

GPC Latvijas čempionāts 10.-11.05.2014. Iecava. Spēka trīscīņa ekipējuma divīzija

Nr	Vārds Uzvārds	Tema grupa	Svars	Valsts	Pilsēta Klubs	Pietupieni					Spiešana gulus					Viļce					Summa	eficiens	Punkti	Vieta	
						1	2	3	4	REZ.	1	2	3	4	REZ.	Summa	1	2	3	4					REZ.
Svara kategorija līdz 48 kg																									
1	Sindija Harkova	13-15	44,00	3,0	ATLĒTI	20,0	30,0	30,0		30,0	25,0	30,0	30,0		25,0	55,0	30,0	40,0	60,0		60,0	115,0	3,0680	352,82	1
Svara kategorija līdz 52 kg																									
1	Aivis Vilks	13-15	51,70	4,0	ATLĒTI	60,00	70,00	80,00		80,0	37,5	40,0	40,0		40,0	120,0	100,0	110,0	115,0		115,0	235,0	2,1653	508,85	1
2	Einārs Dubro	13-15	37,30	3,0	ATLĒTI	25,0	30,0	40,0		40,0	20,0	22,0	25,0		25,0	65,0	30,0	40,0	45,0		45,0	110,0	2,3069	253,76	2
3	Dāvis Bondarenko	13-15	49,80	3,0	ATLĒTI	65,00	75,00	100,0		75,0	45,0	50,0	55,0		50,0	125,0	80,0	90,0	105,0		90,0	215,0	2,3069	495,98	3
Svara kategorija līdz 56 kg																									
1	Violeta Kolunova	20-23	54,10	4,0	Rīga Strong	60,00	67,50	75,00	82,5	75,0	35,0	40,0	45,0		40,0	115,0	70,0	80,0	90,0	95,0	90,0	205,0	2,0038	410,79	1
2	Jekaterina Trabo	OPEN	53,00	4,0	FORTE IECAVA	55,00	60,00	70,00		70,0	30,0	35,0	37,5		37,5	107,5	70,0	80,0	85,0		85,0	192,5	2,0280	390,39	1
1	Nauris Kalašņikovs	16-17	55,00	3,0	ATLĒTI	90,00	105,00	110,00		105,0	60,0	65,0	65,0		60,0	165,0	120,0	130,0	130,0		130,0	295,0	1,7734	523,14	1
Svara kategorija līdz 60 kg																									
1	Līga Gaurilka	OPEN	60,00	5,0	BAUSKA	65,0	70,0	75,0		70,0	37,5	40,0	42,5		40,0	110,00	65,0	75,0	82,5		82,5	192,5	1,7830	343,23	1
2	Gvido Bondarenko	13-15	56,70	9,0	ATLĒTI	100,0	100,0	100,0		0,0					0,0	0,00						0,0		0,00	
3	Roberts Brože	13-15	56,60	3,0	GoldBarbel	80,0	90,0	90,0		90,0	45,0	50,0	55,0		55,0	145,00	85,0	95,0	100,0		100,0	245,0	1,6934	414,89	1
Svara kategorija līdz 67.5 kg																									
1	Iveta Arbidāne	OPEN	65,70	4,0	TUKUMS	65,0	70,0	75,0		75,0	40,0	42,5	45,0		42,5	117,50	80,0	90,0	95,0		95,0	212,5	1,6680	354,45	1
2	Intars Baumanis	16-17	66,80	3,0	FORTE IECAVA	180,0	200,0	210,0		210,0	100,0	110,0	110,0		110,0	320,00	190,0	200,0	200,0		200,0	520,0	1,4148	735,68	1
3	Dāvis Vilks	16-17	63,10	4,0	ATLĒTI	70,0	80,0	80,0		80,0	50,0	55,0	60,0		60,0	140,00	90,0	100,0	110,0		110,0	250,0	1,5052	376,29	3
4	Jānis Bogožs	16-17	66,00	5,0	ATLĒTI	90,0	105,0	115,0		115,0	60,0	65,0	70,0		70,0	185,00	140,0	150,0	160,0		150	335,0	1,4328	480,00	2
Svara kategorija 75 kg																									
1	Aivita Smilģe	13-15	72,50	3,0	ATLĒTI	40,0	50,0	60,0		60,0	35,0	37,5	40,0		40,0	100,00	70,0	90,0	100,0		100,0	200,0	1,8573	371,46	1
3	Gvido Granauskis	16-17	71,20	5,0	ATLĒTI	100,0	115,0	120,0		115,0	70,0	80,0	85,0		85,0	200,00	125,0	135,0	140,0		140,0	340,0	1,2679	431,09	1
3	Orestas Savčenko	16-17	70,40	4,0	BIRŽAI	100,0	115,0	125,0		125,0	65,0	75,0	80,0		80,0	205,00	115,0	125,0	130,0		130,0	335,0	1,2820	429,46	2
4	Lauris Kalašņikovs	18-19	72,80	3,0	ATLĒTI	180,0	190,0	200,0		200,0	90,0	95,0	100,0		100,0	300,00	200,0	200,0	210,0		200,0	500,0	1,2201	610,03	1
5	Kaspars Kintslers	20-23	69,60	4,0	ATLĒTI	100,0	110,0	115,0		110,0	80,0	85,0	87,5		85,0	195,00	125,0	135,0	145,0		145,0	340,0	1,2179	414,08	1
