

Lāčplēša-Kauss-2023

OPL Format v1 Submit by email: issues@openpowerlifting.org																									
Federation	Date	MeetCountry	MeetState	MeetTown	MeetName	Formula																			
WRPF-Latvia	2023-11-11	Latvia		Rīga	Lāčplēša Kauss 2023	Wilks																			
Place	Name	Sex	Age	Country	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Bench4Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Points	Event	Team
1	Catrin Kelly Reppo	F	23	Estonia	Raw	J20-23	63.8	67.5	70	80	85	85	60	62.5	65		65	90	100	105	105	255	271.27	SBD	Köver Kang
1	Kristīne Morskova	F	43	Latvia	Raw	M40-49	55.1	56	100	-105	-105	100	55	-60	60		60	100	110	120	120	280	333.66	SBD	Decalifting
1	Aija Mikuļiča	F	45	Latvia	Raw	M40-49	58.6	60	110	115	120	120	57.5	60	62.5		62.5	140	145	-150	145	327.5	371.89	SBD	Gold Barrell
2	Karina Kutakova	F	41	Latvia	Raw	M40-49	59.25	60	75	80	85	85	50	55	57.5		57.5	85	-90	90	90	232.5	261.75	SBD	Decalifting
1	Bella Džambulatova	F	49	Latvia	Raw	M40-49	67	67.5	95	105	110	110	70	75	80		80	120	130	140	140	330	338.61	SBD	Decalifting
1	Iveta Trakačenoka	F	50	Latvia	Raw	M50-59	71.6	75	90	95	105	105	50	-55	55		55	110	120	-130	120	280	274.31	SBD	Decalifting
1	Jeļena Bļinova	F	35	Latvia	Raw	Open	53.35	56	75	80	85	85	40	-42.5	42.5		42.5	90	95	100	100	227.5	278.02	SBD	Decalifting
1	Jeļena Bitiņeva	F	33	Latvia	Raw	Open	58	60	50	60	70	70	40	42.5	-45		42.5	80	-82.5	-82.5	80	192.5	220.36	SBD	Decalifting
1	Kitija Kaudze	F	24	Latvia	Raw	Open	61	67.5	107.5	112.5	117.5	117.5	60	65	67.5		67.5	120	130	137.5	137.5	322.5	354.99	SBD	
2	Sandra Daņilova	F	37	Latvia	Raw	Open	67.2	67.5	95	105	115	115	40	50	60		60	110	120	130	130	305	312.29	SBD	Ludza
1	Kristīne Rathena	F	41	Latvia	Raw	Open	71.25	75	135	-140	142.5	142.5	72.5	77.5	80		80	145	155	162.5	162.5	385	378.42	SBD	Pauerliftinga klubs Kuldīga
2	Santa Krasovska	F	34	Latvia	Raw	Open	71.3	75	-80	80	85	85	50	52.5	-55		52.5	100	110	-115	110	247.5	243.15	SBD	Decalifting
1	Darja Larina	F	35	Latvia	Raw	Open	88.3	90	115	125	130	130	65	-70	-70		65	145	-160	-160	145	340	296.18	SBD	Decalifting
1	Nelli Poļakova	F	14	Latvia	Raw	Y11-16	52	52	50	-55	60	60	32.5	35	-37.5		35	80	85	90	90	185	230.63	SBD	Decalifting
1	Ance Pšečenko	F	23	Latvia	Raw	J20-23	65.75	67.5					45	52.5	-55		52.5	90	100	110	110	162.5	169.04	BD	Pauerliftinga klubs Kuldīga
1	Daiva Čalnarienē	F	49	Lithuania	Raw	M40-49	59.2	60					77.5	80	82.5		82.5					82.5	92.94	B	WRPF Lithuania
1	Svitlana Matsiuk	F	47	Lithuania	Raw	M40-49	63.8	67.5					67.5	70	72.5		72.5					72.5	77.12	B	WRPF Lithuania
1	Diana Rusina	F	47	Latvia	Raw	M40-49	69.8	75					50	-55	55		55					55	54.82	B	Decalifting
2	Kristīne Goršanova	F	45	Latvia	Raw	M40-49	70.75	75					35	45	-50		45					45	44.44	B	Magnuss Gym
DQ	Aleksis Marisovic Koskins	M	23	Latvia	Raw	J20-23	79.55	82.5	140	-150	150	150	110	115	120		120	-200	-210	-215				SBD	
1	Jaroslavs Tacenko	M	22	Latvia	Raw	J20-23	104.8	110	140	-160	200	200	120	-130	-130		120	180	200	-220	200	520	310.94	SBD	
1	Bohdan Mykhalyk	M	23	Latvia	Raw	J20-23	115.15	125	300	-310	310	310	155	162.5	170		170	300	-315	-315	300	780	453.06	SBD	Gold Barrell
1	Guntars Ērkšķis	M	48	Latvia	Raw	M40-49	108.85	110	190	200	-205	200	140	142.5			142.5	250	255	260	260	602.5	355.73	SBD	Ventspils
