

A i styrkelyft 5/12 2009, Mariehamn

M/K	Nr	Klass	Vikt	Namn	Klubb	KNÄBÖJ			SQ	BÄNK PRESS			BP	Sub. Tot.	MARKLYFT			DL	Tot. Result	Poäng	Plac	SQ	BP	DL
						1.	2.	3.	Result	1.	2.	3.	Result		1.	2.	3.	Result				4.	4.	4.
Grupp 3																								
W	28	90+	102,60	Sandra Lönn/74	ÄKK	170,0	175,0	195,0	195,0	175,0	190,0	245,0	175,0	370,0	65,0			65,0	435,0	359,57	1.			
M	27	110	109,80	Ove Lehto/72	ÄKK	315,0	327,5	335,0	335,0	225,0	235,0	245,0	245,0	580,0	305,0	320,0	325,0	325,0	905,0	532,86	1.			
M	24	110	109,50	Lars Lampinen/61	S-V	260,0	270,0	280,0	280,0	170,0	185,0	200,0	185,0	465,0	250,0	270,0	285,0	270,0	735,0	433,14	2.			
M	2	110	110,00	Kenny Williams/85	ÄKK	265,0	280,0	290,0	265,0	150,0	160,0	165,0	160,0	425,0	275,0	290,0		275,0	700,0	411,95	3.			
M	22	110	107,90	Thomas Salin/66	KK-Eken	225,0	235,0	245,0	245,0	187,5	192,5		187,5	432,5	225,0	240,0	250,0	240,0	672,5	398,19	4.			
M	26	110	103,10	Robert Salin/74	KK-Eken	250,0	260,0	272,5	250,0	110,0	120,0	125,0	120,0	370,0	150,0	200,0	230,0	230,0	600,0	360,90	5.			
M	16	110	100,80	Pekka Ikkonen/57	S-V	180,0	195,0	205,0	205,0	130,0	140,0	140,0	130,0	335,0	220,0	240,0	247,5	247,5	582,5	353,40	6.			
M	23	110	105,95	Bill Winter/90	S-V	140,0			140,0	120,0	130,0	140,0	130,0	270,0	200,0	230,0	260,0	260,0	530,0	315,67	7.			
M	25	110	109,30	Lucas Donner/88	ÄKK	100,0			100,0	145,0	145,0	160,0	145,0	245,0	200,0	220,0	220,0	200,0	445,0	262,42	8.			
M	21	125	122,55	Emil Sundberg/89	ÄKK	285,0	300,0	307,5	307,5	200,0	207,5	215,0	215,0	522,5	265,0	277,5	290,0	290,0	812,5	464,91	1.			
M	20	125	118,85	Johan Kidron/86	KK-Eken	220,0	230,0	245,0	245,0	170,0	170,0	170,0	-----	Disq				-----	Disq					
M	19	125+	131,95	Kenneth Sandvik/75	ÄKK	380,0	392,5	400,0	400,0	285,0	285,0	290,0	290,0	690,0	290,0	310,0	320,0	310,0	1000,0	564,10	1.			
M	18	125+	145,00	André Sjöholm/89	NyKK	250,0	250,0	250,0	-----	105,0			-----	Disq				-----	Disq					

Domare:

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