

OPL Format v1 (OpenLifter 1.4)		Submit by email: issues@openpowerlifting.org																									
Federation	Date	MeetCountry	MeetState	MeetTown	MeetName	Formula																					
WRPF Latvia	'2025-04-05	Latvia		Riga	Baltic Cup	Wilks																					
Place		Name	Sex	Age	Country	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points	Event	Team		
	1	Gintare Vysniauskaite	F	21	Lithuania	Sleeves	J20-23	73	75	75	-85	85	85	42.5	47.5	-50	47.5	100	110	120	120	252.5	244.22	SBD	Thuder Powerlifting Team		
	1	Inguna Trinitatova	F	42	Latvia	Sleeves	M40-49	55.85	56	115	120	125	125	47.5	50	-52.5	50	117.5	127.5	135	135	310	365.52	SBD	Individual		
	1	Marina Filatova	F	40	Latvia	Sleeves	M40-49	61.85	67.5	100	110	115	115	50	55	-57.5	55	110	125	-130	125	295	321.29	SBD	Rezekne		
	1	Sabina Vaitiekunaite	F	34	Lithuania	Sleeves	Open	66	67.5	75	85	90	90	45	50	-55	50	-85	90	100	100	240	248.97	SBD	Thunder Powerlifting Team		
	1	Veronika Anosova	F	17	Latvia	Sleeves	Y14-19	65.9	67.5	100	110	115	115	60	65	-70	65	120	140	-145	140	320	332.33	SBD	Rezekne		
	2	Valerija Abakumova	F	16	Latvia	Sleeves	Y14-19	63.85	67.5	70	75	80	80	40	42.5	45	45	90	95	100	100	225	239.21	SBD	PowerLove		
	1	Karina Kutakova	F	42	Latvia	Wraps	M40-49	61.7	67.5	-95	95	100	100	55	60	62.5	62.5	100	105	-110	105	267.5	291.88	SBD	Decalifting		
	1	Bella Dzhambulatova	F	51	Latvia	Wraps	M50-59	67.25	67.5	-115	115	125	125	80	87.5	-90	87.5	125	135	145	145	357.5	365.85	SBD	WRPF Latvia		
	1	Sintija Knutova-Ozerova	F	25	Latvia	Wraps	Open	57.4	60	-110	110	-115	110	60	62.5	65	65	125	130	135	135	310	357.76	SBD	Decalifting		
	1	Snezana Zajaca	F	46	Latvia	Sleeves	M40-49	63.95	67.5					55	57.5	-60	57.5	100	105	110	110	167.5	177.87	BD	Decalifting		
	1	Ilze Ozolina	F	40	Latvia	Sleeves	M40-49	74.65	75					50	55	60	60	-110	120	125	125	185	176.39	BD	Individual		
	2	Diana Rusina	F	49	Latcia	Sleeves	M40-49	72.25	75					50	55	-60	55	70	75	80	80	135	131.46	BD	Decalifting		
	1	Jelena Bemberga	F	58	Latvia	Sleeves	M50-59	70.95	75					-40	-42.5	42.5	42.5	80	90	100	100	142.5	140.46	BD	PowerLab Team		
	1	Kristine Morskova	F	44	Latvia	Sleeves	Open	55.65	56					65	70	-72.5	70	-130	-130	140	140	210	248.30	BD	Decalifting		
	1	Elena Silickiene	F	37	Lithuania	Sleeves	Open	63.1	67.5					-65	65	70	70	125	135	145	145	215	230.62	BD	IRONHOOD POWER TEAM		
	1	Jurgita Krigere	F	33	Latvia	Sleeves	Open	130.75	140					67.5	-70	-70	67.5	150	160	-170	160	227.5	179.16	BD	EN liftclub		
	1	Bella Dzhambulatova	F	51	Latvia	Wraps	M50-59	67.25	67.5					80	87.5	-90	87.5	125	135	145	145	232.5	237.93	BD	WRPF Latvia		
	1	Viktorija Kimitjuka	F	40	Latvia	Sleeves	M40-49	54.7	56									80	85	95	95	95	113.85	D	Viper Fitness		
	1	Marina Filatova	F	40	Latvia	Sleeves	M40-49	61.85	67.5									110	125	-130	125	125	136.14	D	Rezekne		
	1	Raivita Tuka	F	27	Latvia	Sleeves	Open	57.3	60									105	112.5	117.5	117.5	117.5	135.79	D	EN Lift Club		
