

06/25/22 2022 NW Equipped Powerlifting

WOMEN	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Place	IPF GL Points	Qual for SA Equipped
Open	Samantha Palm	BEZ	F-O	59,65	63	Jan-84	75,0	-82,5	82,5	82,5	40,0	42,5	-45,0	42,5	90,0	-100,0	0,0	90,0	215,0	1	40,07	
	Michelle van der Merwe	BEZ	F-O	75,20	76	Jan-86	80,0	87,5	-95,0	87,5	45,0	50,0	-55,0	50,0	125,0	132,5	-137,5	132,5	270,0	1	44,52	

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MEN	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Pl/Div/Cls/E vent	IPF GL Points	Qual for SA Equipped
Junior	Karabo Manamela	SoS	M-JR	68,65	74	Dec-99	215,0	232,5	-242,5	232,5	115,0	125,0	-130,0	125,0	200,0	215,0	-230,0	215,0	572,5	1	74,60	Q
	Marchelle Strydom	IG	M-JR	102,90	105	Jan-03	200,0	215,0	230,0	230,0	100,0	110,0	115,0	115,0	200,0	220,0	-250,0	220,0	565,0	1	58,29	Q
Open	Tshepo Kotsi	HP	M-O	66,00	66	Nov-98	150,0	160,0	-180,0	160,0	75,0	80,0	-90,0	80,0	220,0	-240,0	-240,0	220,0	460,0	1	61,61	Q
	Karabo Manamela	SoS	M-O	68,65	74	Dec-99	215,0	232,5	-242,5	232,5	115,0	125,0	-130,0	125,0	200,0	215,0	-230,0	215,0	572,5	1	74,60	Q
	Sipho Lekopa	SPA	M-O	82,85	83	Aug-82	220,0	225,0	230,0	230,0	95,0	-100,0	0,0	95,0	230,0	240,0	0,0	240,0	565,0	1	65,31	
	Azariel Ndoni	SPA	M-O	99,85	105	Jun-87	230,0	240,0	245,0	245,0	110,0	130,0	-140,0	130,0	240,0	250,0	-265,0	250,0	625,0	1	65,41	Q
	Marchelle Strydom	IG	M-O	102,90	105	Jan-03	200,0	215,0	230,0	230,0	100,0	110,0	115,0	115,0	200,0	220,0	-250,0	220,0	565,0	2	58,29	
	Quintin van der Merwe	IG	M-O	102,10	105	Jul-82	170,0	185,0	225,0	225,0	100,0	115,0	-130,0	115,0	200,0	220,0	-245,0	220,0	560,0	3	57,99	
	Koos Tlithomisang	LC	M-O	100,95	105	Jun-83	160,0	175,0	205,0	205,0	105,0	110,0	115,0	115,0	205,0	210,0	-217,5	210,0	530,0	4	55,17	
Master 1	Sipho Lekopa	SPA	M-M1	82,85	83	Aug-82	220,0	225,0	230,0	230,0	95,0	-100,0	0,0	95,0	230,0	240,0	0,0	240,0	565,0	1	65,31	Q
	Quintin van der Merwe	IG	M-M1	102,10	105	Jul-82	170,0	185,0	225,0	225,0	100,0	115,0	-130,0	115,0	200,0	220,0	-245,0	220,0	560,0	1	57,99	Q