Temirjovs	19	MT3	90.7	100	0.963	160	175	-180		**175**	105	-112.5	-112.5	**105**	280	180	-190	190	**190**	**470**	452.798	470.909	1-MT3-100	RMI GYM
Artis Venskus	19	MT3	102.9	110	0.904	200	215	225		**225**	145	150	155	**155**	380	235	245	255	**255**	**635**	574.294	597.265	1-MT3-110	ĶEKAVA
Dāvis Polis	16	MT2	62.8	67.5	1.342	80	90	100	100	**100**	60	70	-75	**70**	170	120	130	140	**140**	**310**	415.896	469.962	1-MT2-67.5	SALDUS
Kevins Romans	17	MT2	75.3	82.5	1.113	-140	140	150	157.5	**150**	80	-90	90	**90**	240	150	165	180	**180**	**420**	467.544	504.947	1-MT2-82.5	KULDĪGA
Mareks Lapsenbergs	16	MT2	80.4	82.5	1.049	100	110	130		**130**	90	95	-100	**95**	225	170	185	195	**195**	**420**	440.664	497.950	2-MT2-82.5	SALDUS
Gvido Ozols	13	MT1	86.5	90	0.994	80	90	110		**110**	40	45	-50	**45**	155	100	110	115	**115**	**270**	268.38	343.526	1-MT1-90	SALDUS
Maciej Kraszkiewicz	26	MO	89.3	90	0.974	120	135	150		**150**	120	-130	-130	**120**	270	200	210	-220	**210**	**480**	467.328	467.328	1-MO-90	POLAND
Edgaras Stasiukevicius	25	MO	98.2	100	0.922	235	245	-255		**245**	175	185	190	**190**	435	230	240	255	**255**	**690**	636.318	636.318	1-MO-100	LTU MONSTER
Andris Dilāns	25	MO	108.8	110	0.888	250	260	272.5		**272.5**	170	-180	180	**180**	452.5	250	260	-270	**260**	**712.5**	632.5575	632.557	1-MO-110	KULDĪGA
Jānis Ratnieks	33	MO	104.9	110	0.898	240	250	-270		**250**	160	170	-175	**170**	420	260	270	-280	**270**	**690**	619.896	619.896	2-MO-110	TSA
Staņislavs Meļehins	33	MO	104.6	110	0.899	220	242.5	250		**250**	145	155	160	**160**	410	230	247.5	257.5	**257.5**	**667.5**	600.0825	600.082	3-MO-110	RMI GYM
Alexandre Michaud	26	MO	121.9	125	0.861	175	190	205		**205**	110	125	-135	**125**	330	227.5	245	260	**260**	**590**	507.99	507.99	1-MO-125	CANADA NATO
Juris Meija	25	MO	135.4	140	0.845	240	260	302.5		**302.5**	150	160	170	**170**	472.5	270	290	302.5	**302.5**	**775**	655.185	655.185	1-MO-140	SALDUS
Darryl Comeault	38	MO	126.9	140	0.855	230	242.5	260		**260**	145	155	160	**160**	420	215	225	235	**235**	**655**	560.287	560.287	2-MO-140	CANADA NATO

ABSOLŪTAIS VĒRTĒJUMS

Sievietes:

1.Darja Siņicina LAT
2.Dalia Jakucioniene LTU
3.Diāna Ulmkalne LAT

Jaunieši:

1.Artis Venskus LAT
2.Kevins Romans LAT
3.Mareks Lapsenieks LAT

Juniori:		
1.Intars Baumanis	LAT	
2.Tyler Vincent	CAN	
Seniori:		
1.Modestas Beinoravicius		LTU
2.Denis Korohods		LAT
3.Audrius Dilgins		LTU
Vīrieši:		
1.Juris Meija		LAT
2.Edgaras Stasiukevicius		LTU
2.Andris Dilāns		LAT
KOMANDAS:		
1.SALDUS ATLĒTS		
2.LTU MONSTER		
3.DECALIFTING		
4.CANADA NATO FORCES		
5.SK MĀLZEME		
6.RMY GYM		
7.KULDĪGA		
8.POLAND		
9.FORTE IECAVA		
10.ĶEKAVA		
11.FK TITAN		