

WRPF Latvia Championship
“Lāčplēša kauss”
9.11.2024.

Platform 2
Flow A - 10.00- 11.20
Powerlifting (P) Women (Squat)

Name Surname	Age Group	Weight Category	Discipline
Veronika Anosova	Youth	67.5	P
Aurika Gavrilova	Open	52	P
Inga Palanceviča	Open	56	P
Marina Filatova	Open	60	P
Sintija Knutova-Ozerova	Open	60	P
Mētra Balode	Open	60	P
Elena Silickienē	Open	67.5	P
Catrin Kelly Reppo	Open	67.5	P
Kitija Kaudze	Open	67.5	P
Darja Larina	Open	75	P
Kristina Mitko	Open	82.5	P
Kristīne Morskova	Masters1	56	P
Inguna Triņītatova	Masters1	56	P
Jekaterina Rakovska	Masters1	67.5	P
Karīna Kutakova	Masters1	67.5	P
Bella Dzhambulatoва	Masters2	67.5	P
Svetlana Svetnaja	Masters3	56	P

Platform 2
Flow A - 12.00-13.20
Powerlifting (P) Women (Bench Press)

Name Surname	Age Group	Weight Category	Discipline
Veronika Anosova	Youth	67.5	P
Aurika Gavrilova	Open	52	P
Inga Palanceviča	Open	56	P
Marina Filatova	Open	60	P
Sintija Knutova-Ozerova	Open	60	P
Mētra Balode	Open	60	P
Elena Silickienē	Open	67.5	P
Catrin Kelly Reppo	Open	67.5	P
Kitija Kaudze	Open	67.5	P
Darja Larina	Open	75	P
Kristina Mitko	Open	82.5	P
Kristīne Morskova	Masters1	56	P
Inguna Triņītatova	Masters1	56	P
Jekaterina Rakovska	Masters1	67.5	P
Karīna Kutakova	Masters1	67.5	P
Bella Dzhambulatoва	Masters2	67.5	P
Svetlana Svetnaja	Masters3	56	P

Platform 2
Flow B - 13.30-14.15
Push&Pull (PP) Women (Bench Press)

