

Bench Press

EC CHAMPS Development

7 September 2019

AGE GROUP	TEAM	DIV	NAME	LOT NO	BODY MASS	WILKS FORMULA	SQUAT				BENCH PRESS				DEAD LIFT				TOTAL (kg)	POINTS (WILKS)	POSITION	TEAM POINTS	INCENTIVE BADGE
WOMEN BENCH PRESS																							
							-	-	-														
Sub Junior	Cape Recife	61	Alulutho Makapela	59.46	59.46	1.1229	-	-	-	30.0	+	35.0	-	35.0	+	-	-	-	35.0	39.30	First	#N/A	#N/A
							-	-	-							-	-	-			#N/A	#N/A	
							-	-	-							-	-	-			#N/A	#N/A	
Sub Junior	Cape Recife	73	Mbasa Qilingele	72.50	72.50	0.9716	-	-	-	60.0	+	65.0	+	70.0	-	-	-	-	65.0	63.15	First	12	#N/A
							-	-	-							-	-	-			#N/A	#N/A	
							-	-	-							-	-	-			#N/A	#N/A	
							-	-	-							-	-	-			#N/A	#N/A	
MEN BENCH PRESS																							
							-	-	-							-	-	-					
Senior		49	Siphosethu Seti	48.43	48.43	1.0604	-	-	-	65.0	+	70.0	+	72.5	+	-	-	-	72.5	76.88	First	12	Orange
							-	-	-							-	-	-					
M1		72	Xolani Ndatya	65.79	65.79	0.7877	-	-	-	80.0	-	90.0	+	105.0	-	-	-	-	90.0	70.89	First	12	Yellow
							-	-	-							-	-	-					
Senior		72	Macethandile (Max) Kulati	70.40	70.40	0.7461	-	-	-	80.0	+	85.0	+	87.5	+	-	-	-	87.5	65.28	First	12	White
							-	-	-							-	-	-					
Senior		88	Marshall Marsh	86.72	86.72	0.6511	-	-	-	142.5	+	147.5	+	150.0	-	-	-	-	147.5	96.04	First	12	Brown
Senior		88	Melisizwe Ntengento	81.83	81.83	0.6734	-	-	-	100.0	+	110.0	+	112.5	-	-	-	-	110.0	74.07	Second	9	Yellow
							-	-	-							-	-	-					
Junior		66	Eldeano Booysen	65.19	65.19	0.7937	-	-	-	80.0	+	90.0	+	110.0	+	-	-	-	110.0	87.31	First	12	Brown
							-	-	-							-	-	-					
Senior		74	Sibulele ntlokwana	73.97	73.97	0.7197	-	-	-	115.0	+	120.0	+	122.5	-	-	-	-	120.0	86.36	First	12	Brown
							-	-	-							-	-	-					
M1		66	David Jali	65.75	65.75	0.7877	-	-	-	70.0	-	75.0	+	77.5	+	-	-	-	77.5	61.04	First	12	Yellow
							-	-	-							-	-	-					
							-	-	-							-	-	-					
Junior		83	Ignatius Muller	81.18	81.18	0.6767	-	-	-	115.0	+	120.0	+	125.0	-	-	-	-	120.0	81.20	First	12	Blue
							-	-	-							-	-	-					
Senior		120	André Ludik	112.42	112.42	0.5847	-	-	-	102.5	+	110.0	+	-		-	-	-	110.0	64.32	First	12	Yellow
							-	-	-							-	-	-					
M 3		120	André Ludik	112.42	112.42	0.5847	-	-	-	102.5	+	110.0	+	-		-	-	-	110.0	64.32	First	12	Yellow
							-	-	-							-	-	-					
							-	-	-							-	-	-					
Senior	Equip	120	André Ludik	112.42	112.42	0.5847	-	-	-	110.0	-	110.0	+	117.5	+	-	-	-	117.5	68.70	First	12	Orange
							-	-	-							-	-	-					
Master 3	Equip	120	André Ludik	112.42	112.42	0.5847	-	-	-	110.0	-	110.0	+	117.5	+	-	-	-	117.5	68.70	First	12	Orange
							-	-	-							-	-	-					
Master 2	Developme	66	Mark Yeun	60.45	60.45	0.8471	-	-	-	85.0	+	90.0	+	95.0	-	-	-	-	90.0	76.24	First	12	Green
							-	-	-							-	-	-					
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Sam Harding / Sibulele

Werner Benadie

Faku

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EC Classic champs Development Powerlifting