	1	Veronika Anosova	F	17	Latvia	Sleeves	Y14-19	65.9	67.5									120	140	-145	140	140	145.39	D	Rezekne		
	1	Karina Kutakova	F	42	Latvia	Bare	M40-49	61.7	67.5					55	60	62.5	62.5					62.5	68.20	B	Decalifting		
	1	Kristine Koha	F	46	Latvia	Bare	M40-49	69.6	75					55	60	-65	60					60	59.93	B	Magnus Gym		
	1	Bella Dzhambulatova	F	51	Latvia	Bare	M50-59	67.25	67.5					80	87.5	-90	87.5					87.5	89.54	B	WRPF_Latvia		
	1	Liga Motte-Priede	F	39	Latvia	Bare	Open	97.25	100					95	100	102.5	102.5					102.5	86.08	B	Olymp		
	2	Raimonds Pavliks	M	18	Latvia	Sleeves	Y14-19	64.15	67.5	67.5	77.5	87.5	87.5	35	45	50	50	85	95	105	105	242.5	194.99	SBD	Individual		
	1	Kristians Romanovskis	M	16	Latvia	Sleeves	Y14-19	70.45	75	145	-150	150	150	80	87.5	92.5	92.5	165	170	175	175	417.5	311.35	SBD	The fearless		
	2	Yevhen Syvokon	M	17	Latvia	Sleeves	Y14-19	70.6	75	120	130	-132.5	130	-95	95	100	100	130	140	145	145	375	279.20	SBD	PowerLab Team		
	1	Timurs Markovs	M	16	Latvia	Sleeves	Y14-19	75.4	82.5	160	-170	-175	160	100	105	112.5	112.5	190	195	-200	195	467.5	331.90	SBD	Individual		
	2	Daniils Zuravlovs	M	16	Latvia	Sleeves	Y14-19	79.85	82.5	-120	-120	125	125	65	70	77.5	77.5	115	120	130	130	332.5	227.27	SBD	Individual		
	1	Ariels Mitjurnikovs	M	18	Latvia	Sleeves	Y14-19	101.85	110	125	140	150	150	95	105	-112.5	105	160	175	180	180	435	262.85	SBD	Individual		
	1	Ivans Goncarovs	M	17	Latvia	Sleeves	Y14-19	54.6	56					50	57.5	-60	57.5	100	110	120	120	177.5	165.69	BD	PowerLab team		
	1	Timurs Bickovskis	M	15	Latvia	Sleeves	Y14-19	78.45	82.5					60	65	70	70	110	120	130	130	200	138.26	BD	Tima		
	1	Alberts Rimsa	M	17	Latvia	Sleeves	Y14-19	84.3	90					85	-92.5	95	95	-120	125	-130	125	220	145.52	BD	Individual		
	2	Valters Ivanovs	M	16	Latvia	Sleeves	Y14-19	90	90					60	65	70	70	140	150	-155	150	220	140.45	BD	Magnus Gym		
	1	Maris Edijs Grosbards	M	16	Latvia	Sleeves	Y14-19	95.8	100					100	110	115	115	160	180	200	200	315	195.20	BD	K&N Performance		
	2	Ivans Korohods	M	17	Latvia	Sleeves	Y14-19	98.35	100					100	107.5	-112.5	107.5	170	185	200	200	307.5	188.42	BD	Vikinger		
	1	Ivans Goncarovs	M	17	Latvia	Sleeves	Y14-19	54.6	56									100	110	120	120	120	112.01	D	PowerLab team		
	1	Germans Letlans	M	15	Latvia	Sleeves	Y14-19	66.3	67.5									105	115	125	125	125	97.79	D	PowerLab team		
	1	Valters Ivanovs	M	16	Latvia	Sleeves	Y14-19	90	90									140	150	-155	150	150	95.76	D	Magnus Gym		
	1	Ivans Korohods	M	17	Latvia	Sleeves	Y14-19	98.35	100									170	185	200	200	200	122.55	D	Vikinger		
	1	Aleksandrs Trinitatovs	M	43	Latvia	Bare	M40-49	79.55	82.5					132.5	140	145	145					145	99.35	B	Individual		
	1	Aleksandrs Nikitins	M	44	Latvia	Bare	M40-49	90	90					175	180	185	185					185	118.10	B	Rezekne		
	1	Aleksejs Malinnikovs	M	45	Latvia	Bare	M40-49	98.35	100					180	-190	-190	180					180	110.29	B	Malina		