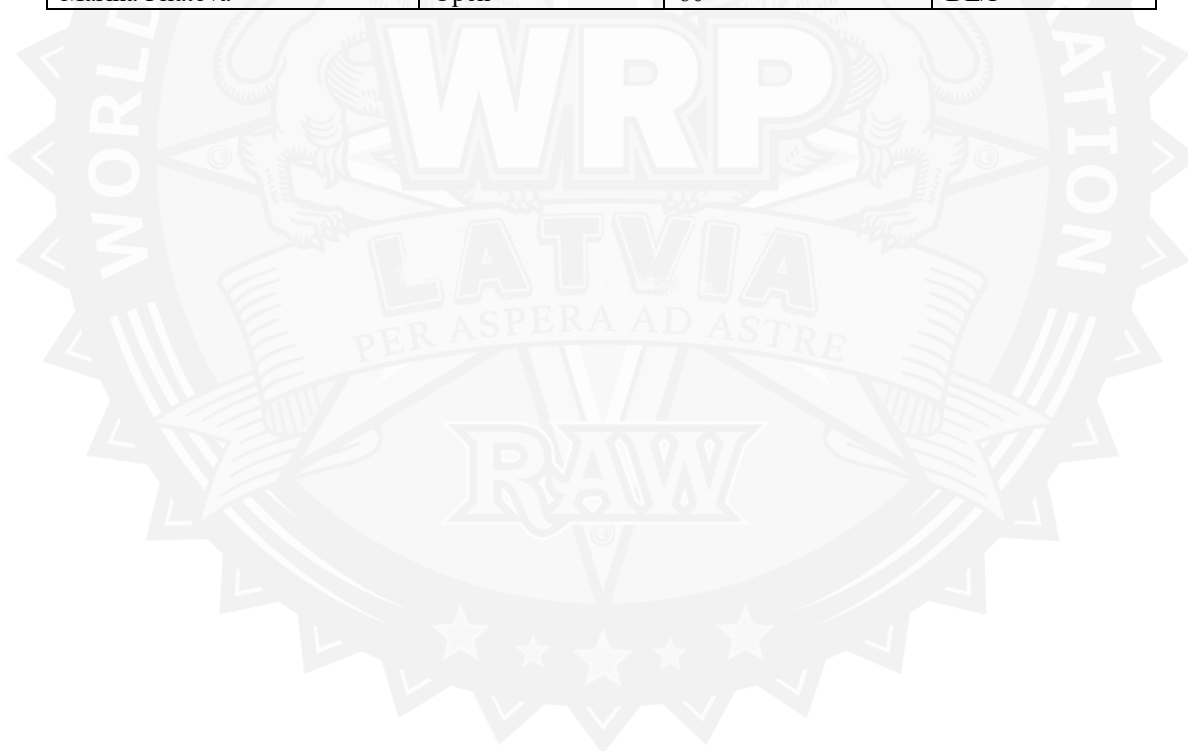
Name Surname	Age Group	Weight Category	Discipline
Feride Osmanova	Youth	56	PP
Aurika Gavrilova	Open	52	PP/P
Darja Mitinska	Open	67.5	PP
Margarita Pašņina	Open	75	PP
Laura Vitola	Open	90+	PP
Tatjana Grava	Masters1	60	PP
Karīna Kutakova	Masters1	67.5	PP/P
Sņezana Zajaca	Masters1	67.5	PP
SILVIA Osmanova	Masters1	75	PP
Triin Raudoja	Masters1	90+	PP
Bella Dzhambulatova	Masters2	67.2	PP/P
Jelena Bemberga	Masters2	67.5	PP
Iveta Trakačēnoka	Masters2	75	PP

Platform 2
Flow A - 14.45-16.05
Powerlifting (P) Women (Dead Lift)

Name Surname	Age Group	Weight Category	Discipline
Veronika Anosova	Youth	67.5	P
Aurika Gavrilova	Open	52	P
Inga Palanceviča	Open	56	P
Marina Filatova	Open	60	P
Sintija Knutova-Ozerova	Open	60	P
Mētra Balode	Open	60	P
Elena Silickienē	Open	67.5	P
Catrin Kelly Reppo	Open	67.5	P
Kitija Kaudze	Open	67.5	P
Darja Larina	Open	75	P
Kristina Mitko	Open	82.5	P
Kristīne Morskova	Masters1	56	P
Ingunā Triņģitātova	Masters1	56	P
Jekaterina Rakovska	Masters1	67.5	P
Karīna Kutakova	Masters1	67.5	P
Bella Dzhambulatova	Masters2	67.5	P
Svetlana Svetnaja	Masters3	56	P

Platform 2
Flow B, C - 16.15- 17.10
Push&Pull (PP), Dead Lift (DL) Women (Dead Lift)

Name Surname	Age Group	Weight Category	Discipline
Feride Osmanova	Youth	56	PP
Aurika Gavrilova	Open	52	PP/DL/P
Darja Mitinska	Open	67.5	PP
Margarita Pašņina	Open	75	PP
Laura Vitola	Open	90+	PP
Tatjana Grava	Masters1	60	PP
Karīna Kutakova	Masters1	67.5	PP/P
Sņezana Zajaca	Masters1	67.5	PP
SILVIJA Osmanova	Masters1	75	PP
Triin Raudoja	Masters1	90+	PP
Bella Dzhambulatova	Masters2	67.2	PP/DL/P
Jelena Bemberga	Masters2	67.5	PP/DL
Iveta Trakačēnoka	Masters2	75	PP
Veronika Anosova	Youth	67.5	DL/P
Marina Filatova	Open	60	DL/P



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Platform 1
Flow A - 10.30-11.30
Powerlifting (P) Men Youth, Juniors (Squat)

