



# OPEN ISRAEL CHAMPIONSHIP 2021

## 28/05/2021 RISON LETZION, ISRAEL



### POWERLIFTING EQ/SOFT (KG)

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score		PI-Div-WtCI
Lon Allen (EQ)	24	MO	65.9	67.5	0.7693	-200	200	220	220	120	130	-135	130	220	240	250	250	600	461.58		1-MO-67.5
Teddy Glazov (SOFT)	23	MO	117.4	125	0.5537	240	255	-267.5	255	130	140	-150	140	260	280	300	300	695	384.79		1-MO-125

### POWERLIFTING RAW (KG)

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI
Mishel Ronkin	15	FT1	47.6	48	1.1865	-70	70	75	75	30	32.5	-35	32.5	67.5	72.5	-77.5	72.5	180	213.57	252.01	1-FT1-48
Liron Haas	16	FT2	51.8	52	1.1110	-77.5	-80	80	80	40	-45	-45	40	-82.5	82.5	-90	82.5	202.5	224.98	254.22	1-FT2-52
Noam Landes	18	FT3	65.6	67.5	0.9200	107.5	112.5	117.5	117.5	55	60	-65	60	135	142.5	152.5	152.5	330	303.58	321.8	1-FT3-67.5
Gal Tiomkin	18	FT3	61.7	67.5	0.9658	95	100	-105	100	65	67.5	-70	67.5	125	-132.5	-140	125	292.5	282.48	299.43	2-FT3-67.5
Liv Yael Shulman	22	FJ	55	56	1.0591	92.5	-100	100	100	52.5	-57.5	-57.5	52.5	120	130	-132.5	130	282.5	299.2	302.19	1-FJ-56
Tanya Jernakov	23	FJ	59.5	60	0.9943	90	95	-97.5	95	37.5	40	-45	40	72.5	75	80	80	215	213.76	0	1-FJ-60
Shira Talala	27	FO	54	56	1.0748	-95	102.5	112.5	112.5	50	-55	55	55	115	127.5	140	140	307.5	330.5	0	1-FO-56
Valeria Merzlyakova	27	FO	54.9	56	1.0606	-90	97.5	-102.5	97.5	50	-55	-55	50	120	130	142.5	142.5	290	307.57	0	2-FO-56
Liv Yael Shulman	22	FO	55	56	1.0591	92.5	-100	100	100	52.5	-57.5	-57.5	52.5	120	130	-132.5	130	282.5	299.2		3-FO-56
Maria Kalner	30	FO	55.9	56	1.0454	85	90	97.5	97.5	47.5	50	-52.5	50	110	120	125	125	272.5	284.87	0	4-FO-56
Rubin Anna	36	FO	53.3	56	1.0861	80	-87.5	90	90	50	-57.5	-57.5	50	110	117.5	-122.5	117.5	257.5	279.67	0	5-FO-56
Efrat Lev	39	FO	58.3	60	1.0107	80	90	100	100	50	57.5	60	60	110	130	-140	130	290	293.1	0	1-FO-60
Miranda Gerts	26	FO	64.2	67.5	0.9358	115	120	-127.5	120	75	80	-82.5	80	140	150	155	155	355	332.19	0	1-FO-67.5
Anastasia Zinchenko	35	FO	66.7	67.5	0.9081	112.5	120	125	125	75	80	-82.5	80	132.5	140	147.5	147.5	352.5	320.09	0	2-FO-67.5
Jiva Taranenko	36	FO	68.9	75	0.8863	90	92.5	95	95	50	52.5	-55	52.5	95	100	105	105	252.5	223.78	0	1-FO-75
Rita Kaplan	41	FM1	64.3	67.5	0.9346	90	95	100	100	47.5	50	-55	50	115	117.5	120	120	270	252.34	254.87	1-FM1-67.5
Tal Shaish	49	FM2	61.9	67.5	0.9633	80	85	-90	85	65	70	75	75	110	120	125	125	285	274.53	305.55	1-FM2-67.5
Irina Grevcov	50	FM3	53.1	56	1.0893	-75	75	-77.5	75	45	-47.5	-47.5	45	90	92.5	95	95	215	234.2	264.65	1-FM3-56