	2	Viesturs Eidemanis	M	44	Latvia	Bare	M40-49	94.25	100					160	170		170					170	106.13	B	Kuldiga		
	1	Igors Gluskovs	M	43	Latvia	Bare	M40-49	107.6	110					180	187.5	-192.5	187.5					187.5	111.12	B	Olymp		
	2	Juris Indans	M	44	Latvia	Bare	M40-49	107.4	110					165	167.5	170	170					170	100.81	B	PowerLab team		

	1	Georgijs Stolerovs	M	54	Latvia	Bare	M50-59	81.9	82.5					155	162.5	167.5	167.5					167.5	112.70	B	Livāni Gym
	1	Igor Popov	M	50	Estonia	Bare	M50-59	111.8	125					120	125	-130	125					125	73.21	B	Sergei Kazubski TEAM
	1	Longins Augstkalns	M	70	Latvia	Bare	M70-79	91.4	100					125	130	140	140					140	88.69	B	PowerLab team
	1	Valentins Morozovs	M	36	Latvia	Bare	Open	74	75					165	170	-172.5	170					170	122.28	B	RMI GYM Olaine
DQ	1	Tomas Kvitko	M	30	Lithuania	Bare	Open	81.45	82.5					145	150	-155	150					150	101.27	B	Project Power
		Sereda Mykhailo	M	29	Estonia	Bare	Open	80.85	82.5					-145	-145									B	Strong
	1	Andrejs Solovjovs	M	31	Latvia	Bare	Open	98.95	100					-175	-180	185	185					185	113.07	B	VM-Team
	2	Aleksejs Malinnikovs	M	45	Latvia	Bare	Open	98.35	100					180	-190	-190	180					180	110.29	B	Malina
	3	Andriās Johanson	M	36	Estonia	Bare	Open	92.85	100					100	105	-110	105					105	66.01	B	CnessFit
DQ		Vjaceslavs Letlans	M	38	Latvia	Bare	Open	93.3	100					-250	-250									B	Unbroken
	1	Gierdrius Kaleckas	M	36	Lithuania	Bare	Open	102.15	110					-210	215	225	225					225	135.80	B	Lithuania
	2	Evgeny Kuzemin	M	39	Latvia	Bare	Open	107.8	110					150	160	-167.5	160					160	94.76	B	666
	3	Vladislavs Hajeckis	M	28	Latvia	Bare	Open	108.4	110					150	-160	-162.5	150					150	88.68	B	PowerLab Team
	1	Konstantins Sobolevs	M	34	Latvia	Bare	Open	123.3	125					220	230	235	235					235	134.29	B	Olymp
	2	Stanislavs Melehins	M	38	Latvia	Bare	Open	112.35	125					145	-155	-155	145					145	84.80	B	RMI Gym Olaine
	1	Janis Ozoliņš	M	35	Latvia	Bare	Open	135.9	140					180	190	200	200					200	112.27	B	Rezekne
	1	Ivans Gončarovs	M	17	Latvia	Bare	Y14-19	54.6	56					50	57.5	-60	57.5					57.5	53.67	B	PowerLab Team
	1	Artjoms Bobovnikovs	M	16	Latvia	Bare	Y14-19	67.5	67.5					100	-102.5	-102.5	100					100	77.10	B	Individual
	2	Timofejs Blūms	M	19	Latvia	Bare	Y14-19	67.3	67.5					92.5	-97.5	-97.5	92.5					92.5	71.49	B	Jelgavas Atlanti
	3	Nikita Andīņš	M	16	Latvia	Bare	Y14-19	67.2	67.5					75	80	-85	80					80	61.90	B	
	4	Jānis Asaris	M	17	Latvia	Bare	Y14-19	65.1	67.5					60	-65	-65	60					60	47.65	B	
	1	Yevhen Syvokon	M	17	Latvia	Bare	Y14-19	70.6	75					-95	95	100	100					100	74.45	B	PowerLab Team
	1	Rolans Bobnevs	M	15	Latvia	Bare	Y14-19	81.45	82.5					115	-120	120	120					120	81.01	B	RMI Gym Olaine
	1	Aleksandrs Kornienko	M	17	Latvia	Bare	Y14-19	85.65	90					110	-115	115	115					115	75.38	B	Kyrgyzstan
	2	Ernests Zariņš	M	16	Latvia	Bare	Y14-19	86	90					75	-77.5	-77.5	75					75	49.05	B	
