

### 03/23/24 2024 NW Equipped Powerlifting

Womens Equipped Powerlifting	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Best lifters	Place	IPF GL Points	Qual for SA Equipped
Junior	Nicole Hasell	Gau	F-J	56,45	57	Mar-01	110,0	120,0	130,0	130,0	60,0	70,0	-72,5	70,0	120,0	135,0	145,0	145,0	345,0	Best Junior	1	66,54	Q
Open	Nicole Hasell	Gau	F-O	56,45	57	Mar-01	110,0	120,0	130,0	130,0	60,0	70,0	-72,5	70,0	120,0	135,0	145,0	145,0	345,0		1	66,54	Q
	Laura de Wet	Gau	F-O	66,95	69	Nov-74	120,0	130,0	140,0	140,0	60,0	70,0	-72,5	70,0	150,0	170,0	180,0	180,0	390,0	Best Open	1	68,10	Q
	Lize-Mari de Beer	Gau	F-O	81,50	84	Oct-00	100,0	105,0	110,0	110,0	70,0	75,0	-80,0	75,0	100,0	107,5	115,0	115,0	300,0		1	47,76	Q
Master 2	Marieke van Linge	NW	F-M2	63,00	63	Dec-72	100,0	110,0	120,0	120,0	45,0	-50,0	50,0	50,0	105,0	115,0	125,0	125,0	295,0		1	53,26	Q
	Laura de Wet	Gau	F-M2	66,95	69	Nov-74	120,0	130,0	140,0	140,0	60,0	70,0	-72,5	70,0	150,0	170,0	180,0	180,0	390,0	Best M2	1	68,10	Q

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Men's Equipped Powerlifting	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Best lifters	Place	IPF GL Points	Qual for SA Equipped
Junior	Lesego Ramolapong	NW	M-JR	64,40	66	Jul-04	125,0	130,0	135,0	135,0	75,0	85,0	-90,0	85,0	175,0	180,0	-187,5	180,0	400,0	Best Junior	1	54,53	Q
	Elton Khoza	NW	M-JR	59,80	66	Aug-04	130,0	135,0	-140,0	135,0	-80,0	85,0	-95,0	85,0	140,0	150,0	-165,0	150,0	370,0		2	53,31	Q
	Ryno du Plessis	NW	M-JR	104,25	105	May-01	170,0	182,5	200,0	200,0	100,0	110,0	120,0	120,0	170,0	180,0	200,0	200,0	520,0		1	53,33	Q
Open	Daniel Asiwe	NW	M-O	81,90	83	May-95	180,0	190,0	195,0	195,0	110,0	117,5	120,0	120,0	205,0	215,0	-227,5	215,0	530,0		1	61,68	
	Graham Green	Gau	M-O	99,95	105	Mar-78	230,0	240,0	0,0	240,0	170,0	180,0	185,0	185,0	230,0	0,0		230,0	655,0	Best Open	1	68,51	Q
	Azariel Ndoni	NW	M-O	102,60	105	Jun-87	230,0	235,0	240,0	240,0	100,0	110,0	115,0	115,0	250,0	255,0	0,0	255,0	610,0		2	63,02	Q
	Craig Masson	Gau	M-O	116,85	120	Nov-81	175,0	-230,0	-235,0	175,0	160,0	222,5	-230,0	222,5	200,0	220,0	225,0	225,0	622,5		1	60,79	
Master 1	Graham Green	Gau	M-M1	99,95	105	Mar-78	230,0	240,0	0,0	240,0	170,0	180,0	185,0	185,0	230,0	0,0		230,0	655,0	Best M1	1	68,51	Q
	Craig Masson	Gau	M-M1	116,85	120	Nov-81	175,0	-230,0	-235,0	175,0	160,0	222,5	-230,0	222,5	200,0	220,0	225,0	225,0	622,5		1	60,79	Q
	Madikane Faku	NW	M-M1	118,30	120	Jul-75	225,0	235,0	0,0	235,0	80,0	85,0	90,0	90,0	260,0	270,0	275,0	275,0	600,0		2	58,31	Q
Master 4	Neels Swanepoel	NW	M-M4	124,45	120+	Mar-48	60,0	-70,0	70,0	70,0	60,0	-65,0	65,0	65,0	100,0	120,0	130,0	130,0	265,0	Best M4	1	25,26	