

FREESTATE AND NORTHERN CAPE POWERLIFTING COMP NOV 2018

MUSCLE PRO GYM

LADIES

TOTAL	NUMEBR	NAME	SURNAME	ENTRY	AGE GROUP	CLASS	WEIGHED IN	SQ1	SQ2	SQ3	BE1	BE2	BE3	DL1	DL2	DL3	TOTAL	PLACING	QUALIFY
		57 KG CLASS:																	
1	1	LEANDRE	VENTER	YES	SJ	57	56.7KG	70	80	80	40	50	50	70	80	90	200	1	YES
		63KG CLASS																	
2	1	ELSJE	V. NIEKERK	YES	SJ	63	62,8KG	80	95	105	55	60	65	110	122.5	127.5	282.5	1	YES
		72KG CLASS																	
4	1	NATASJA	BADENHORST	DL ONLY	OPEN	72	70.6KG							90	110	130	130	1	NO
		84KG CLASS																	
5	1	ANTOINETTE	SAAIMAN	YES	OPEN	84	75.8KG	100	110	120	60	65	70	110	120	130	305,00	2	YES
6	2	MARIAAN	CONROY	YES	OPEN	84	79.9KG	135	145	155	70	80	90	170	180	190	425,00	1	YES
		84KG + CLASS																	
7	1	JELHANDRI	RAUTENBACH	YES	SJ	84+	85.3KG	120	125	130	75	80	80	140	150	165	375,00	1	YES

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	MUSCLE PRO GYM																			
		MENS																		
TOTAL	NUMEBR	NAME	SURNAME	ENTRY	AGE GROUP	CLASS	WEIGHED IN	SQ1	SQ2	SQ3	BE1	BE2	BE3	DL1	DL2	DL3	TOTAL		QUALIFY	
		74 KG CLASS:																		
8	1	JOHANNES	KATISO	YES	SJ	74	69.9KG	125	130	140	75	80	85	175	185	185	400	3	YES	
9	2	DAMIAN	GRAAFF	YES	SJ	74	74.0KG	120	140	150	70	80	90	180	192.5	205	425	1	YES	
10	3	KURT	STEVENS	YES	JNR	74	74.0KG	110	120	140	70	80	90	170	180	192.5	412.5	2	YES	
11	4	MICHAEL	KUHN	YES	SJ	74	72.8KG	80	80	80	80	80	90	110	120	130	280	4	YES	
		83 KG CLASS:																		
12	1	TOMMIE	D.NYSSCHEN	YES	M2	83	78.0KG	120	130	132.5	105	112.5	115	130	140	150	397.5	3	YES	
13	2	ARMANDO	FERNANDES	YES	OPEN	83	81.5KG	120	145	170	105	115	125	130	175	192.5	477.5	1	YES	
14	3	FERNANDO	DE ALMADA	YES	JNR	83	81.3KG	120	145	160	75	90	100	175	185	185	445	2	YES	
15	4	PAUL	MAKUTA	DL ONLY	OPEN	83	77.2KG							240	255	265	255	X	NO	
		93KG CLASS																		
16	1	KEGAN	WALSH	YES	OPEN	93	92.8KG	175	190	205	90	100	X	230	250	260	555	1	YES	
17	2	JACO	BOTHA	YES	OPEN	93	85.7KG	110	120	130	70	80	90	140	160	190	360	5	NO	
18	3	ALAN	MEHL	YES	OPEN	93	84.7KG	75	95	105	60	70	80	145	165	175	360	4	NO	
19	5	DAWID	V OUDTSHOORN	YES	OPEN	93	88.6KG	120	120	140	110	110	120	160	180	190	420	3	NO	
20	6	MARIUS	VLOOH	YES	OPEN	93	86.0KG	120	130	130	110	120	130	160	180	190	420	2	NO	
21	5	HEINRICH	KILIAN	YES	SJ	93	90.3KG	160	160	160	90	95	100	200	207.5	207.5	X	6	NO	

		105KG CLASS																	
TOTAL	NUMEBR	NAME	SURNAME	ENTRY	AGE GROUP	CLASS	WEIGHED IN	SQ1	SQ2	SQ3	BE1	BE2	BE3	DL1	DL2	DL3	TOTAL		QUALIFY
21	1	PIETER	BENADE	YES	M11	105	101.0KG	200	210	220	140	160	X	200	X	X	550	4	YES
22	2	WILLEM	VAN ZYL	YES	OPEN	105	100.0KG	220	240	255	130	130	X	250	270	X	655	1	YES
23	4	RICARDO	BARRETO	YES	OPEN	105	101.5KG	140	X	X	120	X	X	280	310	332.5	592.5	3	YES
24	5	GUY	CONROY	YES	M1	105	103.7KG	200	215	225	145	155	165	240	260	270	650	2	YES
25	6	ELIJAH	MOHLALA	YES	JNR	105	95.9KG	100	125	145	80	80	95	130	185	205	445	5	YES
26	7	RUBEN	SNYMAN	BENCH O	JNR	105	98.0KG				115	120	130				130	X	YES
		120KG CLASS																	
27	1	MELT	MEYER	YES	SJ	120	105.5KG	160	165	172.5	85	90	97.5	200	210	215	477.5	3	YES
28	2	ERNS	LANGER	DL ONLY	OPEN	120	110.0KG							180	200	200	X	X	NO
29	3	MARTIN	V.D MERWE	YES	SJ	120	105.8KG	160	170	177.5	145	150	150	200	215	230	545	2	YES
30	4	CARL	REINHARDT	YES	JNR	120	105.4KG	180	195	215	140	155	160	240	265	300	635	1	YES
		120KG + CLASS																	
31	1	FANIE	DU PREEZ	YES	OPEN	120+	124.8KG	125	145	160	110	120	130	190	210	220	510	3	NO
32	2	ANDRE	DU DOIT	YES	JNR	120+	127.2KG	160	170	185	100	110	120	180	200	220	515	2	YES
33	3	TSHEPISO	THITI	YES	OPEN	120+	123.0KG	180	210	240	100	125	140	235	255	270	650	1	YES