



WOMEN WHO LIFT 2023

05/05/2023 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
Anita Herczeg	57	FM4	89.1	90	0.7516	52.5	55	-58	55	52.5	55	-57.5	55	110	95	100	105	105	215.00	161.59	204.90	1-FM4-90
Merav Nathan	50	FM3	57.2	60	1.0263	75	80	90	90	40	42.5	-45	42.5	132.5	85	95	100	100	232.50	238.61	269.63	1-FM3-60
Sarah Illouz	41	FM1	90.7	SHW	0.7450	70	90	-95	90	45	50	-55	50	140	90	110	-120	110	250.00	186.24	188.10	1-FM1-90+
Sofie GOLDMEIER	34	FO	54.6	56	1.0653	-85	85	-90	85	62.5	-65	-65	62.5	147.5	105	110	120	120	267.50	284.97	0.00	1-FO-56
Victoria Volkov	35	FO	56.6	60	1.0350	70	72.5	75	75	40	42.5	-45	42.5	117.5	97.5	102.5	107.5	107.5	225.00	232.88	0.00	1-FO-60
Iaila van ments	30	FO	67.5	67.5	0.9000	70	75	82.5	82.5	62.5	67.5	-72.5	67.5	150	100	120	-130	120	270.00	242.99	0.00	1-FO-67.5
Marci Hartman	24	FO	69.6	75	0.8800	100	107.5	-115	107.5	62.5	65	-67.5	65	172.5	110	120	-140	120	292.50	257.39	0.00	1-FO-75
Miriam Somekh	35	FO	69.3	75	0.8827	85	87.5	-90	87.5	55	57.5	-60	57.5	145	95	100	105	105	250.00	220.66	0.00	2-FO-75
Katy Hassan	36	FO	68.3	75	0.8917	80	85	90	90	35	37.5	-40	37.5	127.5	80	85	90	90	217.50	193.94	0.00	3-FO-75
Michal Orlinsky	35	FO	78.7	82.5	0.8102	135	-140	-140	135	70	72.5	-75	72.5	207.5	160	170	177.5	177.5	385.00	311.91	0.00	1-FO-82.5
Ilana Gamliel	37	FO	80.1	82.5	0.8012	-130	130	135	135	70	-72.5	-72.5	70	205	135	-145	-150	135	340.00	272.39	0.00	2-FO-82.5
Netali Edri	32	FO	79.5	82.5	0.8050	80	85	90	90	55	-57.5	-57.5	55	145	110	120	130	130	275.00	221.36	0.00	3-FO-82.5
Ahuva Barak	29	FO	76.5	82.5	0.8253	90	95	100	100	45	47.5	50	50	150	95	102.5	110	110	260.00	214.57	0.00	4-FO-82.5
Katrin Mechkar	32	FO	98.2	SHW	0.7207	105	110	115	115	60	62.5	-65	62.5	177.5	107.5	110	115	115	292.50	210.80	0.00	1-FO-90+
Kalanit Taub	36	FO	95.9	SHW	0.7276	100	107.5	-118	107.5	50	-52.5	-52.5	50	157.5	117.5	122.5	-130	122.5	280.00	203.73	0.00	2-FO-90+
May Azulay	22	FJ	64.7	67.5	0.9300	100	107.5	-113	107.5	65	70	-72.5	70	177.5	125	135	145	145	322.50	299.93	302.92	1-FJ-67.5
Sapphire Pozailov	20	FJ	71.8	75	0.8612	120	125	130	130	-60	62.5	-65	62.5	192.5	135	140	-150	140	332.50	286.35	294.94	1-FJ-75
Noa Lubin	19	FT3	58.1	60	1.0135	105	110	-113	110	70	72.5	-75	72.5	182.5	140	147.5	150	150	332.50	336.99	350.47	1-FT3-60
Leah Baker	18	FT3	74.9	75	0.8369	110	120	130	130	55	60	65	65	195	132.5	140	145	145	340.00	284.53	301.60	1-FT3-75
Ameli Taranenko DL	13	FT1	60.5	67.5	0.9811	70	75	77.5	77.5	-45	-47.5	-47.5	0	0	80	85	-90	85	0.00	0.00	0.00	0.00