

| BAUSKAS KAUSS 2023      |        |     |            |           |        |         |         |         |            |            |            |            |               |                 |             |                |            |                  |  |
|-------------------------|--------|-----|------------|-----------|--------|---------|---------|---------|------------|------------|------------|------------|---------------|-----------------|-------------|----------------|------------|------------------|--|
| PUSH & PULL             |        |     |            |           |        |         |         |         |            |            |            |            |               |                 |             |                |            |                  |  |
| Vārds Uzvārds           | Vecums | Div | Svars (kg) | Kat. (Kg) | Reshel | Bench 1 | Bench 2 | Bench 3 | Best Bench | Deadlift 1 | Deadlift 2 | Deadlift 3 | Best Deadlift | Push Pull Total | Koeficients | Vecums & koef. | Pi-Div-WCI | Komanda          |  |
| Iveta Trakačenko        | 50     | F3  | 70.7       | 75        | 1.5956 | 45      | 50      | 55      | 55         | 100        | 110        | 120        | 120           | 175             | 279.23      | 315.5299       | 1-F3-75    | Decalifitng      |  |
| Dace Gulbe              | 42     | F1  | 80.2       | 82.5      | 1.495  | 40      | 42.5    | 45      | 45         | 95         | 105        | 115        | 115           | 160             | 239.2       | 243.984        | 1-F1-82.5  | Kuldīga          |  |
| Līga Truntika           | 42     | F1  | 82.2       | 82.5      | 1.4774 | 30      | 35      | -40     | 35         | 90         | 102.5      | -115       | 102.5         | 137.5           | 203.1425    | 207.2053       | 2-F1-82.5  | Forte Iecava     |  |
| Ance Pšečenko           | 22     | FJ  | 61.9       | 67.5      | 1.737  | 45      | 50      | -53     | 50         | 85         | 95         | 102.5      | 102.5         | 152.5           | 264.8925    | 267.5414       | 1-FJ-67.5  | Kuldīga          |  |
| Viktorija Rathena       | 20     | FJ  | 74.6       | 75        | 1.5478 | 45      | 50      | -52.5   | 50         | 100        | -110       | -110       | 100           | 150             | 232.17      | 239.1351       | 1-FJ-75    | Kuldīga          |  |
| Karina Beta             | 17     | FT3 | 71         | 75        | 1.592  | 30      | 35      | -40     | 35         | 75         | 85         | 95         | 95            | 130             | 206.96      | 223.5168       | 1-FT3-75   | Forte Iecava     |  |
| Diāna Mažecka           | 15     | FT1 | 59.9       | 60        | 1.7854 | 47.5    | 52.5    | -55     | 52.5       | 100        | 110        | 117.5      | 117.5         | 170             | 303.518     | 358.1512       | 1-FT1-60   | Saldus           |  |
| Marilin Pirmipuu        | 35     | FO  | 59.9       | 60        | 1.7854 | 50      | 52.5    | 55      | 55         | 120        | 132.5      | 140        | 140           | 195             | 348.153     | 348.153        | 1-FO-60    | KoverKang        |  |
| Doris Rosenberg         | 27     | FO  | 72         | 75        | 1.58   | 67.5    | 70      | -72.5   | 70         | 125        | 130        | 137.5      | 137.5         | 207.5           | 327.85      | 327.85         | 1-FO-75    | KoverKang        |  |
| Olga Jermačenko         | 39     | FO  | 73.6       | 75        | 1.5598 | 55      | 60      | 65      | 65         | 120        | 130        | 142.5      | 142.5         | 207.5           | 323.6585    | 323.6585       | 2-FO-75    | Decalifitng      |  |
| Aleksis Koškins         | 23     | MJ  | 76.8       | 82.5      | 1.0924 | 105     | 107.5   | 110     | 110        | 175        | 185        | 195        | 195           | 305             | 333.182     | 333.182        | 1-MJ-82.5  | VikingR          |  |
