

17. Jun 16

# WPU European Championships 2016, Powerlifting

| Name                     | Div     | BWt (Kg) | WtCls (Kg) | Wilks  | Squat 1 | Squat 2 | Squat 3 | Best Squat | Bench 1 | Bench 2 | Bench 3 | Best Bench | Sub Total | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | PL Total | Coeff Score | Place code | Team          |
|--------------------------|---------|----------|------------|--------|---------|---------|---------|------------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|----------|-------------|------------|---------------|
| Halla Rún Friðriksdóttir | FM-1-SP | 79,9     | 82,5       | 0,9156 | -180    | -180    | 180     | 180        | 125     | -130    | 132,5   | 132,5      | 312,5     | 180        | 190        | -200       |            | 190           | 502,5    | 460,09      | 1          | Ger / Iceland |
| Heidrun Woltjen          | FM-3-Ra | 58,45    | 60         | 1,1371 | 87,5    | 92,5    | 100     | 100        | 42,5    | 45      | -47,5   | 45         | 145       | 100        | 107,5      | 112,5      | 115        | 112,5         | 257,5    | 292,80      | 1          | Germany       |
| Selina Förderer          | FOpe-Ra | 57,75    | 60         | 1,1478 | 90      | 95      | -100    | 95         | 55      | -57,5   | 57,5    | 57,5       | 152,5     | 110        | 120        | 125        |            | 125           | 277,5    | 318,51      | 1          | Germany       |
| Clare Louise Malone      | FOpe-SP | 55,7     | 56         | 1,1816 | -100    | 100     | -107,5  | 100        | 65      | -70     | -70     | 65         | 165       | 122,5      | 127,5      | 132,5      | -140,5     | 132,5         | 297,5    | 351,53      | 1          | Great Britain |
| Adam Martynyszyn         | MJun-Ra | 101,4    | 110        | 0,6053 | 180     | 210     | -220    | 210        | 150     | 160     | -170    | 160        | 370       | 250        | 270        | -275       |            | 270           | 640,0    | 387,39      | 1          | Great Britain |
| Till Thomale             | MJun-Ra | 73,25    | 75         | 0,7242 | 155     | 170     | -180    | 170        | -110    | 110     | 120     | 120        | 290       | 165        | 180        | -190       |            | 180           | 470,0    | 340,37      | 1          | Germany       |
| Matthijs Smit            | MJun-Ra | 79,9     | 82,5       | 0,6832 | 180     | 190     | -200    | 190        | -120    | -120    | -120    |            |           | 210        | 220        | 230        |            | 230           |          |             |            | PL Holland    |
| Uwe Abend                | MM-4-Ra | 96,65    | 100        | 0,6172 | -170    | -175    | 175     | 175        | 140     | 150     | -156    | 150        | 325       | 170        | 180        | 195        |            | 195           | 520,0    | 320,94      | 1          | PL Holland    |
| Henk Nystad              | MM-4-Ra | 83,65    | 90         | 0,6642 | 135     | -145    | 145     | 145        | 105     | 112,5   | -117,5  | 112,5      | 257,5     | 150        | 160        | -170       |            | 160           | 417,5    | 277,30      | 1          | PL Holland    |
| Sirko Petermann          | MOpe-MP | 123,6    | 125        | 0,5712 | 310     | 330     | -340,5  | 330        | 232,5   | -255    | 260     | 260        | 590       | 260        | 280        | -300,5     |            | 280           | 870,0    | 496,94      | 1          | Germany       |
| Chris Lane               | MOpe-Ra | 96,25    | 100        | 0,6183 | 190     | 200     | 215     | 215        | 135     | 145     | 160     | 160        | 375       | 220        | 230        | 240        |            | 240           | 615,0    | 380,25      | 1          | Great Britain |
| Ollie Tippett            | MOpe-Ra | 107,4    | 110        | 0,5930 | 200     | 225     | -242,5  | 225        | 180     | 190     |         | 190        | 415       | 250        | 260        | -265       |            | 260           | 675,0    | 400,28      | 1          | Great Britain |
| Mukesh Singh             | MOpe-Ra | 114,05   | 125        | 0,5823 | -270    | 270     | 280     | 280        | 160     | 170     | 185     | 185        | 465       | 260        | 275        | 285        |            | 285           | 750,0    | 436,73      | 1          | India         |
| Vaibhav Rana             | MOpe-Ra | 116,1    | 125        | 0,5796 | 180     | 195     | -200    | 195        | 130     | 140     | 145     | 145        | 340       | 230        | 240        |            |            | 240           | 580,0    | 336,17      | 2          | India         |
| Maik Klingert            | MOpe-Ra | 74,2     | 75         | 0,7179 | 160     | -175    | -175    | 160        | 100     | 110     | 112,5   | 112,5      | 272,5     | 200        | 210        | 215        |            | 215           | 487,5    | 349,98      | 1          | Germany       |
| Michael Stumpf           | MOpe-Ra | 89,15    | 90         | 0,6413 | 145     | -160    | 160     | 160        | 115     | 125     | -130    | 125        | 285       | 190        | 210        | -215       |            | 210           | 495,0    | 317,44      | 1          | Germany       |
| Patric Kaltenbacher      | MOpe-SP | 88,75    | 90         | 0,6428 | 230     | 260     | -270    | 260        | 200     | -220    | -220    | 200        | 460       | 220        | 235        | 245        |            | 245           | 705,0    | 453,17      | 1          | Germany       |
| David Sinn               | MT-2-Ra | 86,45    | 90         | 0,6519 | 180     | 190     | -200    | 190        | 105     | -115    | -115    | 105        | 295       | 200        | -210       | -215       |            | 200           | 495,0    | 322,69      | 1          | Germany       |