World Powerlifting Federation

European Championships 2010, Akureyri Iceland.

25-26 June 2010. Groups 4 and 5, deadlift.

								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			jun	66.40	Sóley Smáradóttir	ISL	67.5									100.0	120.0	-130.5	120.0	123.9	1.				1.0328
n			jun	97.00	Kristín Helga Torfadóttir	ISL	90+									117.5	137.5	-155.5	137.5	115.6	1.				0.8405
n			open	71.70	Jóhanna B Árnadóttir	ISL	75									115.0	125.0	130.0	130.0	127.2	1.				0.9788
n			open	81.00	Þórunn Þórðardóttir	ISL	82.5									100.0	120.0	130.0	130.0	118.1	1.				0.9088
m			teen	74.90	Magnús Ingvarsson	ISL	75									170.0	-200.0	200.0	200.0	142.6	1.				0.7132
m			teen	103.10	Sigurður Kristján Grímlaugsson	ISL	110									160.0	180.0	-200.0	180.0	108.3	2.				0.6015
m			teen	102.40	Jóhann Helgason	ISL	110									220.0	240.0	250.0	250.0	150.8	1.			-255.0	0.6030
m			jun	72.60	Aðalgeir Hilmarsson	ISL	75									180.0	-215.0	215.0	215.0	156.8	1.			-220.5	0.7293
m			jun	99.90	Þröstur Ólason	ISL	100									260.0	280.5	290.0	290.0	176.6	1.			-300.0	0.6088
m																									
m																									
m			open	81.50	Haukur Pálsson	ISL	82.5									200.0	220.0	-230.0	220.0	148.5	1.				0.6749
m																									
m			open	109.20	Eiríkur Kristbjörnsson	ISL	110									240.0	260.0	-270.0	260.0	153.3	2.				0.5898
m			open	109.80	Bjarki Þór Sigurðsson	ISL	110									300.0	321.0	-330.0	321.0	189.0	1.				0.5888
m			open	126.60	Vladim Bratanov	RUS	140									280.0	310.0	345.0	345.0	196.1	1.				0.5684
m			M55+	74.50	Kári Elíson	ISL	75									220.0	240.0	-260.0	240.0	171.8	1.				0.7159
m			M45+	96.20	Peter Malfa	GER	100									245.0	265.0	275.0	275.0	170.1	1.			280.5	0.6186
m			M50+	120.50	Jóhann Gíslason	ISL	125									250.0	-272.5	-272.5	250.0	143.6	1.				0.5744
m			M50+	128.40	Ómar Jóhannesson	ISL	140									265.0	280.0	-300.0	280.0	158.7	1.				0.5669
m			M45+	162.80	Richard Fricker	UK	140+									240.0	-287.5	-287.5	240.0	131.2	1.				0.5468
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