| Sandijs Albiņš          | 22     | MJ  | 85.7       | 90        | 1.0004 | 110     | 115     | 120     | 120        | 180        | 190        | -200       | 190           | 310             | 310.124     | 313.2252       | 1-MJ-90    | Forte Iecava     |  |
| Edijs Dombrovskis       | 20     | MJ  | 89.9       | 90        | 0.9694 | 100     | 105     | -107.5  | 105        | 180        | 190        | 195        | 195           | 300             | 290.82      | 299.5446       | 2-MJ-90    | Saldus           |  |
| Adrians Upenieks        | 20     | MJ  | 112        | 125       | 0.879  | 140     | -150    | -150    | 140        | 200        | 225        | -250       | 225           | 365             | 320.835     | 330.4600       | 1-MJ-125   | Saldus           |  |
| Dainis Polis            | 63     | M5  | 97.8       | 100       | 0.9238 | 100     |         |         | 100        | 150        |            |            | 150           | 250             | 230.95      | 328.1799       | 1-M5-100   | Saldus           |  |
| Modestas Beinoravičius  | 46     | M2  | 107.6      | 110       | 0.8906 | 185     | 192.5   | -195    | 192.5      | 270        | 285        | -290       | 285           | 477.5           | 425.2615    | 454.1792       | 1-M2-110   | ExtremeGym       |  |
| Guntars Erškis          | 48     | M2  | 109.3      | 110       | 0.8868 | 125     | 135     | -140    | 135        | 245        | 255        | 260        | 260           | 395             | 350.286     | 384.2637       | 2-M2-110   | Ventspils        |  |
| Atis Gorodko            | 19     | MT3 | 58.3       | 60        | 1.486  | 70      | 75      | -80     | 75         | 120        | 130        | 140        | 140           | 215             | 319.49      | 332.2696       | 1-MT3-60   | Forte Iecava     |  |
| Dāvis Rieba             | 17     | MT2 | 66         | 67.5      | 1.268  | 50      | 60      | 65      | 65         | 100        | 110        | 120        | 120           | 185             | 234.58      | 253.3464       | 1-MT2-67.5 | WRPF LV          |  |
| Artūrs Mikelsons        | 17     | MT2 | 64         | 67.5      | 1.311  | 70      | -75     | -75     | 70         | 105        | 110        | -120       | 110           | 180             | 235.98      | 254.8584       | 2-MT2-67.5 | Forte Iecava     |  |
| Renāts Tokmačovs        | 16     | MT2 | 68         | 75        | 1.228  | 75      | 85      | 90      | 90         | 135        | 140        | -145       | 140           | 230             | 282.44      | 319.1572       | 1-MT2-75   | Forte Iecava     |  |
| Mārtiņš Sidorenkovs     | 17     | MT2 | 82.5       | 82.5      | 1.029  | 115     | 120     | 125     | 125        | 180        | 190        | 200        | 200           | 325             | 334.425     | 361.179        | 1-MT2-82.5 | Forte Iecava     |  |
| Roberts Gilučs          | 16     | MT2 | 82.3       | 82.5      | 1.0306 | 97.5    | 105     | -110    | 105        | 195        | -205       | 205        | 205           | 310             | 319.486     | 361.0191       | 2-MT2-82.5 | Forte Iecava     |  |
| Girts Gorodko           | 17     | MT2 | 82.3       | 82.5      | 1.0306 | 87.5    | -95     | -95     | 87.5       | 170        | 180        | -185       | 180           | 267.5           | 275.6855    | 297.7403       | 3-MT2-82.5 | Forte Iecava     |  |
| Danylo Lantrat          | 16     | MT2 | 86.8       | 90        | 0.9916 | -110    | 120     | 125     | 125        | 180        | 190        | 200        | 200           | 325             | 322.27      | 364.1651       | 1-MT2-90   | WRPF LV          |  |
| Arnolds Rodenkirhens    | 14     | MT1 | 59.9       | 60        | 1.4266 | 57.5    | 62.5    | -65     | 62.5       | 105        | 115        | 120        | 120           | 182.5           | 260.3545    | 320.2360       | 1-MT1-60   | Forte Iecava     |  |
