

29.04.2023 LATVIJAS KAUSS 2023

Spēka trīscīņa

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Aija Mikuļiņa	45	F2	59.7	60	1.7902	100	107.5	-110	107.5	55	57.5	-60		57.5	130	135	137.5	137.5	302.5	541.5355	571.3199	1-F2-60	GoldBarbell
Bella Dzhambulatova	49	F2	70	75	1.605	-110	-110	-110	0	60	65	67.5		67.5	110	120	125	125	0	0	0	0	Decalifitng
Iveta Trakačēnoka	49	F2	75.7	82.5	1.537	100	-105	105	105	45	50	52.5		52.5	100	110	120	120	277.5	426.5175	474.7139	1-F2-82.5	Decalifitng
Līga Truntika	41	F2	81	82.5	1.488	50	-60	70	70	30	37.5	40		40	80	95	105	105	215	319.92	323.1192	2-F2-82.5	Forte Iecava
Kristīne Morskova	42	F1	55.5	56	1.923	-80	90	95	95	45	50	55		55	100	-110	110	110	260	499.98	509.9796	1-F1-56	Decalifitng
Karina Kutakova	40	F1	59	60	1.808	70	-75	75	75	40	50	-55		50	80	90	-95	90	215	388.72	388.72	1-F1-60	Decalifitng
Arleta Tūrmāne	42	F1	63	67.5	1.715	90	95	100	100	50	50	-55		50	110	120	130	130	280	480.2	489.804	1-F1-67.5	Decalifitng
Alvine Katrīna	18	FT3	64.3	67.5	1.6932	60	70	75	75	30	35	-40		35	70	80	-90	80	190	321.708	341.0104	1-FT3-67.5	Forte Iecava
Lote Cīrule	14	FT1	45.1	48	2.5366	25	27.5	30	30	15	20	-22.5		20	35	40	45	45	95	240.977	296.4017	1-FT1-48	GoldBarbell
Diāna Mežeca	15	FT1	61.7	67.5	1.741	55	65	70	70	35	40	-45		40	80	90	100	100	210	365.61	431.4198	1-FT1-67.5	Salduš Atlēti
Jelena Bļinova	34	FO	52.9	56	2.033	70	72.5	75	75	35	37.5	-40		37.5	80	85	90	90	202.5	411.6825	411.6825	1-FO-56	Decalifitng
Kristiana Grosbarde	24	FO	59.9	60	1.7854	90	95	100	100	40	45	50		50	100	110	-120	110	260	464.204	464.204	1-FO-60	Rozental
Liene Beikmane	24	FO	58	60	1.838	70	80	90	90	40	45	-50		45	80	87.5	95	95	230	422.74	422.74	2-FO-60	Forte Iecava
Irina Varjagova	35	FO	59	60	1.808	60	70	-80	70	40	45	50		50	100	110	-115	110	230	415.84	415.84	3-FO-60	Decalifitng
Jūlija Pajule	37	FO	59	60	1.808	-90	-90	-90	0	50	55	-60		55	100	110	115	115	0	0	0	0	Decalifitng
Kristīne Rathena	40	FO	67.4	67.5	1.6406	120	127.5	135	135	60	65	67.5	-70	67.5	120	130	140	140	342.5	561.9055	561.9055	1-FO-67.5	KULDIGA
Aina Fisenkova	39	FO	66.1	67.5	1.6622	85	87.5	90	90	47.5	-50	-50		47.5	100	105	110	110	247.5	411.3945	411.3945	2-FO-67.5	Decalifitng
Diāna Ulmākalne	33	FO	64.2	67.5	1.6948	65	70	-72.5	70	35	-40	40		40	70	80	85	85	195	330.486	330.486	3-FO-67.5	GoldBarbell
Olga Jermačenko	39	FO	71.7	75	1.5836	100	-110	110	110	60	-65	-65		60	110	120	130	130	300	475.08	475.08	1-FO-75	Decalifitng
Santa Krasovska	33	FO	71.3	75	1.5884	50	60	70	70	30	35	40		40	80	90	-100	90	200	317.68	317.68	2-FO-75	Decalifitng
Sandījs Albiņš	22	MJ	81	82.5	1.044	160	170	-180	170	105	110	-115		110	160	170	180	180	460	480.24	485.0424	1-MJ-82.5	Forte Iecava
Edijs Dombrovskis	20	MJ	92	100	0.954	145	155	-160	155	102.5	105	110		110	190	-200		190	455	434.07	447.0921	1-MJ-100	Salduš Atlēti
Bohdan Mykhalyk	23	MJ	110	110	0.885	285	295	-305	295	-150	-150	150		150	270	290	-300	290	735	650.475	650.475	1-MJ-110	GoldBarbell
Emīls Ozīna	23	MJ	114	125	0.875	240	250	260	260	155	-165	-165		155	220			220	635	555.625	555.625	1-MJ-125	GoldBarbell
Alvis Kranāts	58	M4	94.5	100	0.939	120	135	145	145	100				100	180	200	-210	200	445	417.855	539.4508	1-M4-100	GoldBarbell
Ivo Vegners	50	M3	93.5	100	0.945	-170			0	-110				0	-190			0	0	0	0	0	Salduš Atlēti
Ivars Ozols	45	M2	98.9	100	0.9194	210	230	240	240	200	210	220		220	-230	230	240	240	700	643.58	678.9769	1-M2-100	GoldBarbell
Gaidars Smirnovs	46	M2	94.5	100	0.939	175	-182.5	-182.5	175	107.5	112.5			112.5	-200	200		200	487.5	457.7625	488.8903	2-M2-100	KULDIGA
Guntars Ērkšis	48	M2	108	110	0.89	170	190	-220	190	120	130	140		140	210	230	245	245	575	511.75	561.3897	1-M2-110	Ventspils
Andis Kaspars	47	M2	113.3	125	0.876	160	200	220	220	160	170	-175		170	215	232.5	-245	232.5	622.5	545.31	590.0254	1-M2-125	Forte Iecava
