

# 3RD. POWER TRIATHLON SCORE SHEET

## 24 SEPTEMBER 2010

NR.	Naam	B/W	SQUAT			BENCH PRESS			DEADLIFT			Punte	Totaal
			1	2	3	1	2	3	1	2	3		
1	Frank Okalome	117.9	220	250	260	150	170	180	240	270	300	2040	1177.90
2	Dave Edwards	109.3	220	230	240	165	175	180	230	240	245	1925	1135.17
3	Etienne Potgieter	88.3	210	220	225	140	150	155	210	220	225	1755	1131.45
4	Pieter Erasmus	91.3	210	220	230	140	155	165	210	220	230	1780	1128.16
5	Arno Lambrechts	162.8	240	250	260	170	180	185	240	250	270	2045	1118.21
5	Helgard Coertze	117.9	235	245	250	135	145	150	240	250	260	1910	1102.83
7	Johan Smith	96.6	250	270	0	140	150	160	240	250	265	1725	1065.01
8	Joshua Capazario	102.4	200	210	220	120	130	140	220	230	240	1710	1031.13
9	Stuart Murchie	61.9	140	150	160	100	110	115	140	150	160	1225	1015.89
10	Burger Lambrechts	138.8	210	220	0	155	165	170	250	260	265	1695	948.35
11	Darryn Anthony	81.5	210	225	0	135	145	0	200	220	235	1370	924.61
12	Rocco Verster	106.8	160	170	200	140	150	155	160	180	200	1515	900.06
13	Moses Tsimane	59	130	150	0	100	120	125	180	200	0	1005	870.53
14	Ryno Saaiman	90.1	140	150	155	100	110	115	170	180	185	1305	832.59
15	Rudi Pieters	107.4	130	150	170	110	130	0	170	190	210	1260	747.18
16	Willie Robertson	124.1	160	170	0	160	170	0	200	210	220	1290	736.20
17	Frikkie Veldman	95.2	0	150	165	140	150	0	175	190	200	1170	727.04
18	Thomas Hollier	93.2	0	0	140	110	120	130	160	180	195	1035	649.57
19	Esmay Smith	89.3	120	0	0	45	55	60	125	140	150	695	602.50
20	Colin Lubbe	127.8	150	165	170	0	120	125	160	0	0	890	504.99