

# WOMEN WHO LIFT 2023

05/05/2023 RISON LETZION, ISRAEL

## BENCHPRESS MAX REP.

Name	Age	Div	Bench	Repetitions	abs place
Anita Herczeg	57	FM3	45	11	4
Sofie GOLDMEIER	34	FO	22.5	52	1
Ilana Gamliel	37	FO	40	31	3
laila van ments	30	FO	35	36	2
Ora blank	52	FM3	47.5	4	5

## DEADLIFT MAX REP.

Name	Age	Div	Bench	Repetitions	abs place
Ilana Gamluel	37	FO	82.5	26	2
Efrat Lev	40	FM1	57.5	42	1

