World Powerlifting Federation

European championships 2010 Akureyri Iceland.

25-26 June 2010. Group 3, Benchpress.

								SQUAT				BENCHPRESS				DEADLIFT										
M/N	NR	ST.	CAT.	BDW.	NAME	GYM	CAT.	1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilks	PL.	4. SQ	4. BP	4.DL	Coef.
n			Open	71.70	Jóhanna B Árnadóttir	ISL	75					50.0	-55.0	-55.0	50.0				50.0	48.9	1.				0.9788
n			M55+	89.00	Kirsten Schwade	GER	90					75.0	80.0	85.0	85.0				85.0	73.8	1.				0.8681
m			teen	69.00	Pascal Pálsson	ISL	75					130.0	-135.0	-135.0	130.0				130.0	98.5	1.				0.7578
m			open	90.00	Ilias Bouziouris	GRI	90					170.0	177.5	-185.0	177.5				177.5	113.3	2.				0.6384
m			teen	90.60	Einar Örn Guðnas.	ISL	100					170.0	-185.0	-185.0	170.0				170.0	108.2	1.				0.6363
m			open	89.80	Ísleifur Árnason	ISL	90					-222.5	222.5	230.5	230.5				230.5	147.3	1.		235.0		0.6391
m			M55+	89.70	Flosi Jónsson	ISL	90					157.5	165.5	-170.0	165.5				165.5	105.8	1.				0.6395
m			teen	103.10	Sigurður Krisján Grímlaugsson	ISL	110					125.0	137.5	-148.0	137.5				137.5	82.7	1.				0.6015
m			Open	108.20	Fjölnir Guðmannsson	ISL	110					185.0	200.0	-205.0	200.0				200.0	118.3	1.				0.5916
m			M40+	108.80	Gunnar F Rúnarsson	ISL	110					192.5	210.0	-217.5	210.0				210.0	124.0	1.				0.5905
m																									
m			M55+	111.60	Alexander Maximushkin	RUS	125					180.0	190.0		190.0				190.0	111.3	1.				0.5860
m			Open	79.10	Eyjólfur Kristinsson	ISL	82.5					130.0	-140.0	-140.0	130.0				130.0	89.4	1.				0.6876
m			M45+	162.80	Richard Fricker	UK	140+					150.0	160.0		160.0				160.0	87.5	1.				0.5468
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