

Lāčplēša-Kauss-2023-Strict-Biceps-Curl

OPL Format v1	Submit by email:	issues@openpowerlifting.org														
Federation	Date	MeetCountry	MeetTown	MeetName	Formula											
WRPF Latvia	'2023-11-11	Latvia	Rīga	Lāčplēša Kauss 2023 Strict Biceps Curl	Glossbrenner											
Place	Name	Sex	Age	Country	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	TotalKg	Points	Event	Team
1	Jeļena Bitiņeva	F	33	Latvia	Raw	Open	58	60	15	20	25	25	25	25.30	S	Decalifting
1	Ivan Hanzhela	M	20	Ukraine	Raw	J20-23	66.4	67.5	-45	45		45	45	34.15	S	
1	Aleksis Marisovic Koskins	M	23	Latvia	Raw	J20-23	79.55	82.5	50	55	-60	55	55	36.32	S	
1	Timur Beglaryan	M	21	Latvia	Raw	J20-23	87	90	40	52.5	-60	52.5	52.5	32.75	S	
1	Jaroslavs Tacenko	M	22	Latvia	Raw	J20-23	104.8	110	50	65	-75	65	65	37.11	S	
1	Ralfs Ērkšķis	M	23	Latvia	Raw	J20-23	123.75	125	60	65	-70	65	65	35.55	S	
1	Deniss Korohods	M	44	Latvia	Raw	M40-49	92.35	100	60	65	-70	65	65	39.22	S	VikingR
1	Guntars Ērkšķis	M	48	Latvia	Raw	M40-49	108.85	110	55	65	-70	65	65	36.67	S	
1	Marijonas Mackonis	M	28	Lithuania	Raw	Open	81.6	82.5	65	70	72.5	72.5	72.5	47.07	S	
2	Adrians Penkovskis	M	27	Latvia	Raw	Open	81.45	82.5	40	47.5	-55	47.5	47.5	30.87	S	VikingR
1	Jaroslavs Matjuhins	M	31	Latvia	Raw	Open	88.2	90	72.5	77.5	-80	77.5	77.5	47.96	S	
2	Evaldas Černiauskas	M	39	Lithuania	Raw	Open	89.8	90	65	75	-80	75	75	45.94	S	WRPF Lithuania
3	Edijs Naumanis	M	32	Latvia	Raw	Open	87.55	90	60	65	-70	65	65	40.40	S	
1	Aleksandrs Šarafutdinovs	M	16	Latvia	Raw	Y11-16	52.6	56	20	22.5	-25	22.5	22.5	21.47	S	Decalifting
1	Danylo Lantrat	M	17	Latvia	Raw	Y17-19	84.95	90	55	60	-65	60	60	37.97	S	Decalifting