

# 10th ER Equipment Open Benchpress 2011

Lifts with minus not approved

Cat.	W.cl.	Wht.	Name	Club/ Country	Reg.	Squat				Benchpress				Sub- Total	Deadlift				Total	Plac. Open	Plac. Cat.	Points
						1.	2.	3.	4.	1.	2.	3.	4.		1.	2.	3.	4.				
Sen	57	56,8	Anett Langva	SUNDSVA						72,5	77,5	-82,5		77,5					77,5	1	0	90,179
Sen	57	56,4	Mette G. Rasmussen	ERPOWER						70,0	75,0	-80,0		75,0					75,0	2	0	87,757
Jun	63	61,6	Maj Bjørn Rames	SPORTSH						122,5	127,5	132,5		132,5					132,5	1	1	144,756
Sen	63	58,8	Susse Hougaard	AAK						125,0	-130,0	-132,5		125,0					125,0	2	0	141,563
Sen	63	61,5	Hege Helseth Berge	SANDE K						92,5	100,0	105,0		105,0					105,0	3	0	114,859
Sen	63	63,0	Kathrine Bak	TSK						80,0	82,5	-85,0		82,5					82,5	4	0	88,605
Sen	72	70,5	Lise Ejlertsen	HSS						92,5	102,5	-107,5		102,5					102,5	1	0	101,475
Jun	72	70,4	Sara Nyholm	JYDEN						75,0	-80,0	80,0		80,0					80,0	2	1	79,280
Sen	84	77,6	Johanna Tikka	S.TALJE						100,0	-107,5	-107,5		100,0					100,0	1	0	93,110
Sen	84	74,5	Mette Lauritsen	SPORTSH						-62,5	62,5	65,0		65,0					65,0	2	0	62,056
Sen	84+	85,7	Kathrine Kristensen	SPORTSH						67,5	-75,0	-75,0		67,5					67,5	1	0	59,609
Sen	59	58,0	Mikkel Sørensen	AASK						135,0	140,0	145,0		145,0					145,0	1	0	127,629
Sub-J	59	58,8	Mickel Dahl	TSK						65,0	70,0	-77,5		70,0					70,0	2	1	60,823
Sen	66	65,0	Nisse Forsman	SUNDSVA						165,0	-175,0	-175,0		165,0					165,0	1	0	131,208
Sen	66	60,9	Mike S. Andersen	AASK						100,0	110,0	115,0		115,0					115,0	2	0	96,772
Sub-J	66	64,2	Emil Røper	ARES						85,0	90,0	-95,0		90,0					90,0	3	1	72,315
Sub-J	66	64,7	Jonathan Kerremans	HUMAN N						80,0	90,0	-97,5		90,0					90,0	4	2	71,847
M 4	66	64,2	Bent Hansen	RAK						75,0	80,0	85,0		85,0					85,0	5	1	68,298
M 2	66	63,4	Birger Sundstøl	KR.SAND						65,0	75,0	82,5		82,5					82,5	6	1	67,007
Sen	74	73,8	Amit Selberg	SUNDSVA						220,0	-227,5	-227,5		220,0					220,0	1	0	158,554
Sen	74	73,7	Christian Hedman	BORLÄNC						-210,0	210,0	-220,0		210,0					210,0	2	0	151,494
Sen	74	73,5	Morten Rasmussen	TSK						-180,0	180,0	-185,0		180,0					180,0	3	0	130,104
Jun	74	73,5	Christoffer Alman	SUNDSVA						-180,0	180,0	-210,0		180,0					180,0	4	1	130,104
M 1	74	73,1	Rene H. Vester	ATLAS						155,0	-160,0	160,0		160,0					160,0	5	1	116,096
Sen	74	73,4	Louis Preuthun	HSF						160,0	-167,5	-167,5		160,0					160,0	6	0	115,760
Jun	74	73,7	Timmy Waxfældt	SPORTSH						135,0	145,0	150,0		150,0					150,0	7	2	108,210
M 3	74	73,0	Hans J. Jørgensen	AASK						135,0	140,0	-145,0		140,0					140,0	8	1	101,696

