



ISRAEL OPEN CUP 2019

25.10.2019, RISON LETZION, ISRAEL



POWERLIFTING SOFT (KG)

Name	Age	Div	BWt (Kg)	WtCIs (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	PI-Div-WtCI	Team
Rubin Tal	23	FOR	54.3	56	1.0701	85	90	95	95	50	-55	55	55	150	-90	90	-100	90	240	256.824	0	1-FOR-56	Israel
Shayer Sigal	24	FOR	66	67.5	0.9156	80	90	105	105	45	-50	-60	45	150	90	110	-120	110	260	238.056	0	1-FOR-67.5	Israel
Shekhter Iris	41	FOR	69.8	75	0.8782	85	92.5	100	100	72.5	77.5	-82.5	77.5	177.5	125	132.5	140	140	317.5	278.8285	281.6168	1-FOR-75	Israel
Volo Daniel	21	MJR	122.5	125	0.5483	240	260	285	260	85	105		105	365	300	325	332.5	332.5	697.5	382.43925	390.088	1-MJR-125	Israel

POWERLIFTING RAW (KG)

Name	Age	Div	BWt (Kg)	WtCIs (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	PI-Div-WtCI	Team
Yona Noya	17	FT2R	60	60	0.9876	-100	100	105	105	70	72.5	75	75	180	125	130	135	135	315	311.094	335.9815	1-FT2R-60	Israel
Mukhortova Nina	53	FM2R	62.7	67.5	0.9535	95	100	110	110	70	75	80	80	0	125	135	-140	135	320	305.12	361.26	1-FM2R-67.5	Russia
Grishaev Valeria	33	FOR	51.1	52	1.1230	75	80	85	85	32.5	-37.5	37.5	37.5	122.5	95	100	107.5	107.5	230	258.29	0	1-FOR-52	Israel
Aizenshtein Shir	25	FOR	51.9	52	1.1093	57.5	62.5	-67.5	62.5	32.5	-37.5	37.5	37.5	100	60	70	-80	70	170	188.581	0	2-FOR-52	Israel
Yona Noya	17	FOR	60	60	0.9876	100	100	105	105	70	72.5	75	75	0	125	130	135	135	315	311.09	335.98	1-FOR-60	Israel
Mukhortova Nina	53	FOR	62.7	67.5	0.9535	95	100	110	110	70	75	80	80	185	125	135	-140	135	320	305.12	361.2621	1-FOR-67.5	Russia
Khaskia Loren	27	FOR	61.4	67.5	0.9695	90	95	100	100	-50	50	52.5	52.5	152.5	135	140	145	145	297.5	288.42625	0	2-FOR-67.5	Israel
Tamir Marin	37	FOR	65.1	67.5	0.9255	90	-100	100	100	45	50	-52.5	50	150	100	110	115	115	265	245.2575	0	3-FOR-67.5	Israel
Halabi Hana	45	FOR	72.7	75	0.8539	95	105	110	110	80	85	90	90	200	95	110	120	120	320	273.232	288.2598	1-FOR-75	Israel
Vainshtein Baruch	15	MT1R	54.5	56	0.9184	90	-95	-95	90	65	70	75	75	165	100	110	120	120	285	261.744	308.8579	1-MT1R-56	Israel
Lankri Liad	15	MT1R	75.3	82.5	0.6865	85	95	100	100	50	55	60	60	160	100	110	130	130	290	199.085	234.9203	1-MT1R-82.5	Israel
Masalov Ivan	18	MT3R	74.3	75	0.6934	130	140	-150	140	90	95	-100	95	235	150	165	175	175	410	284.2735	301.3299	1-MT3R-75	Russia
Yona Shon	18	MT3R	89.6	90	0.6134	160	170	-175	170	110	115		115	285	175	185	195	195	480	294.408	312.0725	1-MT3R-90	Israel
Bejerano Amit	20	MJR	100	100	0.5813	160	170	180	180	150	155	157.5	157.5	337.5	215	230	240	240	577.5	335.70075	345.7718	1-MJR-100	Israel
Braginski Gleb	38	MOR	74.2	75	0.6940	130	143	152.5	152.5	100	105	110	110	262.5	190	207.5	217.5	217.5	480	333.12	0	1-MOR-75	Israel
Puts Oleg	35	MOR	70.8	75	0.7197	135	143	147.5	147.5	122.5	-127.5	-127.5	122.5	270	135	145	150	150	420	302.274	0	2-MOR-75	Israel
Statman Ohad	25	MOR	79.4	82.5	0.6612	135	140	150	150	100	110	-120	110	260	190	205	212.5	212.5	472.5	312.417	0	1-MOR-82.5	Israel
Yulzary Roy	39	MOR	86.9	90	0.6265	130	150	-160	150	-90	90	-100	90	240	185	-192.5	192.5	192.5	432.5	270.96125	0	1-MOR-90	Israel
Koronchik Ivan	40	MOR	98.7	100	0.5846	215	230	-235	230	162.5	-170	-170	162.5	392.5	252.5	265	272.5	272.5	665	388.72575	388.7258	1-MOR-100	Israel
Frenklah Valery	76	MM4R	69.9	75	0.7315	-75	75	80	80	-40	40	45	45	125	90	100	110	110	235	171.9025	322.4891	1-MM4R-75	Israel
Fantalís Arthur	57	MM4R	79.4	82.5	0.6612	135	143	147.5	147.5	107.5	-112.5	112.5	112.5	260	175	185	195	195	455	300.846	381.4727	1-MM4R-82.5	Israel