1	Aleksands Aleksejevs	M	43	Latvia	Raw	M40-49	126.95	140	260	-280	-280	260	120				120	120			120	500	284.05	SBD	Ludza
1	Adriāns Penkovskis	M	27	Latvia	Raw	Open	81.45	82.5	125	130	137.5	137.5	92.5	97.5	-100		97.5	145	160	-170	160	395	266.67	SBD	
1	Ramūnas Liebus	M	36	Lithuania	Raw	Open	88.65	90	205	-220	230	230	-165	172.5	177.5		177.5	260	270		270	677.5	435.90	SBD	WRPF Lithuania
2	Giedrius Plytninkas	M	27	Lithuania	Raw	Open	88.95	90	200	210	220	220	140	145			145	210	220	230	230	595	382.15	SBD	WRPF Lithuania
1	Viktors Zoglo	M	36		Raw	Open	114.6	125	-290	290	320	320	160	180	190		190	280	290	300	300	810	471.09	SBD	
2	Gilbertas Tamulevičius	M	27	Lithuania	Raw	Open	114.3	125	280	300	-305	300	200	210	-220		210	270	-290		270	780	453.97	SBD	WRPF Lithuania
1	Aleksands Aleksejevs	M	43	Latvia	Raw	Open	126.95	140	260	-280	-280	260	120				120	120			120	500	284.05	SBD	Ludza
1	Aleksandrs Šarafutdinovs	M	16	Latvia	Raw	Y11-16	52.6	56	-55	55	-60	55	37.5	40	-42.5		40	80	85	90	90	185	179.38	SBD	Decalifting
1	Rodrigo Zonbergs	M	13	Latvia	Raw	Y11-16	58.65	60	77.5	80	85	85	55	60	-62.5		60	100	110	112.5	112.5	257.5	224.28	SBD	Saldus Atleti
2	Jorens Beiers	M	14	Latvia	Raw	Y11-16	59.65	60	72.5	80	-85	80	55	60	-65		60	100	110	-115	110	250	214.36	SBD	Saldus Atleti
1	Kristians Romanovskis	M	14	Latvia	Raw	Y11-16	66.7	67.5	75	82.5	87.5	87.5	60	65	70		70	-100	105	110	110	267.5	208.24	SBD	Kids Fitness
1	Ivans Korohods	M	15	Latvia	Raw	Y11-16	82.1	82.5	100	110	-120	110	72.5	77.5	-80		77.5	110	125	-140	125	312.5	209.96	SBD	VikingR
1	Kārlis Gustavs Straksis	M	14	Latvia	Raw	Y11-16	97.75	100	165	175	-190	175	-75	80	90		90	160	170	-180	170	435	267.23	SBD	Saldus Atleti
2	Deivids Tomass Runis	M	15	Latvia	Raw	Y11-16	95.25	100	-100	100	-110	100	-60	60	65		65	140	150	155	155	320	198.81	SBD	Saldus Atleti
1	Gvido Ozols	M	15	Latvia	Raw	Y11-16	115.2	125	170	-180	180	180	80	87.5	92.5		92.5	170	185	200	200	472.5	274.42	SBD	Saldus Atleti
1	Danylo Lantrat	M	17	Latvia	Raw	Y17-19	84.95	90	150	160	170	170	125	130	132.5		132.5	200	210	220	220	522.5	344.10	SBD	Decalifting
1	Vladislavs Temirjovs	M	23	Latvia	Raw	J20-23	111	125					140	145	-150		145	190	205	220	220	365	214.21	BD	RMI GYM Olaine
1	Modestas Beinoravičius	M	46	Lithuania	Raw	M40-49	108.55	110					185	195	-200		195	260	275	-285	275	470	277.74	BD	WRPF Lithuania
1	Kasabjans Karen	M	56	Latvia	Raw	M50-59	80.15	82.5					-100	100	102.5		102.5	150	160	170	170	272.5	185.82	BD	Decalifting
1	Sergeis Vedmedovskis	M	65	Latvia	Raw	M60-69	109.6	110					130	135	137.5		137.5	190	200	207.5	207.5	345	203.26	BD	Decalifting
1	Valentīns Morozovs	M	35	Latvia	Raw	Open	73.8	75					160	165	-170		165	220	230	235	235	400	288.28	BD	Titan Fitness Klubs
1	Marijonas Mackonis	M	28	Lithuania	Raw	Open	81.6	82.5					130	140	-145		140	220	240	250	250	390	263.00	BD	WRPF Lithuania
1	Evaldas Černiauskas	M	39	Lithuania	Raw	Open	89.8	90					195	207.5	215		215	250	265	275	275	490	313.17	BD	WRPF Lithuania
1	Edgars Peterlevics	M	37	Latvia	Raw	Open	90.7	100					182.5	192.5	-195		192.5	250	260	-262.5	260	452.5	287.75	BD	Pauerliftinga klubs Kuldīga
1	Kaspars Zānbergs	M	34	Latvia	Raw	Open	125	125					130	-140	140		140	240	250	260	260	400	227.94	BD	Magnuss Gym