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Cat.	W.cl.	Wht.	Name	Club/ Country	Reg.	Squat				Benchpress				Sub- Total	Deadlift				Total	Plac. Open	Plac. Cat.	Points
						1.	2.	3.	4.	1.	2.	3.	4.		1.	2.	3.	4.				
Sen	74	69,8	David Asrian	ARTPOW						120,0	130,0	-140,0		130,0					130,0	9	0	97,630
Jun	74	68,0	Rickie Söderberg	ARES						100,0	110,0	115,0		115,0					115,0	10	3	88,147
Sub-J	74	69,9	Vincent Heyvaert	HUMAN N						110,0	-115,0	-115,0		110,0					110,0	11	1	82,522
Jun	74	70,2	Benjamin Svendsen	JYDEN						100,0	-105,0	105,0		105,0					105,0	12	4	78,519
M 2	83	82,1	Jukka Saunamäki	S.TALJE						-185,0	185,0	-187,5		185,0					185,0	1	1	124,301
Sen	83	82,6	Artak Asrian	ARTPOW						172,5	182,5	-187,5		182,5					182,5	2	0	122,165
Sen	83	82,9	Kasper Egebo	SPORTSH						170,0	175,0	180,0		180,0					180,0	3	0	120,240
M 1	83	81,7	Bergur Skovgaard	AAK						145,0	152,5	157,5		157,5					157,5	4	1	106,139
Sen	83	81,8	Kjell Korneliussen	SANDNES						140,0	-150,0	150,0		150,0					150,0	5	0	101,010
Sen	83	79,9	Magnus Gradin	S.TALJE						140,0	-150,0	-150,0		140,0					140,0	6	0	95,648
Jun	83	80,5	Morten Rajczik	ARES						110,0	120,0	-130,0		120,0					120,0	7	1	81,600
Sen	83	81,9	Johan Forsman	BOLLNÄS						-220,0	-220,0	-220,0		0,0					0,0	8	0	0,000
Sen	93	92,6	Fredrik Jäder	SUNDSVA						280,0	287,5	290,0		290,0					290,0	1	0	182,555
Sen	93	93,0	Jan Bast	MOTOR B						265,0	270,0	-275,0		270,0					270,0	2	0	169,614
M 1	93	92,3	Allan Riis	AAK						225,0	235,0	242,5		242,5					242,5	3	1	152,896
M 1	93	92,0	Svein Olav Farstad	SKFRÆNA						-230,0	235,0	-240,0		235,0					235,0	4	2	148,402
M 1	93	91,8	Sverre Diesen	SANDE K						225,0	230,0	-235,0		230,0					230,0	5	3	145,383
Jun	93	92,4	Søren Mølgaard	AAK						-220,0	220,0	-237,5		220,0					220,0	6	1	138,622
Jun	93	88,1	Mikael Hellström	BOLLNÄS						215,0	-225,0	-235,0		215,0					215,0	7	2	138,783
M 2	93	88,1	Sigve Valentinsen	SANDNES						-200,0	200,0	-210,0		200,0					200,0	8	1	129,100
Sen	93	90,5	Helge Sviland	SANDNES						195,0	-207,5	-207,5		195,0					195,0	9	0	124,137
M 1	93	86,1	Erik Rasmussen	ERPOWER						-190,0	190,0	-200,0		190,0					190,0	10	4	124,184
Jun	93	87,5	Alexander Ø. Emilsen	SKFRÆNA						-190,0	190,0	-200,0		190,0					190,0	11	3	123,101
M 1	93	89,5	Torgeir Trondsen	SKFRÆNA						170,0	180,0	187,5		187,5					187,5	12	5	120,038
Sen	93	90,0	Oddgeir Venås	SKFRÆNA						180,0	-190,0	-190,0		180,0					180,0	13	0	114,912
M 1	93	91,7	Steen Hansen	AAK						170,0	-180,0	180,0		180,0					180,0	14	6	113,850
Sen	93	89,9	Gert D'Hollander	HUMAN N						165,0	170,0	175,0		175,0					175,0	15	0	111,790
M 1	93	91,8	Gerrit Van Hansewyck	HUMAN N						170,0	-175,0	175,0		175,0					175,0	16	7	110,618
M 1	93	90,2	Bo Jensen	AAK						160,0	-167,5	-167,5		160,0					160,0	17	8	102,032
M 3	93	86,3	Rainer Thomas	MOTOR B						150,0	155,0	-160,0		155,0					155,0	18	1	101,184
M 3	93	91,5	Peer Bjaaland	ALTA						145,0	150,0	155,0		155,0					155,0	19	2	98,130

