

Powerlifting Association Germany (P.A.G.)

Deutsche Meisterschaften 2011 Altena

29. April - 01.Mai 2011

Powerlifting

NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	+McCullogh	PL.
							1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.				
2	U23	23	65,30	Tanja Van Huizen	NL	-67,5	160,0	175,0	-182,5	175,0	85,0	-95,0	-95,0	260,0	140,0	150,0	157,5	417,5	436,496		1.
3	U19	18	64,80	Cingj Eray	NL	-67,5	135,0	140,0	155,0	155,0	100,0	105,0	-110,0	260,0	155,0	165,0	170,0	430,0	342,839		1.
4	Open	29	73,80	Martin Karius	D	-75	170,0	190,0	200,0	200,0	120,0	-140,0	-140,0	320,0	170,0	185,0	205,0	525,0	378,368		2.
5	Open	30	72,20	Lucas Gijbsbertsen	NL	-75	180,0	195,0	212,5	212,5	-130,0	130,0	135,0	347,5	185,0	205,0	215,0	562,5	411,863		1.
6	M45+	46	75,00	Heiko Grumpmann	D	-75	190,0	200,0	-205,0	200,0	110,0			310,0	195,0			505,0	359,863	387,932	1.
8	Open	37	80,40	Lars Jankowski	D	-82,5	210,0	-230,0	230,0	230,0	-150,0	155,0	-162,5	385,0	210,0	220,0	-227,5	605,0	411,763		2.
9	Open	53	80,00	Coert Hoppenbrauers	NL	-82,5	185,0	200,0	-220,0	200,0	125,0	132,5	-137,5	332,5	190,0	220,0	240,0	572,5	390,846	471,751	4.
10	Open	28	81,60	Sven Uhlemann	D	-82,5	150,0	170,0	-190,0	170,0	-120,0	-120,0	-120,0	50,0	160,0	170,0	185,0	235,0	158,484		
11	Open	32	82,10	Matthias Stach	D	-82,5	180,0	200,0	210,0	210,0	135,0	140,0	145,0	355,0	200,0	220,0	230,0	585,0	393,062		3.
12	Open	26	79,10	Max Cerepanov	D	-82,5	240,0	-255,0	255,0	255,0	140,0	150,0	160,0	415,0	240,0	250,0	-255,0	665,0	457,254		1.
1	U19	18	89,80	Anastasios Manolis	D	-90	-160,0	160,0	180,0	180,0	125,0	140,0	147,5	327,5	170,0	190,0	202,5	530,0	338,723		1.
7	U23	23	84,80	Mustafa Yilmaz	D	-90	170,0	190,0	200,0	200,0	120,0	130,0	-135,0	330,0	180,0	200,0	212,5	542,5	357,616		1.
13	Open	24	82,60	Vahan Haratyunyan	ARM	-90	220,0	230,0	240,0	240,0	150,0	-160,0	160,0	400,0	-250,0	250,0	-267,5	650,0	435,110		1.
3	M40+	40	86,60	Goido Nieland	D	-90	165,0	190,0	200,0	200,0	120,0	125,0		325,0	180,0	200,0	210,0	535,0	348,553	348,553	1.
4	U19	17	94,90	Nick Wirsching	USA	-100	160,0	175,0	-180,0	175,0	95,0	-100,0	-100,0	270,0	195,0	210,0	-220,0	480,0	298,704		1.
5	Open	38	96,30	Alexander Brandt	D	-100	275,0	285,0	-290,0	285,0	170,0	182,5	-190,0	467,5	-265,0	265,0	280,0	747,5	462,179		2.
2	Open	28	91,80	Ihnatiy Yablonovskiy	D	-100	300,0	320,0	-330,0	320,0	200,0	220,0	-225,0	540,0	220,0	240,0	-250,0	780,0	493,038		1.
6	Open	30	100,30	Igor Bekrenew	D	-110	210,0	220,0	-230,0	220,0	140,0	-150,0	150,0	370,0	210,0	230,0	-240,0	600,0	364,740		3.
7	Open	28	102,30	Alexander Mittag	D	-110	280,0	31,0		280,0	140,0	160,0	-185,0	440,0	240,0	260,0	-285,0	700,0	422,240		2.
6	Open	24	101,80	Pol Jeroen	NL	-110	150,0	157,5	162,5	162,5	135,0	140,0	145,0	307,5	195,0	207,5	217,5	525,0	317,310		4.
8	Open	26	105,30	Thomas Romberg	D	-110	260,0	-275,0	275,0	275,0	-180,0	180,0	190,0	465,0	260,0	275,0	-285,0	740,0	441,780		1.
9	M50+	52	123,90	Gerhard Holleitner	AUT	-125	230,0			230,0	-195,0	-195,0	195,0	425,0	290,0	310,0		735,0	419,612	498,079	1.
10	M55+	57	147,60	Thomas Beck	D	140+	230,0	250,0	-270,0	250,0	170,0	182,5		432,5	-240,0	240,0	260,0	692,5	384,061	498,126	1.

HEADREFEREE
NAME:

LEFT-REFEREE
NAME:

RIGHT-REFEREE
NAME: