

GPC Latvijas čempionāts 2022, 17.12.2022 IECAVA

Spēka trīscīņa

Name	Age	Div	BWT (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Biv-WtCI	Tm Pts	Team
Aija Mikuliča	44	F1	59.1	60	1.8054	95	100	-102.5	100	52.5	-57.5	-57.5		52.5	152.5	120	125	130	130	282.5	510.0255	531.9565	1-F1-60	7	Gold Barbell
Ance Pšecenko	22	FJ	59.4	60	1.7976	85	-92.5	92.5	92.5	45	47.5	50	-52.5	50	142.5	90	97.5	-100	97.5	240	431.424	435.7382	1-FJ-60	7	Kuldīga
Viktorija Rathena	20	FJ	73	75	1.567	87.5	92.5	95	95	45	47.5	-50		47.5	142.5	100	105	-107.5	105	247.5	387.8325	399.4674	1-FJ-75	7	Kuldīga
Kristiana Grosbarde	24	FO	59.8	60	1.7878	80	87.5	-92.5	87.5	40	-47.5	47.5		47.5	135	85	95	105	105	240	429.072	429.072	1-FO-60	7	Rozental
Liene Beikmane	30	FO	57.5	60	1.852	75	82.5	-90	82.5	40	45	47.5		47.5	130	75	85	90	90	220	407.44	407.44	2-FO-60	5	Forte Iecava
Kristine Rathena	40	FO	65.5	67.5	1.672	125	132.5	-140	132.5	60	65			65	197.5	125	135	140	140	337.5	564.3	564.3	1-FO-67.5	7	Kuldīga
Luiza-Iva Straume	22	MJ	62.1	67.5	1.3612	-80	80		80	-70	70			70	150	155	166	-175	166	316	430.1392	434.4405	1-MJ-67.5	7	Gold Barbell
Adrians Upenieks	19	MT3	114.9	125	0.873	185	195	-220	195	135	145	-160		145	340	200	220	235	235	575	501.975	522.054	1-MT3-125	7	Saldus
Aleksandrs Martinovs	16	MT2	65	67.5	1.29	105	-112.5	-112.5	105	60	65	72.5		72.5	177.5	110	115	120	120	297.5	383.775	433.6657	1-MT2-67.5	7	Forte Iecava
Mārtiņš Sidorenkovs	17	MT2	75	75	1.117	170	-180	-180	170	100	105	-110		105	275	160	175	-182.5	175	450	502.65	542.862	1-MT2-75	7	Forte Iecava
Girts Gorodko	17	MT2	82.5	82.5	1.029	-150	150	-160	150	80	85	-90		85	235	150	160	-165	160	395	406.455	438.9714	1-MT2-82.5	7	Forte Iecava
Juris Ullas	17	MT2	89.9	90	0.9694	182.5	190	195	195	85	92.5			92.5	287.5	180	-190	-201	180	467.5	453.1945	489.4500	1-MT2-90	7	Kuldīga
Ričards Danbergs	13	MT1	52.4	56	1.8	65	72.5	80	80	42.5	-47.5	50		50	130	92.5	97.5	100	100	230	414	529.92	1-MT1-56	7	Saldus
Māris Grosbards	14	MT1	66.7	67.5	1.253	-65	65	75	75	45	-55	60		60	135	80	90	105	105	240	300.72	369.8856	1-MT1-67.5	7	Rozental
Ivans Korohods	14	MT1	71.4	75	1.1716	80	90	-100	90	60	67.5	72.5		72.5	162.5	80	90	100	100	262.5	307.545	378.2803	1-MT1-75	7	VikingR
Roberts Gilučs	15	MT1	82.5	82.5	1.029	155	165	170	170	-80	80	-87.5		80	250	155	-165	165	165	415	427.035	503.9013	1-MT1-82.5	7	Forte Iecava
Gvido Ozols	14	MT1	90	90	0.969	140	150	155	155	60	-67.5	-67.5		60	215	160	165	-167.5	165	380	368.22	452.9106	1-MT1-90	7	Saldus
Roberts Lintiņš	15	MT1	107.5	110	0.891	190	202.5	-210	202.5	-115	120	125		125	327.5	200	207.5	212.5	212.5	540	481.14	567.7452	1-MT1-110	7	Gold Barbell
Mārtiņš Grundmanis	22	MJ	82.4	82.5	1.0298	110	117.5	125	125	100	105	107.5		107.5	232.5	140	155	160	160	392.5	404.1965	408.2384	1-MJ-82.5	7	Saldus
