

WRPF Latvia Championship  
"Lāčplēša kauss"

10.11.2024.

Flow A - 10.00- 10.40  
Bench Press (BP) Women

Name Surname	Age Group	Weight Category	Discipline
Veronika Anosova	Youth	67.5	BP/P
Aurika Gavrilova	Open	52	BP/P
Inese Serda	Open	56	BP
Justina Kozlovskaja	Open	75	BP
Laura Vītola	Open	90+	BP
Karīna Kutakova	Masters1	67.5	BP/P
Svitlana Masiuk	Masters1	67.5	BP
Diana Rusina	Masters1	67.5	BP
Kristīne Koha	Masters1	75	BP
Kristīne Rathena	Masters1	75	BP
Bella Dzhambulatova	Masters2	67.5	BP/P
Jelena Bemberga	Masters2	75	BP/PP

Flow B - 10.50-11.55  
Bench Press (BP) Men Youth, Juniors

Name Surname	Age Group	Weight Category	Discipline
Artjoms Bobovnikovs	Youth	67.5	BP
Platons Karabelnikovs	Youth	67.5	BP
Aleksejs Berjoza	Youth	67.5	BP
Janis Asaris	Youth	67.5	BP
Nikita Andiņš	Youth	67.5	BP
Rodions Tišunins	Youth	82.5	BP/P
Rolans Bobņevs	Youth	82.5	BP
Maksims Landovskis	Youth	82.5	BP
Ernestis Zariņš	Youth	90	BP
Makars Mironenko	Youth	90	BP
Vladislavs Gorbunovs	Youth	90	BP
Ivans Korohods	Youth	90	BP
Ilja Sipols	Youth	100	BP
Aleksandrs Ribakovs	Youth	125	BP
Kirills Lohmatovs	Juniors	75	BP
Artjoms Tišunins	Juniors	140	BP/P

**Flow C - 12.00-13.10**  
**Bench Press (BP) Men Open**

Name Surname	Age Group	Weight Category	Discipline
Valentins Morozovs	Open	75	BP/PP
Andrei Senko	Open	82.5	BP
Marijonas Mackonis	Open	82.5	BP/PP
Tomas Kvitko	Open	82.5	BP
Aleksandrs Beketovs	Open	90	BP
Reinis Sālavš	Open	90	BP
Vjaceslavs Letlans	Open	90	BP
Vadims Kondratjevs	Open	100	BP
Kristaps Prancāns	Open	100	BP
Dmitrijs Demidovs	Open	110	BP
Edgars Ratnieks	Open	110	BP
Giedrius Kaleckas	Open	110	BP
Jānis Krūmiņš	Open	125	BP
Ivan Kaverin	Open	125	BP
Serhii Yaremchuk	Open	125	BP
Aleksandrs Krasutins	Open	125	BP
Sten Haugas	Open	140	BP
Ralfs Ērkšķis	Open	140	BP

**Flow D - 13.20-14.10**  
**Bench Press (BP) Men Masters**

Name Surname	Age Group	Weight Category	Discipline
Pāvels Grigorjevs	Masters1	82.5	BP
Evaldas Cerniauskas	Masters1	90	BP/PP
Aleksejs Maliņņikovs	Masters1	100	BP/P
Aleksandrs Nikitins	Masters1	100	BP/PP
Viesturs Eidemanis	Masters1	100	BP
Vladislavs Šehs	Masters1	110	BP
Romans Kiseļčuks	Masters1	110	BP
Darius Veršinskas	Masters1	110	BP
Tomas Drevnickis	Masters1	125	BP
Gatis Lepste	Masters1	125	BP
Peteris Isajevs	Masters1	140	BP
Georgijs Stoljerovs	Masters2	82.5	BP
Voldemārs Šers	Masters3	125	BP
Longins Augstkalns	Masters3	90	BP

**Flow E - 14.40-15.10**  
**Strict Biceps Curl (SBC) Women**

Name Surname	Age Group	Weight Category	Discipline
Elena Silickienė	Open	67.5	SBC
Justina Kozlovskaja	Open	75	SBC
Kristīne Morskova	Masters1	56	SBC
Karīna Kutakova	Masters1	67.5	SBC
Diana Rusina	Masters1	67.5	SBC
Jelena Bemberga	Masters2	75	SBC

**Flow F - 15.20-16.40**  
**Strict Biceps Curl (SBC) Men**

Name Surname	Age Group	Weight Category	Discipline
Aleksejs Berjoza	Youth	67.5	SBC
Danylo Lantrat	Youth	90	SBC
Valentins Morozovs	Open	75	SBC
Marijonas Mackonis	Open	82.5	SBC
Aurimas Saulis	Open	82.5	SBC
Tomas Kvitko	Open	82.5	SBC
Jaroslavs Matjuhins	Open	82.5	SBC
Aleksandrs Ivaško	Open	90	SBC
Reinis Sālavš	Open	90	SBC
Serhii Malyshko	Open	100	SBC
Andžej Jasinski	Open	110	SBC
Staņislavs Meļehins	Open	110	SBC
Jānis Krūmiņš	Open	125	SBC
Ivan Kaverin	Open	125	SBC
Serhii Yaremchuk	Open	125	SBC
Andrejs Vereščagins	Masters1	82.5	SBC
Evaldas Cerniauskas	Masters1	90	SBC
Denis Sadkovskij	Masters1	100	SBC