

# World Powerlifting Federation

## European Championships 2010, Akureyri Iceland.

### 25-26 June 2010. Groups 1 and 2.

M/N	NR	ST.	CAT.	BDW.	NAME	GYM	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.	4. SQ	4. BP	4. DL	Coef.	
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.								
m		teen		64.50	Rúnar Geirmunds.	ISL	67.5	-130.0	130.0	-142.5	130.0	70.0	-80.0	-80.0	200.0	160.0	170.0	182.5	382.5	306.2	1.					0.8004
m		teen		82.40	Steinn Sigurðarson	ISL	82.5	120.0	130.0	-140.0	130.0	75.0	80.0	85.0	215.0	170.0	-180.0	180.0	395.0	264.8	1.					0.6704
m		teen		89.80	Einar Örn Guðnas.	ISL	90	-230.0	230.0	245.0	245.0	-180.0	-180.0	180.0	425.0	210.0	230.0	240.0	665.0	425.0	1.			-251.0		0.6391
m		teen		97.40	Viktor Samúelsson	ISL	100	-230.0	230.0	-250.0	230.0	165.0	175.0	-185.0	405.0	250.0	-270.0	-270.0	655.0	403.0	1.					0.6152
m		teen		110.30	Einar Hannesson	ISL	125	-200.0	205.0	-225.0	205.0	160.0	170.0	-180.0	375.0	220.0	240.0	-250.0	615.0	361.6	1.					0.5880
m		teen		104.20	Rögvaldur Björnss	ISL	110	-200.0	-205.0	205.0	205.0	-125.0	125.0	-135.0	330.0	185.0	200.0	-220.0	530.0	317.6	1.					0.5992
m		jun		81.50	Bjarki Pálsson	ISL	82.5	150.0	160.0	-175.0	160.0	110.0	-125.0	125.0	285.0	220.0	240.0	-245.0	525.0	354.3	1.					0.6749
m		jun		77.00	Hilmar H. Heimiss.	ISL	82.5	165.0	-185.0	185.0	185.0	-125.0	-125.0	-125.0	60.0				60.0	42.0						0.6999
m		jun		93.50	Tobias Staat	GER	100	175.0	-192.5	-205.0	175.0	100.0	110.0	-115.0	285.0	180.0	200.0	-217.5	485.0	303.9	2.					0.6266
m		jun		99.50	Þróstur Ólason	ISL	100	270.0	300.0	-310.0	300.0	160.0	170.0	180.0	480.0	270.0	285.0	-292.5	765.0	466.5	1.					0.6098
m		jun		109.30	Andri Örn Jakobss.	ISL	110	240.0	-255.0	255.0	255.0	-170.0	170.0	-185.0	425.0	240.0	-262.5	-262.5	665.0	392.2	1.					0.5897
m		jun		117.00	Eyjólfur Unnarsson	ISL	125	-290.0	-290.0	300.0	300.0	190.0	-200.0	-200.0	490.0	290.0	-310.0	-320.0	780.0	451.2	1.					0.5785
m																										
m		M40+		94.60	Svavar Smáráson	ISL	100	200.0	220.0	240.0	240.0	-195.0	195.0		435.0	210.0	230.0		665.0	414.4	1.					0.6232
m		M50+		119.70	Jóhann Gíslason	ISL	125	260.0	-280.0	-280.0	260.0	160.0	-170.0		420.0	200.0			620.0	356.7	1.					0.5753
m		M40+		129.40	Birgir Þorsteinsson	ISL	140	240.0	-260.0	260.0	260.0	185.0	200.0	210.0	470.0	240.0	260.0	280.0	750.0	424.6	1.					0.5661
m																										
m		M45+		162.80	Richard Fricker	UK	140+	280.0	320.0	335.0	335.0	160.0	180.0	-190.0	515.0	240.0	270.0	285.0	800.0	437.4	1.					0.5468
m		open		93.00	Jón Gunnarsson	ISL	100	312.5	330.0	340.0	340.0	192.5	205.0	210.0	550.0	285.0	302.5		852.5	535.5	1.					0.6282
m		open		99.30	Þór Sigurðarson	ISL	100	270.0	285.0	-300.0	285.0	220.0	-235.0	235.0	520.0	260.0	270.0	-280.0	790.0	482.1	3.					0.6103
m		open		94.20	Páll Sigurðarson	ISL	100	190.0	200.0	210.0	210.0	120.0	132.5	-145.0	342.5				342.5	213.9						0.6244
m		open		97.70	Valdimar Valdimars.	ISL	100	300.0	-320.0	-320.0	300.0	205.0	212.5	215.0	515.0	280.0	290.0	-305.0	805.0	494.6	2.					0.6144
m		open		117.10	Eggert Samúelsson	ISL	125	250.0	-260.0	-260.0	250.0	170.0	180.0	-190.0	430.0	240.0	260.0	-280.0	690.0	399.0	2.					0.5783
m		open		121.40	Jakob Snær Egilss.	ISL	125	-300.0	300.0	-317.5	300.0	170.0	185.0	-200.0	485.0	280.0	-300.0	-300.0	765.0	438.7	1.					0.5734
m		open		133.30	Jón Þór Ásgrimss.	ISL	140	210.0	230.0	245.0	245.0	-175.0	180.0	200.0	445.0	280.0	305.0	315.0	760.0	428.0	1.					0.5631
m		open		151.00	Jóhannes Atlason	ISL	140+	270.0	290.0	-305.0	290.0	160.0	-172.5	172.5	462.5	230.0	250.0	-265.0	712.5	393.9	1.					0.5528