

30 March - 2 April 2023

2023 SA University Powerlifting Championships

Students - Women	IPF Wt Cls	Name	Team	Bwt - kg	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 University Cup
S	57	Nicole Hasell	GAU	55,70	Mar-01	115,0	-122,5	122,5	122,5	60,0	65,0	-70,0	65,0	135,0	145,0	152,5	152,5	340,0	Best Student	1	81,17	Q
S	52	Aimee Grefen	GAU	50,45	Apr-03	80,0	90,0	97,5	97,5	40,0	45,0	-47,5	45,0	100,0	117,5	125,0	125,0	267,5		2	69,36	Q
S	69	Gaia Mottalini	GAU	68,40	Jan-04	107,5	117,5	122,5	122,5	57,5	67,5	-72,5	67,5	120,0	132,5	137,5	137,5	327,5		3	68,18	Q
S	47	Christina Kyriacos	GAU	46,40	Jul-01	78,0	81,5	85,0	85,0	42,5	-47,5	-47,5	42,5	100,0	108,5	113,0	113,0	240,5		4	67,53	Q
S	52	Surina Devnarain	GAU	51,90	May-04	90,0	-95,0	-95,0	90,0	40,0	42,5	-45,0	42,5	85,0	95,0	105,0	105,0	237,5		5	60,07	Q
S	63	Courtney Kaplan	GAU	62,45	Apr-02	80,0	90,0	92,5	92,5	45,0	50,0	-52,5	50,0	100,0	110,0	115,0	115,0	257,5		6	56,66	Q

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S	74	Suvar Maharaj	GAU	73,85	Jul-00	230,0	240,0	242,0	242,0	140,0	145,0	147,0	147,0	240,0	250,0	260,0	260,0	649,0	Best Student	1	95,38	Q
S	74	Scott Pomss	EC	72,95	Feb-01	190,0	200,0	210,0	210,0	125,0	-132,5	132,5	132,5	250,0	270,5	-306,5	270,5	613,0		2	90,67	Q
S	105	Liam Karovsky	GAU	104,70	Nov-01	245,0	-252,5	252,5	252,5	145,0	155,0	160,0	160,0	272,5	282,5	-305,0	282,5	695,0		3	85,92	Q
S	83	Jean-Michael Muldner	GAU	81,10	Mar-00	210,0	225,0	232,5	232,5	120,0	127,5	-135,0	127,5	232,5	242,5	250,0	250,0	610,0		4	85,44	Q
S	83	Michael Huisamen	GAU	82,70	May-01	210,0	220,0	-227,5	220,0	135,0	145,0	-147,5	145,0	220,0	240,0	-250,0	240,0	605,0		5	83,90	Q
S	93	Munashe Machinjike	GAU	91,65	Dec-02	-200,0	200,0	225,0	225,0	125,0	-135,0	135,0	135,0	240,0	260,0	265,0	265,0	625,0		6	82,35	Q
S	93	Joshua Marais	FS	92,70	May-02	210,0	215,0	220,0	220,0	135,0	142,5	-145,0	142,5	250,0	260,0	-265,0	260,0	622,5		7	81,56	Q
S	66	Adam Strydom	WC	65,85	Jan-00	175,0	190,0	-202,5	190,0	100,0	-105,0	-105,0	100,0	210,0	230,0	-240,0	230,0	520,0		8	81,16	Q
S	74	Thapelo Motlhako	GAU	71,15	Oct-01	165,0	-180,0	-185,0	165,0	115,0	120,0	122,5	122,5	235,0	245,0	-260,0	245,0	532,5		9	79,79	Q
S	93	Marco De Beer	NW	90,70	Mar-01	195,0	210,0	215,0	215,0	117,5	125,0	130,0	130,0	225,0	245,0	252,5	252,5	597,5		10	79,13	Q
S	93	Bradley Oosthuizen	EC	90,80	Feb-01	190,0	205,0	212,5	212,5	140,0	-147,5	-147,5	140,0	230,0	240,0	-252,5	240,0	592,5		11	78,43	Q
S	93	Justin Eckard	GAU	92,55	Oct-02	190,0	200,0	210,0	210,0	105,0	-107,5	107,5	107,5	240,0	250,0	257,5	257,5	575,0		12	75,40	Q
S	83	Xander Nel	WC	80,75	Mar-04	175,0	185,0	195,0	195,0	90,0	100,0	-105,0	100,0	200,0	220,0	240,0	240,0	535,0		13	75,10	Q
S	83	Connor Reynolds	GAU	81,35	Oct-03	172,5	182,5	190,0	190,0	107,5	115,0	-120,0	115,0	215,0	225,0	230,0	230,0	535,0		14	74,82	Q
S	74	El-Shane Grove	WC	71,40	Mar-98	160,0	172,5	-180,0	172,5	-115,0	115,0	-122,5	115,0	190,0	210,0	-225,0	210,0	497,5		15	74,41	Q
S	105	Neal Goosen	GAU	104,10	Jan-03	-195,0	195,0	215,0	215,0	120,0	127,5	135,0	135,0	230,0	-240,0	240,0	240,0	590,0		16	73,14	Q
S	105	Michael Cowley	WC	100,90	Nov-00	180,0	200,0	-210,0	200,0	130,0	-142,5	142,5	142,5	225,0	235,0	-255,0	235,0	577,5		17	72,65	Q
S	120	Marchelle Strydom	NW	108,30	Jan-03	225,0	-235,0	235,0	235,0	120,0	130,0	-135,0	130,0	210,0	222,5	227,5	227,5	592,5		18	72,11	Q
S	120	Jeanndre Terblanche	GAU	105,60	Dec-00	-190,0	190,0	200,0	200,0	130,0	137,5	147,5	147,5	210,0	-235,0	235,0	235,0	582,5		19	71,73	Q