6	Uģis Sasonkins	OPEN	73,10	5,0	BAUSKA	150,0	160,0	170,0		160,0	125,0	130,0	130,0		125,0	285,00	170,0	180,0	190,0		190,0	465,0	1,1450	532,43	1
7	Vitālijs Romānovs (49)	45-49	76,10	5,0	BAUSKA	70,0	80,0	90,0		90,0	105,0	110,0	115,0		115,0	205,00	120,0	130,0	140,0		140,0	345,0	1,2475	430,38	
Svara kategorija 82.5 kg																									
1	Dainis Bercis	16-17	79,80	4,0	ATLĒTI	110,0	130,0	130,0		130,0	80,0	90,0	95,0		95,0	225,00	160,0	180,0	190,0		190,0	405,0	1,1416	462,33	1
2	Rihards Nejs	18-19	75,05	3,0	ATLĒTI	170,0	185,0	200,0		200,0	100,0	110,0	115,0		115,0	315,00	175,0	190,0	200,0		200,0	515,0	1,1840	609,77	1
3	Dmitrijs Stepenko (44)	40-44	81,40	3,0	ATLĒTIKA	250,0	260,0			250,0	170,0	180,0	190,0		190,0	440,00	210,0	230,0	250,0		230,0	670,0	1,0847	726,76	1
Svara kategorija 90 kg																									
1	Helvijs Niedra	16-17	83,00	5	ATLĒTI	120,0	140,0	160,0		160,0	80,0	90,0	100,0		90,0	250,00	150,0	160,0	170,0		170,0	420,0	1,1059	464,49	1
2	Dāvis Grīns	20-23	87,40	3	ATLĒTI	170,0	185,0	190,0		190,0	130,0	135,0	140,0		140,0	330,00	205,0	215,0	225,0		225,0	555,0	0,9870	547,79	1
3	Vladimirs Ponomarjovs	40-44	91,50	5	BAUSKA	150,0	170,0	180,0		180,0	115,0	125,0	130,0		130,0	310,00	150,0	170,0	190,0		190,0	480,0	0,9628	462,14	1
4	Aivis Bogadejevs	OPEN	87,6	5	GoldBarbell	165,0	185,0	200,0		200,0	105,0	115,0	115,0		115,0	315,00	200,0	225,0	230,0		230,0	545,0	0,9860	537,37	1
Svara kategorija 100 kg																									
1	Juris Irmejs	20-23	99,90	5	GoldBarbell	250,0	270,0	290,0		290,0	160,0	175,0	185,0		185,0	475,00	260,0	285,0	295,0		295,0	760,0	0,9160	696,16	1
2	Eugenijus Cibulskis	OPEN	92,10	3	Biržai	260,0	275,0	290,0		290,0	160,0	170,0	180,0		170,0	460,00	200,0	220,0	230,0		230,0	690,0	0,9520	656,88	1
3	Aleksejs Medvedievs	OPEN	95,00	4	BAUSKA	220,0	230,0	230,0		230,0	160,0	190,0	190,0		160,0	390,00	230,0	240,0	250,0		250,0	640,0	0,9370	599,68	3
4	Deniss Korohods	OPEN	98,90	4	FORTE IECAVA	240,0	250,0	260,0		250,0	160,0	170,0	175,0		175,0	425,00	240,0	250,0	260,0		260,0	675,0	0,9190	620,33	2
5	Jānis Ratiņš	OPEN	94,10	5	Talsi-Gībuli	180,0	200,0	205,0		205,0	125,0	135,0	140,0		140,0	345,00	200,0	220,0	225,0		225,0	570,0	0,9410	536,37	4
Svara kategorija 110 kg																									
1	Juris Meija	18-19	106,8	4	ATLĒTI	200,0	220,0	230,0		230,0	110,0	115,0	120,0		115,0	345,00	205,0	215,0	220,0		220,0	565,0	0,9277	524,14	1
2	Gatis Roze	20-23	107,00	5	GoldBarbell	200,0	220,0	240,0		240,0	135,0	145,0	0,0		145,0	385,00	240,0	260,0	270,0		270,0	655,0	0,8920	584,26	2
3	Atis Zembahs	OPEN	103,00	5	GoldBarbell	350,0	350,0	0,0		350,0	240,0	240,0	0,0		240,0	590,00	260,0	290,0	310,0		310,0	900,0	0,9040	813,60	1
4	Austris Šaicāns	OPEN	106,00	5	Rīga	290,0	305,0	320,0		320,0	200,0	215,0	220,0		220,0	540,00	300,0	320,0	335,0		335,0	860,0	0,8950	769,70	2
Svara kategorija 125 kg																									
1	Lauris Gabrāns	OPEN	119,30	4	GoldBarbell	280,0	300,0	320,0		320,0	200,0	210,0	215,0		215,0	535,00	260,0	280,0	302,5		302,5	815,0	0,8520	694,38	2
2	Nauris Kotāns	OPEN	124,60	5	REAKTORS	220,0	230,0	240,0		240,0	165,0	172,5	180,0		172,5	412,50	240,0	255,0	270,0		270,0	667,5	0,8580	572,72	3
3	Gatis Tisens	OPEN	115,90	6	GoldBarbell	180,0	200,0	210,0		210,0	135,0	140,0	0,0		135,0	345,00	190,0	210,0	220,0		220,0	565,0	0,8710	492,12	4

