



FITNESS LAND SPARTAN TOURNAMENT 2023

03/03/2023 RISON LETZION, ISRAEL



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	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	Pl-Div-WtCl
Efrat Lev	40	FM1	55	56	1.0591	85	90	-93	90	50	52.5	-55	52.5	142.5	130	140	145	145	287.50	304.49	304.49	1-FM1-56
Nina Belautdinova	31	FO	64.8	67.5	0.9289	90	100	105	105	50	55	-57.5	55	160	120	127.5	132.5	132.5	292.50	271.70	0.00	1-FO-67.5
Noa Lubin	18	FT3	58.4	60	1.0093	105	107.5	-110	107.5	70	-72.5	-72.5	70	177.5	140	-145	145	145	322.50	325.50	345.03	1-FT3-60
Valery Frenkiah	80	MM9	66.2	67.5	0.7610	75			75	45	-50	50	50	125	90	100	110	110	235.00	178.82	366.59	1-MM9-67.5
Avraam Zukovski	65	MM6	79.8	82.5	0.6590	-165	170	-183	170	130	135	-142.5	135	305	200	225	-235	225	530.00	349.24	516.88	1-MM6-82.5
Arthur Fantalis	60	MM5	81	82.5	0.6524	130	140	145	145	105	110	-115	110	255	175	185	192.5	192.5	447.50	291.93	391.18	1-MM5-82.5
Alexander Bark	59	MM4	86.2	90	0.6273	130	-143	145	145	110	115	-117.5	115	260	150	160	170	170	430.00	269.72	354.68	1-MM4-90
Michael Son	45	MM2	81.3	82.5	0.6508	105	112.5	120	120	85	-90	90	90	210	125	135	145	145	355.00	231.03	243.74	1-MM2-82.5
Borislav Chernilovsky	41	MM1	85.6	90	0.6299				0				0	0				0	0.00	0.00	0.00	0.00
Dor Garnak	29	MO	73.8	75	0.6969	180	185	190	190	-120	-120	-120	0	0	210	220	-222.5	220	0.00	0.00	0.00	0.00
Hillel Brami	24	MO	76.2	82.5	0.6806	165	172.5	-180	172.5	120	127.5	-137.5	127.5	300	210	217.5	227.5	227.5	527.50	358.99	0.00	1-MO-82.5
Gal Osiroff	35	MO	85.8	90	0.6290	180	-190	190	190	115	-122.5	-122.5	115	305	210	220	-227.5	220	525.00	330.23	0.00	1-MO-90
Tal Arbetov	24	MO	101.5	110	0.5778	180	190	200	200	120	127.5	137.5	137.5	337.5	222.5	230	237.5	237.5	575.00	332.24	0.00	1-MO-110
Rodion Krasnyanski	18	MT3	70	75	0.7263	80	100	115	115	80	90	-95	90	205	115	135	155	155	360.00	261.45	277.14	1-MT3-75
Yair Gamliel Soft	17	MT2	51.4	52	0.9789	-100	-100	100	100	70	75	-80	75	175	100	110	125	125	300.00	293.67	317.16	1-MT2-52
Yahli Shachar	17	MT2	65.9	67.5	0.7693	118	127.5	-140	127.5	75	-80	-80	75	202.5	-170	-170	-170	0	0.00	0.00	0.00	0.00
Ofek Weisman	16	MT2	83.2	90	0.6412	175	185	193	192.5	100	105	107.5	107.5	300	200	210	-222.5	210	510.00	326.99	369.49	1-MT2-90
Yahelie Rubin Pilarski	16	MT2	89.8	90	0.6126	-170	170	185	185	80	90	-100	90	275	195	207.5	-217.5	207.5	482.50	295.58	334.00	2-MT2-90
Hananiya Grinberg Soft	14	MT1	67.3	67.5	0.7504	100	110	-120	110	75	-80	-80	75	185	110	125	145	145	330.00	247.62	304.57	1-MT1-67.5