DQ		Maksims Melehins	M	17	Latvia	Bare	Y14-19	89.8	90					-100	-100	-100								B	17
	1	Maksims Landovskis	M	19	Latvia	Bare	Y14-19	96.95	100					127.5	132.5	-135	132.5					132.5	81.68	B	VikingR
	2	Vladisalvs Gorbunovs	M	12	Latvia	Bare	Y14-19	93.1	100					80	85	90	90					90	56.51	B	
DQ		Raitis Stelmahers	M	19	Latvia	Bare	Y14-19	105.65	110					-210	-210	-210								B	Individual
	1	Evaldas Černauskas	M	40	Lithuania	Sleeves	M40-49	96.85	100					195	210	225	225					225	138.77	B	Lithuania
	1	Modestas Beinoravičius	M	47	Lithuania	Sleeves	M40-49	109.65	110	230	240		240	180	187.5	-190	187.5	270	285	-290	285	712.5	419.71	SBD	Lithuania
	1	Aleksandrs Aleksejevs	M	44	Latvia	Sleeves	M40-49	132.45	140	280	300	320	320	150	160	170	170	330	350	-370	350	840	473.55	SBD	Ludza
	2	Sergei Kazubski	M	45	Estonia	Sleeves	M40-49	133.4	140	180	200		200	130	-135	140	140	200	215	225	225	565	318.14	SBD	Sergei Kazubski TEAM
	1	Karens Kasabjans	M	57	Latvia	Sleeves	M50-59	79.9	82.5	110	117.5	125	125	90	100	102.5	102.5	145	152.5	162.5	162.5	390	266.46	SBD	
	1	Edmunds Vasiljevs	M	36	Latvia	Sleeves	Open	79.7	82.5	140	150	155	155	90	105	110	110	180	220	225	225	490	335.32	SBD	
	2	Aleksis Koskins	M	24	Latvia	Sleeves	Open	82	82.5	140	150	155	155	110	115	-120	115	190	200	210	210	480	322.73	SBD	
	3	Daniel Orlov	M	24	Estonia	Sleeves	Open	81.4	82.5	100	110	-115	110	65	-70	70	70	130	145	155	155	335	226.25	SBD	CnessFit
	1	Aleksei Nikitin	M	28	Latvia	Sleeves	Open	98.45	100	-180	180	-200	180	130	140	-145	140	180	200	220	220	540	330.74	SBD	PowerLab Team
	1	Sergei Mitko	M	26	Estonia	Sleeves	Open	102.6	110	165	175	180	180	115	122.5	-130	122.5	205	215	225	225	527.5	317.86	SBD	CnessFit
	2	Egert Pärtel	M	26	Estonia	Sleeves	Open	102.75	110	140	-150	-150	140	90	-100	-100	90	170	180	190	190	420	252.95	SBD	CnessFit
	1	Justins Petinens	M	28	Latvia	Sleeves	Open	131.15	140	250	267.5	-272.5	267.5	180	190	192.5	192.5	285	295		295	755	426.36	SBD	Karsava
	1	Ričards Muiznieks	M	20	Latvia	Wraps	J20-23	94.6	100	180	190	200	200	-130	130	135	135	-220	220	-230	220	555	345.89	SBD	PowerLab Team
	1	Daniils Parškovs	M	22	Latvia	Wraps	J20-23	130.25	140	260	280	300	300	135	150	-160	150	280	300	-310	300	750	424.05	SBD	VikingR
	1	Andrejs Komarišins	M	44	Latvia	Wraps	M40-49	118.2	125	-220	220	250	250	100	-120		100	240	260	285	285	635	366.39	SBD	PowerLab Team
	1	Aigars Jaņevičs	M	33	Latvia	Wraps	Open	89.8	90	-200	212.5		212.5	135	140	-145	140	215	225	230	230	582.5	372.29	SBD	PowerLab Team
	1	Konstantins Sobolevs	M	34	Latvia	Wraps	Open	123.3	125	280	300	310	310	220	230	235	235	280	295	305	305	850	485.75	SBD	Olymp
	1	Jurgis Baumeisters	M	33	Latvia	Wraps	Open	130.7	140	230	235	240	240	170	180	190	190	250	260	275	275	705	398.36	SBD	Mezzonis Team
	1	Danylo Lantrat	M	18	Latvia	Wraps	Y14-19	87	90	210	215	-220	215	145	150	-152.5	150	260	-270	-270	260	625	406.18	SBD	Decalifting