4	Kaspars Didzis	OPEN	114,80	4	ATLĒTI	300,0	320,0	330,0		330,0	200,0	200,0	215,0		215,0	545,00	270,0	290,0	300,0		290,0	835,0	0,8730	728,96	1		
5	Reinis Kindzulis	20-23	112,40	4	GoldBarbell	150,0	150,0	200,0		200,0	210,0	260,0	280,0		210,0	410,00	200,0	220,0	240,0		240,0	650,0	0,8780	570,70	1		
Svara kategorija 140 kg																											
1	Gvido Taube	OPEN	135,90	6	REAKTORS	250,0	265,0	275,0		275,0	235,0	245,0	250,0		245,0	520,00	280,0	295,0	295,0		280,0	800,0	0,8450	676,00	1		
Svara kategorija virs 140 kg																											

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GPC Latvijas čempionāts powerliftingā un svāra stieņa spiešanā guļus

10. -11.05.2014.

Iecava Ekipējuma divīzija

Powerlifting

KOMANDAS

- 1 ATLĒTI
- 2 GOLDBARBE
- 3 BAUSKA
- 4 IECAVA
- 5 REAKTORS
- 6 BIRŽAI
- 7 Rīga
- 8 ATLĒTIKA
- 9 Ģibuļi-Talsi
- 10 Rīga Strong
- 11 Tukums

Jaunieši

- 1 Intars Baumanis
- 2 Lauris Kalašnikovs
- 3 Rihards Nejs

Juniori

- 1 Juris Irmejs
- 2 Gatis Roze
- 3 Reinis Kindzulis

Sievietes

- 1 Violeta Kolunova
- 2 Jekaterina Trabo
- 3 Avita Smilģe

Open

- 1 Atis Zembahs
- 2 Austris Šaicāns
- 3 Kaspars Didzis

Veterāni

- 1 Dmitrijs Stepenko
- 2 Vladimirs Ponamorovs
- 3 Vitālijs Romānovs

