

WRPF Latvia Championship
“Baltic Cup”
29.03.2026

Platform 1

Flow A – 11.00-11.25

Bench Press

Women

| Name, Surname | Age Group | Weight Category | Discipline |
|-------------------------|------------------|------------------------|----------------------|
| Veronika Anosova | Youth | 67.5 | BP (will made in P) |
| Rita Radzys | Youth | 75 | BP |
| Olena Tarasova | Open | 56 | BP |
| Tatjana Spakova | Open | 60 | BP |
| Sintija Knutova-Ozerova | Open | 60 | BP (will made in P) |
| Benita Rucinskaite | Open | 67.5 | BP (will made in P) |
| Justina Kozlovskaja | Open | 75 | BP (will made in P) |
| Karina Kutakova | M1 | 67.5 | BP (will made in PP) |
| Kristine Koha | M1 | 75 | BP |
| Diana Rusina | M2 | 67.5 | BP |

Flow B – 11.30-12.15

Bench Press

Men Youth

| Name, Surname | Age Group | Weight Category | Discipline |
|----------------------|------------------|------------------------|---------------------|
| Patriks Fiļs | Youth | 47 | BP |
| Martynas Kručas | Youth | 67.5 | BP |
| Aronas Norvaisas | Youth | 67.5 | BP |
| Timurs Markovs | Youth | 75 | BP (will made in P) |
| Zandis Markovskis | Youth | 75 | BP |
| Artjoms Bobovnikovs | Youth | 75 | BP |
| Eimantas Tomkus | Youth | 82.5 | BP |
| Andrejs Konahins | Youth | 82.5 | BP |
| Maksim Melehin | Youth | 90 | BP |
| Motiejus Pleinys | Youth | 90 | BP |
| Roberts Eidemanis | Youth | 100 | BP |

Flow C – 12.20-13.00

Bench Press

Men Junior, Open

| Name, Surname | Age Group | Weight Category | Discipline |
|----------------------|-----------|-----------------|------------|
| Rinalds Bergmanis | Junior | 82.5 | BP |
| Andrejs Švecovs | Open | 75 | BP |
| Vjaceslavs Letlans | Open | 90 | BP |
| Gintararas Kunigenas | Open | 100 | BP |
| Aleksejs Malinnikovs | Open | 100 | BP |
| Arturs Ustinovs | Open | 100 | BP |
| Evgeny Kuzemin | Open | 110 | BP |
| Giedrius Kaleckas | Open | 110 | BP |
| Toms Kristvalds | Open | 125 | BP |

Flow D – 13.05 -13.55

Bench Press

Men Master

| Name, Surname | Age Group | Weight Category | Discipline |
|----------------------|-----------|-----------------|------------------------|
| Kestutis Navickas | M1 | 75 | BP |
| Evaldas Černiauskas | M1 | 90 | BP (will made in P) |
| Denis Sadkovskij | M1 | 100 | BP |
| Aleksejs Malinnikovs | M1 | 100 | BP (will made in Open) |
| Viesturs Eidemanis | M1 | 100 | BP |
| Evgeny Kuzemin | M1 | 110 | BP |
| Romans Kiseļčuks | M1 | 110 | BP |
| Igors Gluskovs | M1 | 110 | BP |
| Juris Indans | M1 | 125 | BP |
| Pēteris Isajevs | M1 | 140 | BP |
| Andrejs Švecovs | M2 | 75 | BP |
| Georgijs Stolerovs | M3 | 82.5 | BP |
| Gvido Kohs | M3 | 110 | BP |

Flow E – 14.15 – 15.15
Strict Biceps Curl
Women, Men Youth

| Name, Surname | Age Group | Weight Category | Discipline |
|----------------------|------------------|------------------------|-------------------|
| Elena Silickienė | Open | 67.5 | SBC |
| Justina Kozlovskaja | Open | 75 | SBC |
| Rūta Sadkovskė | M1 | 60 | SBC |
| Karina Kutakova | M1 | 67.5 | SBC |
| Jelena Bemberga | M2 | 67.5 | SBC |
| Diana Rusina | M2 | 67.5 | SBC |
| Lukas Borkovskij | Youth | 60 | SBC |
| Kevin Ustinovič | Youth | 75 | SBC |
| Airidas Staškevičius | Youth | 82.5 | SBC |
| Andrejs Konahins | Youth | 82.5 | SBC |
| Maksim Melehin | Youth | 90 | SBC |
| Patryk Żebialovič | Youth | 90 | SBC |
| Ignas Skridaila | Youth | 110 | SBC |
| Vakaris Zargevicius | Youth | 110 | SBC |
| Daniel Malašenko | Youth | 125 | SBC |

Flow E – 15.20 – 16.20
Strict Biceps Curl
Men Junior, Open, Master

| Name, Surname | Age Group | Weight Category | Discipline |
|----------------------|------------------|------------------------|-------------------|
| Rinalds Bergmanis | Junior | 82.5 | SBC |
| Armandas Blaževičius | Junior | 90 | SBC |
| Valentīns Ozerovs | Open | 67.5 | SBC |
| Jaroslavs Matjuhins | Open | 82.5 | SBC |
| Marijonas Mackonis | Open | 90 | SBC |
| Arturs Ustinovs | Open | 100 | SBC |
| Andžej Jasinski | Open | 110 | SBC |
| Zigmas Stasius | Open | 125 | SBC |
| Andrejs Vereščagins | M1 | 82.5 | SBC |
| Evaldas Černiauskas | M1 | 90 | SBC |
| Viesturs Eidemanis | M1 | 100 | SBC |
| Denis Sadkovskij | M1 | 100 | SBC |