



# OPEN ISRAEL CHAMPIONSHIP 2019

15-16.03.19



## POWERLIFTING SOFT (KG)

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbre nner	RH Sq	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 code
Gipstein Dov	47	MM2R	107.5	110	0.5663	8	230	240	245	245	145	150	-152.5	150	250	-255	255	255	650.0	368.10	398.28	1-MM2R-110
Goldenberg Boris	28	MOR	98.1	100	0.5862	8	205	220	-230	220	130	-140	-140	130	210	-220		210	560.0	328.24	0.00	1-MOR-100
Abod Qaadan	37	MOR	108.7	110	0.5644	10	160	180	200	200	117.5	123	130	130	190	230	240	240	570.0	321.71	0.00	1-MOR-110
Krakovich Zahar	27	MOR	80.2	82.5	0.6567	7	180	190	200	200	115	120	125	125	200	215	-220	215	540.0	354.62	0.00	1-MOR-82.5

## POWERLIFTING RAW (KG)

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbre nner	RH Sq	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 code
Yona Noya	16	FM2R	55.4	56	1.0530	6	105	-110	-112.5	105	65	67.5	-70	67.5	125	-130	-130	125	297.5	313.27	353.99	1-FM2R-56
Rosenfeld Sharon	27	FOR	50.9	52	1.1264	4	75	82.5	87.5	87.5	45	50	-52.5	50	85	95	-102.5	95	232.5	261.89	0.00	1-FOR-52
Khaskia Loren	27	FOR	62.2	67.5	0.9596	7	80	87.5	90	90	47.5	52.5	55	55	130	135	140	140	285.0	273.47	0.00	1-FOR-67.5
Goldberg Jillian	28	FOR	56	56	1.0439	5	-102.5	102.5	115	115	62.5	-70	-70	62.5	125	135	142.5	142.5	320.0	334.05	0.00	1-FOR-56
Alon Gal	14	MT1R	59.1	60	0.8453	5	-105	107.5	110	110	-67.5	72.5	82.5	82.5	140	150	-160	150	342.5	289.50	356.08	1-MT1R-60
Fridlianski Daniel	13	MT1R	52.5	56	0.9563	5	50	55	60	60	35	40	-42.5	40	60	70	80	80	180.0	172.13	220.32	1-MT1R-56
Matzkin Yonatan	15	MT1R	93.2	100	0.6007	9	155	-160	160	160	100	-105	-105	100	-180	190	200	200	460.0	276.30	326.03	1-MT1R-100
Ebgi Nisim	17	MT2R	60.8	67.5	0.8223					0	-80	-80	-80	0				0	0.0	0.00	0.00	0.00
Reich Yonatan	18	MT3R	81.3	82.5	0.6508	7	197.5	215	-227.5	215	115	125	-130	125	210	225	230	230	570.0	370.96	393.21	1-MT3R-82.5
Abo Fool Ameer	24	MJR	106.8	110	0.5675	11	-120	160	-170	160	130	-135	135	135	180	200	-210	200	495.0	280.89	0.00	1-MJR-110
Hibert Ram	20	MJR	86.7	90	0.6251	5	185	192.5	-200	192.5	95	103	-107.5	102.5	210	-217.5	-217.5	210	505.0	315.68	325.15	1-MJR-90
Fantalis Arthur	56	MM4R	80.1	82.5	0.6573	7	130	140	145	145	105	110	115	115	170	185	190	190	450.0	295.79	368.55	1-MM4R-82.5
Bark Alexandr	55	MM4R	88.8	90	0.6165	7	145	-150	150	150	115	120	-122.5	120	145	155	-160	155	425.0	261.99	320.94	1-MM4R-90
Frenklah Valery	76	MM8R	68.8	75	0.7366	7	80	90	100	100	50	55		55	100	-110	-112.5	100	255.0	187.83	352.37	1-MM8R-75