	1	Daniils Parškovs	M	22	Latvia	Bare	J20-23	130.25	140					135	150	-160	150	280	300	-310	300	450	254.43	BD	VikingR
	1	Aleksandrs Nikitins	M	44	Latvia	Bare	M40-49	90	90					175	180	185	185	250	270	282.5	282.5	467.5	298.45	BD	PowerLab Team
	2	Andris Lūsis	M	41	Latvia	Bare	M40-49	85.15	90					150	155	-157.5	155	280	-285	285	285	440	289.38	BD	PowerLab Team
	1	Evaldas Černauskas	M	40	Lithuania	Bare	M40-49	96.85	100					195	210	225	225	250	270		270	495	305.29	BD	Lithuania
	2	Jevgēnijs Kiseļevs	M	40		Bare	M40-49	98.8	100					122.5	132.5	-140	132.5	155	177.5	192.5	192.5	325	198.76	BD	
	1	Modestas Beinoravičius	M	47	Lithuania	Bare	M40-49	109.65	110					180	187.5	-190	187.5	270	285	-290	285	472.5	278.34	BD	Lithuania

1	Igors Suvorovs	M	54	Latvia	Bare	M50-59	99.15	100					120	125	130	130	220	230	237.5	237.5	367.5	224.43	BD	PowerLab Team
1	Valentins Morozovs	M	36	Latvia	Bare	Open	74	75					165	170	-172.5	170	240	250	-255	250	420	302.11	BD	RMI Gym Olaine
1	Ernestas Vingelis	M	35	Lithuania	Bare	Open	81.65	82.5					140	145	147.5	147.5	200	215	-225	215	362.5	244.37	BD	Lithuania
1	Aleksejs Burlaka	M	32	Latvia	Bare	Open	107.85	110					162.5	-167.5	-170	162.5	250	260	-265	260	422.5	250.19	BD	PowerLab Team
2	Ervins Freimanis	M	39	Latvia	Bare	Open	107.9	110					120	125	-130	125	230	240	245	245	370	219.07	BD	PowerLab Team
1	Jānis Ozoliņš	M	35	Latvia	Bare	Open	135.9	140					180	190	200	200	260	280	285	285	485	272.27	BD	
2	Kaspars Zandbergs	M	36	Latvia	Bare	Open	128	140					150	160	-170	160	270	290	-315	290	450	255.24	BD	Magnus Gym
1	Daniils Parškovs	M	22	Latvia	Bare	J20-23	130.25	140									280	300	-310	300	300	169.62	D	VikingR
1	Andris Lūsis	M	41		Bare	M40-49	85.15	90									280	-285	285	285	285	187.44	D	PowerLab Team
2	Aleksandrs Nikitins	M	44	Latvia	Bare	M40-49	90	90									250	270	282.5	282.5	282.5	180.35	D	PowerLab Team
1	Evaldas Černauskas	M	40	Lithuania	Bare	M40-49	96.85	100									250	270		270	270	166.52	D	Lithuania
1	Kirils Afanasjevs	M	42	Latvia	Bare	M40-49	108.5	110									300	-320	-320	300	300	177.31	D	
1	Genādijs Smorigo	M	63	Latvia	Bare	M60-69	90	90									150	160	170	170	170	108.53	D	RMI Gym Olaine
1	Valentins Morozovs	M	36	Latvia	Bare	Open	74	75									240	250	-255	250	250	179.83	D	RMI Gym Latvia
1	Mārtiņš Larka	M	37	Latvia	Bare	Open	85.85	90									250	260	267.5	267.5	267.5	175.12	D	PowerLab Team
1	Aleksei Nikitin	M	28	Latvia	Bare	Open	98.45	100									180	200	220	220	220	134.74	D	PowerLab Team
1	Jack Harvey Bishop	M	39	Latvia	Bare	Open	109	110									287.5	295	305	305	305	180.00	D	
2	Ervins Freimanis	M	39	Latvia	Bare	Open	107.9	110									230	240	245	245	245	145.06	D	PowerLab Team
1	Kaspars Zandbergs	M	36	Latvia	Bare	Open	128	140									270	290	-315	290	290	164.49	D	Magnus Gym
2	Jānis Ozoliņš	M	35	Latvia	Bare	Open	135.9	140									260	280	285	285	285	159.99	D	