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						1.	2.	3.	4.	1.	2.	3.	4.		1.	2.	3.	4.				
Sen	93	87,0	Lars Pedersen	AASK						150,0	-155,0	-160,0		150,0					150,0	20	0	97,485
Jun	93	83,4	Benjamin Haugk	MOTOR B						135,0	145,0	-152,5		145,0					145,0	21	4	96,512
M 1	93	90,7	Peter Petersen	AAK						125,0	135,0	-145,0		135,0					135,0	22	9	85,847
Sub-J	93	88,4	Steffen Hansen	RMC						130,0	-140,0	-140,0		130,0					130,0	23	1	83,772
Jun	93	89,8	Mads Christiansen	TSK						100,0	110,0	115,0		115,0					115,0	24	5	73,496
M 3	93	87,9	Wilhelm Wind	HSK						70,0	75,0	77,5		77,5					77,5	25	3	50,088
Sen	93	91,6	Michael Nielsen	ERPOWER						-190,0	-190,0	-200,0		0,0					0,0	26	0	0,000
Sen	93	91,5	Henrik S. Nielsen	SPORTSH						-200,0	-200,0	-200,0		0,0					0,0	27	0	0,000
Sen	105	104,5	Stefan Jamroz	LUNDS						277,5	282,5	-290,0		282,5					282,5	1	0	169,104
Sen	105	103,9	Mikael Lundin	SUNDSVA						-275,0	-275,0	275,0		275,0					275,0	2	0	164,945
Sen	105	97,0	Rune Glud Olsen	AK NORD						225,0	230,0	-245,0		230,0					230,0	3	0	141,749
Sen	105	101,1	Lars Edvin Samnøy	SANDE K						210,0	220,0	225,0		225,0					225,0	4	0	136,350
M 1	105	102,7	Peter H. Eriksen	RMC						225,0	-235,0	-235,0		225,0					225,0	5	1	135,540
Sen	105	100,2	Rasmus Jensen	RAK						200,0	210,0	220,0		220,0					220,0	6	0	133,782
M 1	105	104,5	Kim Dahl Hansen	TSK						-210,0	210,0	217,5		217,5					217,5	7	2	130,195
Sen	105	103,9	Jøren S. Eikeland	GANDDAL						200,0	207,5	212,5		212,5					212,5	8	0	127,457
Sen	105	102,2	Martin Lange	MOTOR B						210,0	-220,0	-220,0		210,0					210,0	9	0	126,735
Sen	105	100,2	Erland Tjelle	SKFRÆNA						205,0	-210,0	-210,0		205,0					205,0	10	0	124,660
Sen	105	100,7	Jeppe Balsby	AAK						202,5	-207,5	-207,5		202,5					202,5	11	0	122,897
M 2	105	102,0	Søren Ø. Bertelsen	JYDEN						195,0	202,5	-220,0		202,5					202,5	12	1	122,290
Sen	105	98,0	Muhammed Bilican	HUMAN N						200,0	-240,0	-245,0		200,0					200,0	13	0	122,720
Sen	105	98,3	Henning Tornes	SANDNES						-195,0	-195,0	195,0		195,0					195,0	14	0	119,516
M 1	105	104,5	Kurt Einar Voldseth	SKFRÆNA						195,0	-200,0	-200,0		195,0					195,0	15	3	116,727
Sen	105	95,5	Mirko Knaak	MOTOR B						180,0	190,0	-200,0		190,0					190,0	16	0	117,914
Jun	105	104,5	Axel Kjellman	LUNDS						175,0	182,5	-187,5		182,5					182,5	17	1	109,244
Jun	105	97,1	Charlie Tyrrestrup	RMC						-180,0	180,0	-190,0		180,0					180,0	18	2	110,898
M 2	105	103,5	Rolf Stenberg	SANDE K						180,0	-185,0	-185,0		180,0					180,0	19	2	108,108
Jun	105	101,0	Jonathan Gonge	AK NORD						170,0	177,5	-182,5		177,5					177,5	20	3	107,600
Sen	105	102,8	Bjørn Frederiksen	HSS						160,0	165,0	-170,0		165,0					165,0	21	0	99,347
M 1	105	103,2	Brian Hansen	HSF						150,0	-160,0	-160,0		150,0					150,0	22	4	90,195
M 3	105	94,6	Allan S. Kornval	ASF						105,0	125,0	-142,5		125,0					125,0	23	1	77,900