| Rodrigo Zombergs        | 13     | MT1 | 56.5       | 60        | 1.568  | 47.5    | 52.5    | -55     | 52.5       | 92.5       | 100        | 102.5      | 102.5         | 155             | 243.04      | 311.0912       | 2-MT1-60   | Saldus           |  |
| Daniels Hodononoks      | 15     | MT1 | 73.5       | 75        | 1.139  | 55      | 60      | 65      | 65         | 105        | 115        | 125        | 125           | 190             | 216.41      | 255.3638       | 1-MT1-75   | Saldus           |  |
| Gustavs Matulēns        | 15     | MT1 | 99.4       | 100       | 0.9174 | 85      | 95      | -100    | 95         | 150        | 160        | 170        | 170           | 265             | 243.111     | 286.8709       | 1-MT1-100  | Jelgavas Atlanti |  |
| Kārlis Gustavs Straksis | 13     | MT1 | 92.6       | 100       | 0.9506 | 65      | 70      | -75     | 70         | 150        | 170        | -180       | 170           | 240             | 228.144     | 292.0243       | 2-MT1-100  | Saldus           |  |
| Gvido Ozols             | 15     | MT1 | 107        | 110       | 0.892  | 77.5    | 82.5    |         | 82.5       | 180        | 185        | -190       | 185           | 267.5           | 238.61      | 281.5598       | 1-MT1-110  | Saldus           |  |
| Intars Baumanis         | 25     | MO  | 82.1       | 82.5      | 1.0328 | 150     | 160     |         | 160        | 280        | -300       | -300       | 280           | 440             | 454.432     | 454.432        | 1-MO-82.5  | Forte Iecava     |  |
| Sander Pikk             | 28     | MO  | 82.4       | 82.5      | 1.0298 | 157.5   | 162.5   | 165     | 165        | 230        | 240        | -245       | 240           | 405             | 417.069     | 417.069        | 2-MO-82.5  | KoverKang        |  |
| Raivo Feldmanis         | 26     | MO  | 90         | 90        | 0.969  | 140     | 145     | -150    | 145        | 250        | 260        | -270       | 260           | 405             | 392.445     | 392.445        | 1-MO-90    | Forte Iecava     |  |
| Elvijs Zieds            | 31     | MO  | 88.8       | 90        | 0.9776 | 140     | 145     | -150    | 145        | 200        | 210        | 230        | 230           | 375             | 366.6       | 366.6          | 2-MO-90    | Bauska           |  |
| Paul Erik Rosenberg     | 30     | MO  | 105.2      | 110       | 0.898  | 172.5   | 180     | 187.5   | 187.5      | -300       |            |            | 0             | 0               | 0           | 0              | 0          | KoverKang        |  |

| Absolūtie spēcīgākās sievietes: | Absolūti spēcīgākie OPEN     |
|---------------------------------|------------------------------|
| 1. Diāna Mažecka                | 1. Intars Baumanis           |
| 2. Marilin Pirmipuu             | 2. Sander Pikk               |
| 3. Doris Rosenberg              | 3. Raivo Feldmanis           |
| Absolūti spēcīgākie jaunieši:   | Absolūti spēcīgākie veterāni |
| 1. Danylo Lantra                | 1. Modestas Beinoravičius    |
| 2. Mārtiņš Sidorenkovs          | 2. Guntars Erškis            |
| 3. Roberts Gilučs               | 3. Dainis Polis              |
| Absolūti spēcīgākie juniori:    |                              |
| 1. Aleksis Koškins              |                              |
| 2. Adrians Upenieks             |                              |
| 3. Sandijs Albiņš               |                              |

| Komandu ieskaite:    |         |
|----------------------|---------|
| 1. Forte Iecava      | 3837.28 |
| 2. Saldus            | 2456.37 |
| 3. KoverKang         | 1093.07 |
| 4. KULDĪGA           | 750.66  |
| 5. Decalifitng       | 639.19  |
| 6. WRPF LV           | 617.51  |
| 7. ExtremeGym        | 454.18  |
| 8. Bauska            | 366.60  |
| 9. VikingR           | 333.18  |
| 10. Jelgavas Atlanti | 286.87  |