

7th ER Equipment Open Benchpress 2011

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Lifts with minus not approved

W.cl.	Weight	Name	Country	Reg.	Benchpress				Total	Plac.	Points
					1.	2.	3.	4.			
57	56.7	Anett Langva	SUNDSVA		72.5	77.5	-80.0	0.0	77.5	1	90.303
72	65.2	Kathrine H. Bak	TSK		90.0	97.5	-102.5	0.0	97.5	1	102.053
72	70.4	Karina Widen	AASK		55.0	60.0	65.0	0.0	65.0	2	64.415
84	83.1	Kathrine Kristensen	SPH		102.5	-107.5	-107.5	0.0	102.5	1	91.902
84+	128.7	Hildeborg J. Hugdal	SAUDA		160.0	170.0	180.0	0.0	180.0	1	142.164
72	70.3	Annette Pedersen	SPH		110.0	-115.0	-115.0	0.0	110.0	1	109.010
74	71.9	Christian Sørensen	RY MK		110.0	115.0	117.5	0.0	117.5	1	86.304
74	72.6	Mickel Dahl	TSK		95.0	102.5	107.5	0.0	107.5	2	78.400
83	77.5	Ilja Grønvold	SANDE K		90.0	-97.5	-100.0	0.0	90.0	1	62.721
74	72.8	Christoffer Alman	SUNDSVA		190.0	200.0	-202.5	0.0	200.0	1	145.560
74	66.8	Theo Grønvold	SANDE K		100.0	110.0	117.5	0.0	117.5	2	91.356
83	81.8	Benjamin Haugk	BARTH		152.5	-165.0	-170.0	0.0	152.5	1	102.693
83	78.5	Thomas S. Nordquist	SANDE K		140.0	-145.0	-145.0	0.0	140.0	2	96.740
83	76.8	Nikolaj S. Brarup	VSS		127.5	-135.0	-135.0	0.0	127.5	3	89.314
93	91.8	Denny Ott	BARTH		-200.0	200.0	-210.0	0.0	200.0	1	126.420
93	91.4	Steffen Hansen	RMC		150.0	160.0	-170.0	0.0	160.0	2	101.360
93	88.1	David Bisp	TSK		105.0	112.5	0.0	0.0	112.5	3	72.619
105	102.3	Jacob T. Mainz	VSS		-192.5	192.5	200.0	0.0	200.0	1	120.600
105	100.1	Jonatan Gonge	AAK		185.0	195.0	-205.0	0.0	195.0	2	118.618
105	103.0	Tobias Kokholm	LIMFJOR		160.0	170.0	-180.0	0.0	170.0	3	102.289
105	103.4	Geir Andre Stubberud	SANDE K		140.0	145.0	-147.5	0.0	145.0	4	87.087
120	118.8	Per Marius Hole	SPUVI		250.0	-260.0	-260.0	0.0	250.0	1	144.050
120	113.4	Jesper B. Mikkelsen	SPH		195.0	202.5	210.0	0.0	210.0	2	122.451
120+	126.4	Fredrik Sørbo	SANDE K		200.0	-207.5	207.5	0.0	207.5	1	117.964
74	73.3	Amit Selberg	SUNDSVA		190.0	230.0	-235.0	0.0	230.0	1	166.566
74	72.4	Fredrik Bylund	SUNDSVA		185.0	192.5	200.0	0.0	200.0	2	146.000
74	73.8	Morten Rasmussen	TSK		190.0	-192.5	-202.5	0.0	190.0	3	136.933
83	82.5	Jonas Nordin	SUNDSVA		210.0	222.5	-235.0	0.0	222.5	1	149.053
83	82.5	Kasper Fardan	CPL		220.0	-227.5	-230.0	0.0	220.0	2	147.378
83	82.8	Jens C. Pedersen	AAK		220.0	-227.5	-227.5	0.0	220.0	3	147.070
83	82.7	Art Asrian	ASRIAN		-190.0	-190.0	190.0	0.0	190.0	4	127.091
83	82.8	Arve Årsbog	SK ASK		160.0	-170.0	-175.0	0.0	160.0	5	106.880
93	92.7	Mikael Lundin	SUNDSVA		-235.0	235.0	-255.0	0.0	235.0	1	147.862
93	92.2	Jan Bast	BARTH		205.0	212.5	217.5	0.0	217.5	2	137.199
93	92.8	Henrik S. Nielsen	SPH		195.0	205.0	210.0	0.0	210.0	3	132.048
93	91.2	Helge Sviland	SANDNES		200.0	207.5	-212.5	0.0	207.5	4	131.596
93	92.1	Mirko Knaak	BARTH		190.0	200.0	-205.0	0.0	200.0	5	126.220
93	91.2	Oddgeir Venås	SK ASK		-190.0	195.0	-202.5	0.0	195.0	6	123.669
93	92.9	Jesper O. Nielsen	AASK		180.0	-187.5	-187.5	0.0	180.0	7	113.130
93	89.5	Morten L. Andersen	AAK		-115.0	-125.0	125.0	0.0	125.0	8	80.025
93	91.6	Peter Dauenhauer	BARTH		115.0	125.0	-135.0	0.0	125.0	9	79.100
93	91.9	Trond Sandblåst	SK ASK		-180.0	-180.0	-180.0	0.0	0.0	10	0.000
93	91.2	Jon Ramstad	SPUVI		-200.0	-200.0	-200.0	0.0	0.0	11	0.000
105	104.9	Mathias Kristiansen	SPH		220.0	227.5	237.5	0.0	237.5	1	141.930

