

## Lāčplēša-Kauss-2024---Strict-Biceps-Curl.opl

OPL Format v1	Submit by email:	issues@openpowerlifting.org														
Federation	Date	MeetCou	MeetState	MeetTown	MeetName	Formula	RuleSet									
WRPF Latvia	'2024-11-10	Latvia		Riga	Lāčplēša Kauss 2024 - Strict Biceps Curl	Wilks	CombineSleevesAndWraps CombineSingleAndMulti									
Place	Name	Sex	Age	Country	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	TotalKg	Points	Event	Team
1	Karina Kutakova	F	41	Latvia	Sleeves	M40-49	63.4	67.5	25	-27.5	27.5	27.5	27.5	29.39	S	Decalifting
1	Diana Rusina	F	48	Latvia	Sleeves	M40-49	70.1	75	20	25	27.5	27.5	27.5	27.33	S	Decalifting
1	Jeļena Bemberga	F	57	Latvia	Sleeves	M50-59	72.35	75	25	-27.5	-27.5	25	25	24.32	S	PowerLab team
1	Elena Silickienė	F	36	Lithuania	Sleeves	Open	62.75	67.5	30	35	37.5	37.5	37.5	40.39	S	Lithuania
1	Justina Kozlovskaja	F	38	Lithuania	Sleeves	Open	68.3	75	40	42.5	45	45	45	45.54	S	Lithuania
1	Andrejs Vereščagins	M	42	Latvia	Sleeves	M40-49	81.8	82.5	55	60	62.5	62.5	62.5	42.08	S	F1
1	Evaldas Černauskas	M	40	Lithuania	Sleeves	M40-49	90	90	65	75	-80	75	75	47.88	S	Lithuania
1	Denis Sadkovskij	M	44		Sleeves	M40-49	100	100	60	65	-70	65	65	39.56	S	
1	Jaroslavs Matjuhins	M	32	Latvia	Sleeves	Open	82.2	82.5	80	82.5	-85	82.5	82.5	55.39	S	
2	Marijonas Mackonis	M	29	Lithuania	Sleeves	Open	81.9	82.5	65	70	75	75	75	50.46	S	Lithuania
3	Tomas Kvitko	M	29	Lithuania	Sleeves	Open	78.4	82.5	-50	50	60	60	60	41.50	S	Lithuania
1	Aleksandrs Ivaško	M	29	Latvia	Sleeves	Open	90	90	60	-65	65	65	65	41.50	S	
2	Deniss Korjakovs	M	38	Latvia	Sleeves	Open	90	90	55	-57.5	-60	55	55	35.11	S	Riga Strong
1	Serhii Malyshko	M	31	Lithuania	Sleeves	Open	98.65	100	70	72.5	-77.5	72.5	72.5	44.37	S	Lithuania
2	Reinis Sālavš	M	24	Latvia	Sleeves	Open	92.25	100	40	47.5	55	55	55	34.68	S	Saldus Atlēti
1	Staņislavs Meļehins	M	38	Latvia	Sleeves	Open	107.3	110	70	75	-80	75	75	44.49	S	RMI GYM
2	Andžej Jasinski	M	28	Lithuania	Sleeves	Open	106.25	110	57.5	62.5	-65	62.5	62.5	37.19	S	Lithuania
1	Ralfs Ērkšķis	M	24	Latvia	Sleeves	Open	126	140	55	65	-70	65	65	36.98	S	Ventspils
1	Danylo Lantrat	M	18	Latvia	Sleeves	Y14-19	83.4	90	60	65	-70	65	65	43.26	S	Decalifting