Name Surname	Age Group	Weight Category	Discipline
Alexander Šarafutdinovs	Youth	60	P
Maksims Rimšāns	Youth	67.5	P
Yevhen Syvokon	Youth	75	P
Kristians Romanovskis	Youth	75	P
Rodions Tišūņins	Youth	82.5	P
Daniels Freimanis	Youth	82.5	P
Danylo Lantrat	Youth	90	P
Alberts Rimša	Youth	90	P
Pavels Solonicins	Youth	100	P
Daniils Parškovs	Youth	125	P
Gvido Ozols	Youth	125	P
Edijs Dombrovskis	Juniors	100	P
Artjoms Tišūņins	Juniors	140	P

Platform 1
Flow B - 11.40-12.50
Powerlifting (P) Men Open, Masters (Squat)

Name Surname	Age Group	Weight Category	Discipline
Jānis Ratnieks	Open	90	P
Oleksandr Malyshko	Open	100	P
Alexey Nikitin	Open	100	P
Artis Veiss	Open	100	P
Sergei Mitko	Open	110	P
Dāvis Bečs	Open	110	P
Fortin Jean-Philippe	Open	125	P
Aleksejs Malinņikovs	Masters1	100	P
Ivars Ozols	Masters1	110	P
Modestas Beinoravicius	Masters1	110	P
Guntars Ērkšķis	Masters1	110	P
Kirill Afanasiev	Masters1	125	P
Aleksandrs Aleksejevs	Masters1	140	P
Karens Kasabjans	Masters2	82.5	P
Genādijs Smorigo	Masters3	90	P

Platform 1
Flow A - 13.20-14.20
Powerlifting (P) Men Youth, Juniors (Bench Press)

Name Surname	Age Group	Weight Category	Discipline
Alexander Šarafutdinovs	Youth	60	P
Maksims Rimšāns	Youth	67.5	P
Yevhen Syvokon	Youth	75	P
Kristians Romanovskis	Youth	75	P
Rodions Tišunins	Youth	82.5	P
Daniels Freimanis	Youth	82.5	P
Danylo Lantrat	Youth	90	P
Alberts Rimša	Youth	90	P
Pavels Solonicins	Youth	100	P
Daniils Parškovs	Youth	125	P
Gvido Ozols	Youth	125	P
Edijs Dombrovskis	Juniors	100	P
Artjoms Tišunins	Juniors	140	P

Platform 1
Flow B - 14.30-15.40
Powerlifting (P) Men Open, Masters (Bench Press)

Name Surname	Age Group	Weight Category	Discipline
Jānis Ratnieks	Open	90	P
Oleksandr Malyshko	Open	100	P
Alexey Nikitin	Open	100	P
Artis Veiss	Open	100	P
Sergei Mitko	Open	110	P
Dāvis Bečs	Open	110	P
Fortin Jean-Philippe	Open	125	P
Aleksejs Maliņņikovs	Masters1	100	P
Ivars Ozols	Masters1	110	P
Modestas Beinoravicius	Masters1	110	P
Guntars Ērkšķis	Masters1	110	P
Kirill Afanasiev	Masters1	125	P
Aleksandrs Aleksejevs	Masters1	140	P
Karens Kasabjans	Masters2	82.5	P
Genādijs Smorigo	Masters3	90	P

Platform 1
Flow C - 15.50-17.00
Push&Pull (PP) Men (Bench Press)