Jānis Allis	46	M2	128	140	0.854	150	170	180	180	120	130	-140		130	200	220	230	230	540	461.16	492.5188	1-M2-140	GoldBarbell
Aldis Labrencis	40	M1	93.7	100	0.9442	-130	130	140	140	120	130	140		140	160	170	-180	170	450	424.89	424.89	1-M1-100	GoldBarbell
Ivars Cīrulis	43	M1	105	110	0.898	180	210	-240	210	130	140			140	230	250		250	600	538.8	555.5028	1-M1-110	GoldBarbell
Atis Gorodko	19	MT3	59.5	60	1.442	100	110	-120	110	60	70	75		75	100	110	125	125	310	447.02	464.9008	1-MT3-60	Forte Iecava
Pēteris Krastiņš	19	MT3	61	67.5	1.391	100	115	125	125	60	65	70		70	140	150	160	160	355	493.805	513.5572	1-MT3-67.5	Forte Iecava
Dāvis Polis	19	MT3	82.1	82.5	1.0328	-120	120	130	130	90	100	-110		100	180	200	-210	200	430	444.104	461.8681	1-MT3-82.5	Salduš Atlēti
Aleksandrs Martinovs	17	MT2	65	67.5	1.29	110	120	-130	120	80	82.5	87.5		87.5	120	135	145	145	352.5	454.725	491.103	1-MT2-67.5	Forte Iecava
Artūrs Mikelsons	17	MT2	65	67.5	1.29	120	-130	135	135	70	75	77.5		77.5	105	110	-117.5	110	322.5	416.025	449.307	2-MT2-67.5	Forte Iecava
Jānis Zeps	17	MT2	73	75	1.147	135	-145	145	145	75	-77.5	-77.5		75	140	150	-155	150	370	424.39	458.3412	1-MT2-75	Forte Iecava
Raens Marko Rozenbergs	16	MT2	71.1	75	1.1764	90	-100	-110	90	75	80	-85		80	-110	120	135	135	305	358.802	405.4462	2-MT2-75	Forte Iecava
Mārtiņš Sidorenkovs	17	MT2	81.7	82.5	1.0366	180	190	-200	190	100	110	115		115	170	185	-195	185	490	507.934	548.5687	1-MT2-82.5	Forte Iecava
Girts Gorodko	17	MT2	80	82.5	1.054	170	-180	-180	170	85	90	-100		90	160	170	180	180	440	463.76	500.8608	2-MT2-82.5	Forte Iecava
Gustavs Grundulis	16	MT2	88.2	90	0.9814	-100	100	-110	100	80	87.5	-90		87.5	130	150	-162.5	150	337.5	331.2225	374.2814	1-MT2-90	Rozental
Roberts Lintiņš	16	MT2	104.9	110	0.8984	190	202.5	210	210	122.5	-127.5	-127.5		122.5	140	170	-200	170	502.5	451.446	510.1339	1-MT2-110	GoldBarbell
Ričards Dambergs	14	MT1	55.4	56	1.6222	85	95	100	100	55	60	-65		60	105	120	-125	120	280	454.216	558.6856	1-MT1-56	Salduš Atlēti
Rodrigo Zombergs	13	MT1	55.4	56	1.6222	50	60	65	65	35	42.5	45		45	77.5	85	90	90	200	324.44	415.2832	2-MT1-56	Salduš Atlēti
Jorens Beiers	13	MT1	51.7	56	1.8382	52.5	-57.5	57.5	57.5	32.5	37.5	-40		37.5	77.5	82.5	85	85	180	330.876	423.5212	3-MT1-56	Salduš Atlēti
Rodrigo Cīrulis	14	MT1	25.9	56	#N/A	20	22.5	25	25	-12.5	12.5	15		15	25	30	35	35	75			4-MT1-56	GoldBarbell
Toms Linķis	15	MT1	57.7	60	1.5084	-70	-70	70	70	60	65	-70		65	100	-115	-115	100	235	354.474	418.2793	1-MT1-60	Rozental
Maksims Matvejevs	15	MT1	63.3	67.5	1.3276	95	105	112.5	112.5	67.5	72.5	-75		72.5	120	127.5	135	135	320	424.832	501.3017	1-MT1-67.5	Rozental
Ričards Kleinbergs	15	MT1	64	67.5	1.311	80	95	-105	95	-65	72.5	77.5		77.5	125	135	145	145	317.5	416.2425	491.1661	2-MT1-67.5	Rozental
Hugo Hartmanis	15	MT1	66.3	67.5	1.2618	-95	95	-102.5	95	62.5	67.5	-70		67.5	110	120	127.5	127.5	290	365.922	431.7879	3-MT1-67.5	Rozental
Daniels Hodononoks	14	MT1	65.4	67.5	1.281	55	-60	60	60	45	52.5	55		55	90	100	105	105	220	281.82	346.6386	4-MT1-67.5	Salduš Atlēti
Tomass Vļumsons	15	MT1	71.5	75	1.17	-100	100	105	105	67.5	70	72.5		72.5	127.5	132.5	-137.5	132.5	310	362.7	427.986	1-MT1-75	Rozental
Markus Raivo Rijnieks	14	MT1	70	75	1.194	90	97.5	-107.5	97.5	45	-50	50		50	100	115	125	125	272.5	325.365	400.1989	2-MT1-75	Forte Iecava
Kristjans Briedis	16	MT1	84.6	90	1.0098	90	100	107.5	107.5	80	85	-90		85	130	150	-160	150	342.5	345.8565	390.8178	1-MT1-90	Rozental
Gustavs Matulēns	15	MT1	98.2	100	0.9222	135	145	155	155	75	85	90		90	140	150	-165	150	395	364.269	429.8374	1-MT1-100	VikingR
Kārlis Gustavs Straksis	13	MT1	91	100	0.961	90	100	-120	100	45	50	-57.5		50	110	130	150	150	300	288.3	369.024	2-MT1-100	Salduš Atlēti
Gvido Ozols	14	MT1	104.2	110	0.9002	150	160	167.5	167.5	65	70	75		75	160	170							

