

Equip Powerlifting

EC Champs

16 March
2024

AGE GROUP	DEV	DIV	NAME & SURNAME	LOT NO	BODY WEIGHT	SQUAT						BENCH PRESS						DEAD LIFT						TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE
						1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD														
WOMEN POWERLIFTING																												
Youth	Novice	63	Christi Minnie	61.80	61.80	70.0	+	80.0	+	87.5	+	30.0	+	35.0	+	40.0	-	75.0	+	85.0	+	92.5	+	215.0	39.25	First	12	Yellow
Sub Junior	Novice	63	Christi Minnie	61.80	61.80	70.0	+	80.0	+	87.5	+	30.0	+	35.0	+	40.0	-	75.0	+	85.0	+	92.5	+	215.0	39.25	First	12	Yellow
Sub Junior	ECC	69	Stephene Loubser	67.60	67.60	90.0	-	100.0	-	100.0	-	50.0	+	52.0	+	55.0	-	122.5	+	125.0	+	130.0	-	DNF				
Sub Junior	ECC	76	Anika Maree	74.70	74.70	120.0	-	120.0	+	130.0	-	55.0	+	60.0	+	62.5	+	135.0	+	140.0	+	145.0	+	327.5	54.16	First	12	Blue
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MEN POWERLIFTING																												
Sub Junior	Novice	66	Francois Froneman	59.60	59.60	70.0	+	75.0	+	80.0	-	42.5	-	42.5	-	42.5	-	100.0	+	107.5	+	112.5	+	DNF				
Sub Junior	Novice	66	Seth Webster	62.00	62.00	70.0	+	75.0	+	80.0	+	45.0	+	50.0	+	55.0	+	100.0	+	107.5	+	112.5	+	247.5	34.70	First	12	White
Sub Junior	Novice	74	Ehli Reveley	70.70	70.70	80.0	+	90.0	+	97.5	+	50.0	+	55.0	-	55.0	-	125.0	+	137.5	+	147.5	+	295.0	37.68	First	12	White
Sub Junior	Novice	105	Joshua Thurtle	101.40	101.40	100.0	-	110.0	+	120.0	+	65.0	+	72.5	+	80.0	+	130.0	+	142.5	+	150.0	+	350.0	36.36	First	12	White
Sub Junior	Novice	120	Timothy Pawson	113.10	113.10	80.0	+	100.0	+	115.0	+	80.0	-	100.0	+	120.0	-	160.0	+	180.0	+	195.0	+	410.0	40.57	First	12	White
Master 1	Novice	93	Riaan Minnie	84.20	84.20	120.0	+	125.0	+	135.0	+	115.0	+	120.0	+	130.0	-	130.0	+	140.0	+	160.0	+	415.0	47.53	First	12	Yellow
Master 3	Novice	93	Clive Geldenhuys	86.70	86.70	50.0	+	60.0	+	70.0	+	50.0	+	60.0	+	65.0	+	80.0	+	90.0	+	100.0	-	225.0	25.34	First	12	White
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Master 3	ECC	105	André Ludik	103.90	103.90	100.0	+					65.0	+					140.0	+					305.0	31.33	First	12	White
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Master 3	Guest	83	Tommie de Nysschen	82.60	82.60	125.0	-	130.0	+	140.0	+	130.0	+	137.5	+	142.5	+	135.0	+	145.0	+	155.0	+	437.5	50.66	First	12	Orange

Side Ref	Main Ref	Side Ref
Ferde Botha / Andre Ludik	Andre Ludik / Elisabeth Barry	Stian Landman / Elisabeth Barry

Scorer / Computer
DominiqueAnnouncer
Gesina BothaSpotters
David Jali
Luke
Steven Vosloo
Nog een

EC able records