Reinis Sāļavs	22	MJ	99.5	100	0.917	155	165	170	170	-130	-130	130		130	300	185	195	-202.5	195	495	453.915	458.4541	1-MJ-100	7	Saldus
Mykhalyk Bohdan	22	MJ	109.5	110	0.886	280	295	302.5	302.5	150	160	-167.5		160	462.5	280	300	305	305	767.5	680.005	686.8050	1-MJ-110	7	Gold Barbell
Rihards Pavlovs	23	MJ	105.4	110	0.8974	215	230	240	240	152.5	162.5	165		165	405	242.5	252.5	260	260	665	596.771	596.771	2-MJ-110	5	
Emīls Dzina	22	MJ	118	125	0.867	240	250	260	260	160	170	-175		170	430	240	250	-260	250	680	589.56	595.4556	1-MJ-125	7	Gold Barbell
Valentīns Kleivinskis	20	MJ	160	SHW	0.824	280	300	320	320	175	190	-200		190	510	275	290	-300	290	800	659.2	678.976	1-MJ-SHW	7	Rozental
Dainis Polis	63	M5	96.5	100	0.929	130			130	100	110			110	240	150	170	-200	170	410	380.89	541.2446	1-M5-100	7	Saldus
Karens Kasabjans	55	M4	79.5	82.5	1.06	115	125	-135	125	100	-105			100	225	150	-160		150	375	397.5	486.9375	1-M4-82.5	7	VikingR
Audrius Dilgins	45	M2	82	82.5	1.034	200	210	-220	210	145	152.5	157.5		157.5	367.5	240	-250	-255	240	607.5	628.155	662.7035	1-M2-82.5	7	Lietuva
Gaidars Smirnovs	46	M2	95.8	100	0.9328	165	175	180	180	105	110	-115		110	290	210	217.5	-225	217.5	507.5	473.396	505.5869	1-M2-100	7	Kuldīga
Guntis Ozols	49	M2	97.6	100	0.9246	90	100	-110	100	65	70	-75		70	170	120	130	140	140	310	286.626	319.0147	2-M2-100	5	Saldus
Lauris Gabrāns	40	M1	103.9	110	0.9014	220	230		230	-120	125			125	355	230			230	585	527.319	527.319	1-M1-110	7	Gold Barbell
Intars Baumanis	24	MO	81.5	82.5	1.039	280	300	-315	300	160	-170			160	460	270	285	-300	285	745	774.055	774.055	1-MO-82.5	7	Forte Iecava
Sander Pikk	27	MO	81.8	82.5	1.0356	200	210	-215	210	150	155	160		160	370	220	230	-237.5	230	600	621.36	621.36	2-MO-82.5	5	Kover Kang
Edgars Peterlevics	36	MO	87.4	90	0.9874	-230	230	240	240	177.5	186	-190		186	426	250	257.5	-262.5	257.5	683.5	674.8879	674.8879	1-MO-90	7	Kuldīga
Ramūnas Liebus	35	MO	88.9	90	0.9776	-195	200	210	210	150	160	-165		160	370	-240	240		240	610	596.336	596.336	2-MO-90	5	Lietuva
Martins Larka	34	MO	86.1	90	0.9972	170	180	-190	180	135	-145			135	315	230	245		245	560	558.432	558.432	3-MO-90	3	VikingR
Toms Tovstulaks	37	MO	89.6	90	0.9712	160	-170	170	170	-102.5	102.5	-107.5		102.5	272.5	180	187.5	192.5	192.5	465	451.608	451.608	4-MO-90	2	Kuldīga
Artis Veiss	31	MO	99.5	100	0.917	260	-270	275	275	165	172.5	180		180	455	250	260	272.5	272.5	727.5	667.1175	667.1175	1-MO-100	7	Gold Barbell
Jānis Ratnieks	37	MO	95.6	100	0.9336	250	-260		250	160	170	-175		170	420	280	300	-311	300	720	672.192	672.192	2-MO-100	5	Līvāni
Paul-Eerik Rosenberg	30	MO	103.8	110	0.9018	240	250	260	260	150	160	165		165	425	260	270	280	280	705	635.769	635.769	1-MO-110	7	Kover Kang
Ričards Sotaks	27	MO	116.2	125	0.8702	190	200	210	210	150	155	160		160	370	240	250	260	260	630	548.226	548.226	1-MO-125	7	Kuldīga