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							1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH	1ST	2ND	3RD	4TH								
WOMEN POWERLIFTING																										
		-																								
Sub Junior	CR	57.0	Caitlyn Du Plessis	54.55	54.55	1.2011	50.0	+	55.0	+	57.5	-			32.5	+	35.0	-	35.0	-						
Sub Junior	Brandwag	63.0	Charne Feuth	61.27	61.27	1.0973	70.0	+	77.5	+	85.0	+			40.0	+	47.5	+	52.5	-						
		-																								
Sub Junior	Brandwag	72.0	Heike Groenewald	69.75	69.75	0.9973	65.0	+	70.0	+	75.0	+			37.5	+	42.5	+	47.5	-						
		-																								
Sub Junior	CR	84+	Sinazo Nxele	85.51	85.51	0.8841	60.0	+	65.0	+	67.5	+			37.5	+	40.0	+	45.0	-						
Sub Junior	Despatch	84+	Colleen Brown	104.58	104.58	0.8226	80.0	+	90.0	+	102.5	+			45.0	+	50.0	+	55.0	+						
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MEN POWERLIFTING																										
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Sub Junior	CR	59.0	Zane Hamman	57.94	57.94	0.8816	80.0	+	85.0	-	85.0	-			37.5	+	40.0	+	42.5	-						
		-																								
Sub-Junior	CR	66.0	Krayven Stoltz	63.95	63.95	0.8062	50.0	+	55.0	-	55.0	+			37.5	-	37.5	+	40.0	+						
		-																								
Sub Junior	Brandwag	120+	Francois Spamer	134.22	134.22	0.5625	150.0	+	165.0	-	170.0	+			90.0	+	100.0	+	110.0	+						
		-																								
Junior	CR	66.0	Deiten Bisschoff	63.38	63.38	0.8128	70.0	-	75.0	+	90.0	-			60.0	+	65.0	+	67.5	+						
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WOMEN POWERLIFTING																													
		.																											
Sub Junior	Brandwag	57.0	Anika Ferreira	52.18	52.18	1.2439	75.0	+	77.5	+	80.0	-	42.5	+	45.0	+	47.5	+	105.0	+	110.0	+	115.0	+	240.0	298.52	Second	9	Green
Sub Junior	Brandwag	57.0	Minke Colling	56.48	56.48	1.1693	80.0	+	85.0	+	90.0	+	42.5	+	45.0	+	47.5	-	110.0	+	115.0	+	117.5	+	252.5	295.24	First	12	Blue
		.																											
Sub Junior	Brandwag	63.0	Ance Vermaak	57.76	57.76	1.1486	85.0	+	92.5	+	100.0	-	45.0	+	47.5	-	47.5	+	110.0	+	117.5	+	122.5	+	262.5	301.51	First	12	Green
		.																											
Junior	VA	63.0	Nicola Maritz	59.28	59.28	1.1259	80.0	+	87.5	+	92.5	+	42.5	+	47.5	+	50.0	-	100.0	+	107.5	+	112.5	-	247.5	278.65	First	12	Green
		.																											
Senior	CR	47.0	Megan Minnaar	45.75	45.75	1.3710	55.0	+	60.0	+	65.0	+	35.0	+	37.5	+	40.0	+	85.0	+	90.0	+	95.0	+	200.0	274.19	First	12	Green
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MEN POWERLIFTING																													
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Sub Junior	CR	83.0	Simon Curtain	82.38	82.38	0.6707	120.0	+	125.0	+	130.0	-	85.0	+	90.0	+	95.0	-	200.0	+	215.0	+	222.5	+	437.5	293.41	First	12	Orange
		.																											
Sub Junior	F Malherb	120.0	Rutgar Leibach	116.68	116.68	0.5790	160.0	+	170.0	+	180.0	-	100.0	+	105.0	+	110.0	-	200.0	+	205.0	+	210.0	-	480.0	277.92	First	12	Yellow
		.																											
Junior	Plaas	83.0	Ignatius Muller	81.18	81.18	0.6767	117.5	+	122.5	+	130.0	+	115.0	+	120.0	+	125.0	-	140.0	+	180.0	+	165.0	+	430.0	290.96	First	12	Orange
		.																											
Senior	VA	83.0	Wonga Jola	83.00	83.00	0.6675																				First	12	White	
		.																											
Senior	VA	120.0	André Ludik	112.42	112.42	0.5847	140.0	+	150.0	+	155.0	+	102.5	+	110.0	+	-		190.0	+	-		-		455.0	266.04	First	12	Yellow
		.																											
Master 1	VA	93.0	Steve Harding	92.98	92.98	0.6284	140.0	+	147.5	+	157.5	+	100.0	+	105.0	-	105.0	-	190.0	+	195.0	-	-		447.5	281.19	First	12	Orange
		.																											
Master 3	VA	120.0	André Ludik	112.42	112.42	0.5847	140.0	+	150.0	+	155.0	+	102.5	+	110.0	+	-		190.0	+	-		-		455.0	266.04	First	12	Yellow
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