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Cat.	W.cl.	Wht.	Name	Club/ Country	Reg.	Squat				Benchpress				Sub- Total	Deadlift				Total	Plac. Open	Plac. Cat.	Points
						1.	2.	3.	4.	1.	2.	3.	4.		1.	2.	3.	4.				
Sen	105	94,2	Jannick Djurhuus	ERPOWER						70,0	80,0	-85,0		80,0					80,0	24	0	49,952
Sen	120	119,8	Marcus Hirvonen	SUNDSVA						300,0	0,0	307,5		307,5					307,5	1	0	176,843
M 1	120	116,7	Conny Blomgren	S.TALJE						280,0	290,0	300,0		300,0					300,0	2	1	173,640
Sen	120	115,6	Tor Herman Omland	SANDNES						295,0	-300,0	-300,0		295,0					295,0	3	0	171,188
Sen	120	115,8	Orhan Bilican	HUMAN N						290,0	-302,5	-305,0		290,0					290,0	4	0	168,200
M 1	120	113,9	Mikael Jaldefors	S.TALJE						-265,0	265,0	-282,5		265,0					265,0	5	2	154,389
Sen	120	112,9	Andreas Lind	SUNDSVA						240,0	-262,5	-270,0		240,0					240,0	6	0	140,160
Sen	120	113,0	Ronny Vestlin	BOLLNÄS						225,0	235,0	-242,5		235,0					235,0	7	0	137,216
M 1	120	114,1	Per Ove Sjøøl	SANDE K						222,5	230,0	-237,5		230,0					230,0	8	3	133,929
M 1	120	117,8	Robert Blom	S.TALJE						210,0	220,0	-225,0		220,0					220,0	9	4	127,050
M 2	120	119,5	John Christensen	AASK						215,0	220,0	-225,0		220,0					220,0	10	1	126,610
M 1	120	118,5	Jens Jepsen	TSK						207,5	-220,0	-220,0		207,5					207,5	11	5	119,645
Jun	120	107,4	Rauli Karkiainen	S.TALJE						190,0	202,5	-205,0		202,5					202,5	12	1	120,082
M 3	120	106,6	Finn Knudsen	RMC						-195,0	200,0	-205,0		200,0					200,0	13	1	118,900
M 1	120	107,2	Claus Jørgensen	TSK						200,0	-207,5	-207,5		200,0					200,0	14	6	118,660
Sub-J	120	118,0	Fredrik Sørbø	SANDE K						190,0	-197,5	197,5		197,5					197,5	15	1	113,997
M 3	120	110,7	Allan Fuglsang	ATLAS						192,5	-200,0	-202,5		192,5					192,5	16	2	113,075
Jun	120	108,9	Max Reiz	MOTOR B						-185,0	-185,0	185,0		185,0					185,0	17	2	109,206
Jun	120	113,4	Sven Neundorf	MOTOR B						132,5	137,5	145,0		145,0					145,0	18	3	84,578
Sen	120	117,5	Peter Borremans	HUMAN N						-145,0	145,0	-150,0		145,0					145,0	19	0	83,781
M 1	120	116,4	Thomas Skov	RMC						0,0	0,0	0,0		0,0					0,0	20	0	0,000
Sen	120+	140,4	Fredrik Svensson	SUNDSVA						300,0	307,5	317,5		317,5					317,5	1	0	177,355
Sen	120+	132,8	Alastair McColl	SANDNES						-285,0	285,0	292,5		292,5					292,5	2	0	164,824
Sen	120+	134,3	Sune Bang	AAK						257,5	267,5	275,0		275,0					275,0	3	0	154,660
Sen	120+	123,4	Sven Lange	MOTOR B						255,0	-262,5	-262,5		255,0					255,0	4	0	145,707
Sen	120+	135,4	Niklas Turunen	S.TALJE						-255,0	255,0	-260,0		255,0					255,0	5	0	143,233
M 1	120+	147,7	Bjørn Grønvold	SANDE K						-235,0	235,0	245,0		245,0					245,0	6	1	135,852
M 1	120+	123,2	Thomas Adler	S.TALJE						215,0	225,0	230,0		230,0					230,0	7	2	131,468
M 1	120+	121,4	Jan Vestergaard	AASK						-185,0	-185,0	185,0		185,0					185,0	8	3	106,079
Jun	120+	147,0	Stefan Karamfilov	LUNDS						162,5	-172,5	-172,5		162,5					162,5	9	1	90,171
M 1	120+	122,9	Johan Kerremans	HUMAN N						-205,0	-205,0	-205,0		0,0					0,0	10	0	0,000

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