Dato 7. februar 2012

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					1.	2.	3.	4.			
105	104.3	Frode Fjogstad	SANDNES		225.0	-235.0	235.0	0.0	235.0	2	140.765
105	104.4	Andreas Lind	SUNDSVA		232.5	-237.5	-237.5	0.0	232.5	3	139.174
105	101.0	Erland Tjelle	SK ASK		-215.0	220.0	-227.5	0.0	220.0	4	133.364
105	103.5	Martin Lange	BARTH		210.0	220.0	-227.5	0.0	220.0	5	132.132
105	100.2	Henning Tornes	SANDNES		-205.0	205.0	-217.5	0.0	205.0	6	124.660
105	99.9	Jeppe F. Balsby	AAK		-215.0	-215.0	-215.0	0.0	0.0	7	0.000
120	116.4	Tymen Gerestein	ASRIAN		225.0	232.5	240.0	0.0	240.0	1	138.984
120	117.4	Daniel Hovelsø	SPH		195.0	-205.0	-207.5	0.0	195.0	2	112.671
120	119.7	Marcus Hirvonen	SUNDSVA		-295.0	-295.0	-295.0	0.0	0.0	3	0.000
120+	136.4	Alastair McColl	SANDNES		295.0	-310.0	-310.0	0.0	295.0	1	165.495
120+	132.6	Jacob Stegelmann	AAK		260.0	272.5	-295.0	0.0	272.5	2	153.581
74	73.9	Viggo Torgersen	SPUVI		-150.0	150.0	155.0	0.0	155.0	1	111.600
83	81.3	Kjell Korneliussen	SANDNES		150.0	155.0	160.0	0.0	160.0	1	108.144
83	81.6	Bergur Skovgaard	AAK		150.0	160.0	-165.0	0.0	160.0	2	107.904
93	92.4	Allan Riis	AAK		245.0	252.5	257.5	0.0	257.5	1	162.174
93	92.7	Svein Olav Farstad	SK ASK		245.0	250.0	-255.0	0.0	250.0	2	157.300
93	89.6	Geir Gregersen	SANDE K		192.5	197.5	202.5	0.0	202.5	3	129.560
93	90.8	Torgeir Trondsen	SK ASK		180.0	187.5	195.0	0.0	195.0	4	123.864
93	92.2	Bo Jensen	AAK		-170.0	170.0	177.5	0.0	177.5	5	111.967
93	92.2	Sverre Diesen	SANDE K		-227.5	-227.5	-235.0	0.0	0.0	6	0.000
105	105.0	Kim Dahl	TSK		-220.0	220.0	-227.5	0.0	220.0	1	131.472
120	110.1	Kurt Einar Voldseth	SK ASK		210.0	220.0	225.0	0.0	225.0	1	132.367
120	106.0	Claus Jørgensen	TSK		-180.0	-180.0	-180.0	0.0	0.0	2	0.000
120+	121.7	Jens Jepsen	TSK		212.5	220.0	230.0	0.0	230.0	1	131.813
66	63.0	Birger T. Sundstøl	KR.SAND		97.5	105.0	-112.5	0.0	105.0	1	85.743
93	86.1	Sigve Valentinsen	SANDNES		210.0	-217.5	217.5	0.0	217.5	1	142.158
93	92.5	Gert Sørensen	RY MK		150.0	160.0	-170.0	0.0	160.0	2	100.768
105	103.4	Søren Bertelsen	VSS		190.0	-210.0	-210.0	0.0	190.0	1	114.114
105	104.3	Bjørn Nielsen	RAK		140.0	147.5	152.5	0.0	152.5	2	91.347
120+	126.8	Jan Helge Rustan	SANDE K		150.0	160.0	-167.5	0.0	160.0	1	90.912
83	78.2	Hans J. Jørgensen	AASK		-145.0	145.0	150.0	0.0	150.0	1	103.905
93	90.7	Allan S. Kornval	ASF		90.0	-100.0	115.0	0.0	115.0	1	73.129
120	111.2	Allan Fuglsang	ATLAS		185.0	-192.5	-192.5	0.0	185.0	1	108.521
59	58.7	Bent Hansen	RAK		77.5	-82.5	-82.5	0.0	77.5	1	67.448
93	89.3	Wilhelm Wind	HSK		70.0	75.0	80.0	0.0	80.0	1	51.248