

Bench Press

EC Disable club Competition

15 May 2021

AGE GROUP	DEV	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS			TOTAL (kg)	IPF GL Pts.	POSITION	TEAM POINTS	INCENTIVE BADGE			
					1ST	2ND	3RD								
WOMEN BENCH PRESS															
MEN BENCH PRESS															
Open		72	Macethandile (Max) Kulati	71.83	90.0	+	97.5	+	100.0	+	100.0	54.18	First	12	Orange

Side Ref Heike Groenewald/Vanessa Lessing	Main Ref Werner Benadie	Side Ref Sibulele Ntlonana
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					1st	2nd	3rd								
WOMEN BENCH PRESS															
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MEN BENCH PRESS															
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Sub Junior	BW	83	Nathan Fraser	80.65	60.0	+	67.5	+	72.5	-	67.5	34.41	First	12	White
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Sub Junior	BW	93	Stian Landman	92.72	40.0	+	50.0	-	50.0	-	40.0	19.01	First	12	White
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		.													
Open	PC	93	Ashley van der Nest	92.32	145.0	-	145.0	+	155.0	+	155.0	73.80	First	12	Black
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Open	PC	120	Lohan Prins	107.26	140.0	+	160.0	-	160.0	-	140.0	62.08	First	12	Blue
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Master 3	PC	105	Andrew Pretorius	103.15	95.0	-	95.0	-	-						
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EC able records

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					1st	2nd	3rd								
WOMEN BENCH PRESS															
Sub Junior	BW	69	Heike Groenewald	66.63	55.0	+	57.5	-	57.5	-	55.0	44.57	First	12	Orange
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Open	CR	47	Megan Minnaar	44.93	37.5	+	40.0	+	42.5	-	40.0	44.73	First	12	Orange
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MEN BENCH PRESS															
Sub Junior	VA	59	Jordan Lee	58	82.5	+	85.0	-	85.0	-	82.5	50.26	First	12	Green
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Sub Junior	BW	120+	Francois Spamer	150.72	120.0	+	127.5	+	132.5	-	127.5	49.15	First	12	Orange
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Master 2	CR	74	David Jali	69.76	70.0	+	75.0	+	80.0	+	80.0	44.03	First	12	White

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EC able records

EQUIP Bench Press

EC Club competition

15 May 2021

AGE GROUP	TEAM	DIV	NAME & SURNAME	BODY WEIGHT	BENCH PRESS						TOTAL (kg)	IPF GL Pts.	POSITION
					1ST	2ND	3RD						
WOMEN BENCH PRESS													
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Open	PC	57	Stephanie de Lange	55.06	70.0	+	75.0	-	75.0	-	70.0	46.73	First
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MEN BENCH PRESS													
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Side Ref Heike Groenewald/Vanessa Lessing	Main Ref Werner Benadie	Side Ref Sibulele Ntlonana
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