Gal Barby	23	MJR	58.5	60	0.8538	110	115	125	125	90	97.5	105	105	140	147.5	155	155	385	328.71	0	1-MJR-60
Yam Felsenstein	20	MJR	81.2	82.5	0.6513	-220	230	240	240	142.5	152.5	157.5	157.5	225	237.5	247.5	247.5	645	420.09	432.69	1-MJR-82.5
Raz Revach	21	MJR	98.3	100	0.5856	-140	140	-150	140	110	-120	-120	110	150	175	-200	175	425	248.88	253.86	1-MJR-100
Daniel Humadov	23	MJR	112.3	125	0.5594	210	220	230	230	160	170	-175	170	-250	275	-300	275	675	377.6	0	1-MJR-125
Avinoam Sprecher	15	MT1	59.2	60	0.8439	102.5	110	115	115	65	72.5	-75	72.5	115	122.5	-127.5	122.5	310	261.59	308.68	1-MT1-60
Ilay Benita	15	MT1	73.4	75	0.6998	-130	135	-145	135	105	-112.5	112.5	112.5	150	155	160	160	407.5	285.15	336.47	1-MT1-75
Gilad Moav	15	MT1	68.7	75	0.7375	110	125	137.5	137.5	80	-90	90	90	110	130	145	145	372.5	274.7	324.15	2-MT1-75
Alon Adi	14	MT1	97.8	100	0.5870	-100	110	120	120	65	-70	-70	65	120	130	-140	130	315	184.89	227.41	1-MT1-100
Barry Fried	17	MT2	57.3	60	0.8718	110	120	-130	120	72.5	80	-82.5	80	135	150	155	155	355	309.49	334.25	1-MT2-60
Liron Revivo	16	MT2	66.7	67.5	0.7561	95	105	110	110	57.5	-65	-65	57.5	135	145	155	155	322.5	243.84	275.54	1-MT2-67.5
Tomer Perkin	17	MT2	81.9	82.5	0.6504	165	175	-190	175	-100	100	-110	100	-190	205	-225	205	480	312.19	337.17	1-MT2-82.5
Neria Eliaz	18	MT3	78.1	82.5	0.6688	-145	-155	155	155	90	100	107.5	107.5	-170	170	177.5	177.5	440	294.25	311.91	1-MT3-82.5
Or Barby	28	MO	64.4	67.5	0.7797	140	150	-155	150	122.5	127.5	-132.5	127.5	187.5	-195	200	200	477.5	372.31	0	2-MO-67.5
Yoav Lefkovits	26	MO	66.4	67.5	0.7590	150	155	160	160	105	-110	-110	105	185	195	202.5	202.5	467.5	354.83	0	3-MO-67.5
Shlomi Hamizer	24	MO	73	75	0.7027	180	190	-200	190	100	105	-110	105	247.5	250	260	260	555	389.97	0	1-MO-75
Sasha Arenzon	35	MO	74.6	75	0.6913	170	-180	180	180	120	-130	-130	120	240	250	-255	250	550	380.19	0	2-MO-75
Saar Maish	32	MO	73.8	75	0.6969	195	-210	210	210	105	-115	0	105	210	-225	-225	210	525	365.85	0	3-MO-75
Gleb Braginski	40	MO	73.7	75	0.6976	142.5	155	160	160	110	-117.5	-117.5	110	197.5	212.5	220	220	490	341.8	341.8	4-MO-75
Asaf Haim	28	MO	74.8	75	0.6899	157.5	162.5	-167.5	162.5	-127.5	127.5	135	135	175	185	192.5	192.5	490	338.05	0	5-MO-75
Gopal Risquet	28	MO	73.2	75	0.7012	135	147.5	157.5	157.5	110	-115	-115	110	160	175	185	185	452.5	317.27	0	6-MO-75
Asaf Boshi	26	MO	81.5	82.5	0.6498	235	245	255	255	130	135	-137.5	135	-270	270	285	285	675	438.58	0	1-MO-82.5
Aleksander Alekseenko	31	MO	82.1	82.5	0.6467	210	220	-225	220	152.5	-160	-160	152.5	270	280	285	280	652.5	421.94	0	2-MO-82.5
Ori Nataneli	24	MO	81.4	82.5	0.6503	220	235	240	240	152.5	-157.5	-157.5	152.5	235	-255	255	255	647.5	421.04	0	3-MO-82.5
Jonathan Kotzer	31	MO	80.1	82.5	0.6573	190	200	210	210	130	135		135	240	250	260	260	605	397.67	0	4-MO-82.5
Yagel Nahmias	25	MO	80.4	82.5	0.6557	-150	165	-175	165	95	105	0	105	180	200	210	210	480	314.71	0	5-MO-82.5
Dror Ezra	25	MO	89.6	90	0.6134	200	-215	225	225	140	147.5	-155	147.5	220	240	250	250	622.5	381.81	0	1-MO-90
Natan Alperstein	27	MO	89.1	90	0.6153	195	205	-210	205	145	152.5	-160	152.5	210	220	230	230	587.5	361.49	0	2-MO-90
David Tenowitz	27	MO	89.5	90	0.6138	195	205	210	210	130	137.5	-140	137.5	215	230	-240	230	577.5	354.44	0	3-MO-90
Evyatar Soffer	29	MO	88.6	90	0.6173	175	182.5	187.5	187.5	130	135	137.5	137.5	217.5	225	230	230	555	342.6	0	4-MO-90
Ran Turgeman	30	MO	98.2	100	0.5859	200	215	-230	215	130	140	-152.5	140	215	230	-250	230	585	342.72	0	1-MO-100
Omry Amiran Shaya	39	MO	94.6	100	0.5962	190	200	-215	200	120	130	-135	130	190	220	-225	220	550	327.88	0	2-MO-100
Alon Fonia	24	MO	92.6	100	0.6027	-155	155	-160	155	85	-90	-90	85	170	180	190	190	430	259.14	0	3-MO-100
Leonid Andronov	36	MO	101.2	110	0.5785	160	170	-180	170	130	140	-145	140	200	210	220	220	530	306.61	0	1-MO-110
Ernest Ruzin	83	MM9	63.2	67.5	0.7931	112.5	122.5		122.5	50	-55	55	55	150	155	160	160	337.5	267.65	548.69	1-MM9-67.5
Valery Frenklah	78	MM8	65.4	67.5	0.7691	80	90	-100	90	45	50	-55	50	100	110	-120	110	250	192.28	377.05	1-MM8-67.5
Arthur Fantalis	58	MM4	79.2	82.5	0.6624	120	125	130	130	100	105	110	110	160	170	180	180	420	278.19	359.14	1-MM4-82.5