Erikas Dovydenas	31	MO	84.1	90	1.0142	220	-235	-237.5	220	135	145	-152.5		145	250	272.5		272.5	637.5	646.5525	646.5525	2-MO-90	Lietuva
Toms Tovstulaks	37	MO	89.9	90	0.9694	170	175	180	180	102.5	105	-107.5		105	180	185		185	470	455.618	455.618	3-MO-90	KULDĪGA
Deniēls Kulikovskis	24	MO	89.5	90	0.972	120	-140	140	140	80	90	-100		90	140	150	-160	150	380	369.36	369.36	4-MO-90	Forte Iecava
Artis Veiss	32	MO	100	100	0.915	250	265	275	275	170	180	185		185	250	260	270	270	730	667.95	667.95	1-MO-100	GoldBarbell
Aivis Bogadajevs	30	MO	95	100	0.937	170	190	200	200	115	125			125	250	260	270	270	595	557.515	557.515	2-MO-100	GoldBarbell
Miks Špass	25	MO	96.1	100	0.9316	-190	190	-205	190	130	140	147.5		147.5	220			220	557.5	519.367	519.367	3-MO-100	GoldBarbell
Dmitrijs Ōzerovs	35	MO	90.1	100	0.9682	135	145	162.5	162.5	100	105	112.5		112.5	150	165	175	175	450	435.69	435.69	4-MO-100	KULDĪGA
Rihards Pavlovs	24	MO	107.3	110	0.8918	220	230	240	240	150	160	167.5		167.5	235	245	260	260	667.5	595.2765	595.2765	1-MO-110	Olymp
Māris Rāzmanis	36	MO	101	110	0.911	180	200	215	215	160	-170	-170		160	210	235	-250	235	610	555.71	555.71	2-MO-110	Forte Iecava
Ričards Šotaks	27	MO	118	125	0.867	215	-225	230	230	155	165	-170		165	245	255	265	265	660	572.22	572.22	1-MO-125	KULDĪGA
Jānis Štrautmanis	30	MO	144.5	SHW	0.836	180	200	220	220	210	220	225		225	270	290	305	305	750	627	627	1-MO-SHW	GoldBarbell

Absolūtie spēcīgākās sievietes:	Absolūti spēcīgākie OPEN
1. Aija Mikuliča	1. Ramūnas Liebus
2. Kristīne Rahena	2. Raivo Feldmanis
3. Kristīne Morskova	3. Artis Veiss
Absolūti spēcīgākie jaunieši:	Absolūti spēcīgākie veterāni
1. Rīčards Dambergs	1. Ivars Ōzols
2. Mārtiņš Šidorenkovs	2. Andis Kaspars
3. Roberts Lintīņš	3. Guntars Ērkšķis
Absolūti spēcīgākie juniori:	
1. Bohdan Mykhalyk	
2. Emīls Džilna	
3. Sandijs Albiņš	

Komandu ieskaite:	
Forte Iecava	7989.18
GoldBarbell	7977.61
Saldus Atlēti	3918.58
Decalifitng	3894.89
Rozental	3499.82
KULDĪGA	2514.32
Lietuva	1916.09
Olymp	595.28
Ventspils	561.39
VikingR	429.84