Name Surname	Age Group	Weight Category	Discipline
Timurs Bičkovskis	Youth	75	PP
Rodions Tišunins	Youth	82.5	PP/P
Valters Ivanovs	Youth	90	PP
Ivans Korohods	Youth	90	PP
Artjoms Tišunins	Youth	140	PP/P
Valentins Morozovs	Open	75	PP
Kristaps Vilde	Open	82.5	PP
Marijonas Mackonis	Open	82.5	PP
Oleksandr Malyshko	Open	100	PP/P
Eduards Petuško	Open	110	PP
Kaspars Zandbergs	Open	140	PP
Jānis Strautmanis	Open	140	PP
Andris Lūsis	Masters1	90	PP
Evaldas Cerniauskas	Masters1	90	PP
Aleksejs Malinņikovs	Masters1	100	PP/P
Aleksandrs Nikitins	Masters1	100	PP
Denis Sadkovskij	Masters1	100	PP
Modestas Beinoravicius	Masters1	110	PP/P
Aleksandrs Aleksejevs	Masters1	140	PP/P
Igors Suvorovs	Masters2	100	PP
Sergejs Vedmedovskis	Masters2	125	PP

Platform 1
Flow A - 17.30 - 18.30
Powerlifting (P) Men Youth, Juniors (Dead Lift)

Name Surname	Age Group	Weight Category	Discipline
Alexander Šarafutdinovs	Youth	60	P
Maksims Rimšāns	Youth	67.5	P
Yevhen Syvokon	Youth	75	P
Kristians Romanovskis	Youth	75	P
Rodions Tišunins	Youth	82.5	P
Daniels Freimanis	Youth	82.5	P
Danylo Lantrat	Youth	90	P
Alberts Rimša	Youth	90	P
Pavels Solonicins	Youth	100	P
Daniils Parškovs	Youth	125	P
Gvido Ozols	Youth	125	P
Edijs Dombrovskis	Juniors	100	P
Artjoms Tišunins	Juniors	140	P

Platform 1
Flow B - 18.40 - 19.50
Powerlifting (P) Men Open, Masters - (Dead Lift)

Name Surname	Age Group	Weight Category	Discipline
Jānis Ratnieks	Open	90	P
Oleksandr Malyshko	Open	100	P
Alexey Nikitin	Open	100	P
Artis Veiss	Open	100	P
Sergei Mitko	Open	110	P
Dāvis Bečs	Open	110	P
Fortin Jean-Philippe	Open	125	P
Aleksejs Maliņņikovs	Masters1	100	P
Ivars Ozols	Masters1	110	P
Modestas Beinoravicius	Masters1	110	P
Guntars Ērkšķis	Masters1	110	P
Kirill Afanasiev	Masters1	125	P
Aleksandrs Aleksejevs	Masters1	140	P
Karens Kasabjans	Masters2	82.5	P
Genādijs Smorigo	Masters3	90	P

Platform 1
Flow C - 20.00 - 21.10
Push&Pull (PP), Dead Lift (DL) Men (Dead Lift)

Name Surname	Age Group	Weight Category	Discipline
Timurs Bičkovskis	Youth	75	PP
Rodions Tišuņins	Youth	82.5	PP/DL/P
Valters Ivanovs	Youth	90	PP
Ivans Korohods	Youth	90	PP
Artjoms Tišuņins	Youth	140	PP/DL/P
Valentins Morozovs	Open	75	PP
Kristaps Vilde	Open	82.5	PP
Marijonas Mackonis	Open	82.5	PP/DL
Oleksandr Malyshko	Open	100	PP/DL/P
Eduards Petuško	Open	110	PP
Kaspars Zandbergs	Open	140	PP
Jānis Strautmanis	Open	140	PP
Andris Lūsis	Masters1	90	PP/DL
Evaldas Cerniauskas	Masters1	90	PP/DL
Aleksejs Maliņņikovs	Masters1	100	PP/P
Aleksandrs Nikitins	Masters1	100	PP/DL
Denis Sadkovskij	Masters1	100	PP
Modestas Beinoravicius	Masters1	110	PP/P
Aleksandrs Aleksejevs	Masters1	140	PP/DL/P
Igors Suvorovs	Masters2	100	PP
Sergejs Vedmedovskis	Masters2	125	PP
Germans Letlans	Youth	67.5	DL
Daniils Parškovs	Youth	125	DL/P
Jack Bishop	Open	110	DL
Justins Petinens	Open	140	DL
Kirill Afanasiev	Masters1	125	DL/P