

WRPF Latvia Championship
“Baltic Cup”
28.03.2026

Platform 1

Flow A – 10.00-10.30
Squat (Powerlifting)
Women wraps

Name, Surname	Age Group	Weight Category	Discipline
Viktorija Polubojarinova-Ivanova	Open	56	P
Sintija Knutova-Ozerova	Open	60	P
Benita Rucinskaite	Open	67.5	P
Elena Silickienė	Open	67.5	P
Darja Larina	Open	82.5	P
Rūta Sadkovskė	M1	60	P

Flow B – 10.40-11.30
Squat (Powerlifting)
Women sleeves

Name, Surname	Age Group	Weight Category	Discipline
Valerija Abakumova	Youth	60	P
Veronika Anosova	Youth	67.5	P
Ernetā Žygaitė	Juniors	56	P
Marta Vaivare	Open	56	P
Justina Kozlovskaja	Open	75	P
Orinta Krakiene	Open	75	P
Sandra Daņilova	Open	75	P
Margarita Pašņina	Open	75	P
Jūlija Stepanova	Open	90+	P
Marina Filatova	Master1	67.5	P
Jekaterina Rakovska	Master1	67.5	P

Flow A – 12.00-12.40
Bench Press (Powerlifting - wraps)
Bench Press (Push&Pull)
Women

Name, Surname	Age Group	Weight Category	Discipline
Viktorija Polubojarinova-Ivanova	Open	56	P
Sintija Knutova-Ozerova	Open	60	P, PP
Benita Rucinskaite	Open	67.5	P
Elena Silickienė	Open	67.5	P, PP
Darja Larina	Open	82.5	P
Rūta Sadkovskė	M1	60	P
Mia Markova	Junior	75	PP
Tetiana Adamenko	Open	75	PP
Karina Kutakova	M1	67.5	PP

Flow B – 12.50- 13.40
Bench Press (Powerlifting - sleeves)
Bench Press (Push&Pull)
Women

Name, Surname	Age Group	Weight Category	Discipline
Valerija Abakumova	Youth	60	P
Veronika Anosova	Youth	67.5	P
Ernetā Žygaitė	Juniors	56	P
Marta Vaivare	Open	56	P
Justina Kozlovskaja	Open	75	P, PP
Orinta Krakiene	Open	75	P
Sandra Daņilova	Open	75	P
Margarita Pašņina	Open	75	P
Jūlija Stepanova	Open	90+	P
Marina Filatova	Master1	67.5	P
Jekaterina Rakovska	Master1	67.5	P

Flow A – 14.00 – 14.40
Dead Lift (Powerlifting - wraps)
Dead Lift (Push&Pull)
Dead Lift
Women

Name, Surname	Age Group	Weight Category	Discipline
Viktorija Polubojarinova-Ivanova	Open	56	P
Sintija Knutova-Ozerova	Open	60	P, PP, DL
Benita Rucinskaite	Open	67.5	P
Elena Silickienė	Open	67.5	P, PP
Darja Larina	Open	82.5	P
Rūta Sadkovskė	M1	60	P
Mia Markova	Junior	75	PP, DL
Tetiana Adamenko	Open	75	PP, DL
Karina Kutakova	M1	67.5	PP

Flow B – 14.50 – 15.40
Dead Lift (Powerlifting - sleeves)
Dead Lift (Push&Pull)
Dead Lift
Women

Name, Surname	Age Group	Weight Category	Discipline
Valerija Abakumova	Youth	60	P
Veronika Anosova	Youth	67.5	P, DL
Ernetā Žygaitė	Juniors	56	P
Marta Vaiivare	Open	56	P
Justina Kozlovskaja	Open	75	P, PP
Orinta Krakiene	Open	75	P, DL
Sandra Daņilova	Open	75	P
Margarita Pašņina	Open	75	P
Jūlija Stepanova	Open	90+	P
Marina Filatova	Master1	67.5	P, DL
Jekaterina Rakovska	Master1	67.5	P