

ÖVK-Competition Protocol



The Danube Cup 2015 Powerlifting

Host: Austrian Powerlifting

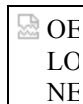
Place: 6460 Imst-Austria, Stadtsaal

Datum: 10-Oct-2015

Cat.	Name	YB	Nation	Age-Cat.	BW	SQ 1.	SQ 2.	SQ 3.	SQ	BP 1.	BP 2.	BP 3.	BP	BP points	sub-total	DL 1.	DL 2.	DL 3.	DL	Total	Wilks-factor	Wilks-points	Pl.	m/w
									Best				Best						Best					
-93 kg	HUBER Alexander	90	AUSTRIA	Open	89,60	330,0	330,0	340,0	330,0	235,0	242,5	250,0	242,5	155,15	572,5	280,0	292,5	300,0	292,5	865,0	0,6398	553,43	1	m
-74 kg	SEIFRIEDSBERGER Mario	88	AUSTRIA	Open	73,70	255,0	270,0	280,0	270,0	175,0	182,5	190,0	182,5	131,66	452,5	235,0	242,5	245,0	235,0	687,5	0,7214	495,96	2	m
-120 kg	KASPAREK Gernot	75	AUSTRIA	M 1	119,60	320,0	332,5	342,5	332,5	270,0	285,0	290,0	270,0	155,36	602,5	265,0	277,5	287,5	287,5	890,0	0,5754	512,11	2	m
-105 kg	GLÜCK Markus	90	AUSTRIA	Open	104,00	315,0	330,0	340,0	330,0	230,0	230,0	230,0	230,0	137,91	560,0	282,5	302,5	302,5	282,5	842,5	0,5996	505,16	4	m
																						2066,66		
-93 kg	BERNDT Ronny	79	GERMANY	Open	91,70	300,0	320,0	332,5	320,0	230,0	242,5	242,5	230,0	145,48	550,0	230,0	242,5	255,0	255,0	805,0	0,6325	509,16	2	m
-83 kg	LOCHSCHMIDT Max	83	GERMANY	Open	81,40	275,0	285,0	290,0	290,0	182,5	190,0	197,5	197,5	133,39	487,5	260,0	275,0	285,0	275,0	762,5	0,6754	514,99	1	m
-74 kg	BIELAU Marc	86	GERMANY	Open	71,90	255,0	265,0	277,5	265,0	155,0	165,0	170,0	170,0	124,87	435,0	237,5	260,0	265,0	260,0	695,0	0,7345	510,48	1	m
-105 kg	KAINDL Sebastian	82	GERMANY	Open	101,70	325,0	332,5	340,0	340,0	225,0	230,0	230,0	225,0	136,04	565,0	290,0	300,0	317,5	300,0	865,0	0,6046	522,98	2	m
																						2057,61		
-93 kg	CAZACU Alexandru	97	ROMANIA	Subjun	91,90	260,0	270,0	280,0	280,0	160,0	170,0	180,0	170,0	107,41	450,0	225,0	235,0	242,5	242,5	692,5	0,6318	437,52	3	m
-120 kg	CAZACU Sorin	73	ROMANIA	M 1	119,00	340,0	355,0	362,5	362,5	270,0	280,0	285,0	280,0	161,31	642,5	255,0	265,0	270,0	265,0	907,5	0,5761	522,81	1	m
-105 kg	VAIPAN Bogdan	83	ROMANIA	Open	104,20	300,0	315,0	325,0	325,0	227,5	232,5	232,5	227,5	136,32	552,5	320,0	330,0	340,0	340,0	892,5	0,5992	534,79	1	m
+120 k	LUPAS Ionut Florin	89	ROMANIA	Open	124,50	310,0	330,0	340,0	340,0	235,0	245,0	252,5	252,5	144,00	592,5	270,0	282,5	290,0	282,5	875,0	0,5703	499,01	1	m
																						1994,13		
-66 kg	PERHAC Adrian	93	SLOVAKIA	Junior	65,20	215,0	225,0	232,5	225,0	125,0	130,0	135,0	135,0	107,08	360,0	230,0	240,0	0,0	230,0	590,0	0,7932	467,99	2	m
-93 kg	DUCKY Markus	97	SLOVAKIA	Subjun	89,80	250,0	272,5	280,0	272,5	130,0	150,0	160,0	150,0	95,87	422,5	215,0	235,0	250,0	235,0	657,5	0,6391	420,21	4	m
-83 kg	SLIZ Pavol	73	SLOVAKIA	M 1	82,50	270,0	285,0	290,0	290,0	165,0	170,0	175,0	175,0	117,23	465,0	260,0	280,0	290,0	280,0	745,0	0,6699	499,08	2	m
+120 k	ZACHAR Peter	88	SLOVAKIA	Open	121,60	290,0	305,0	315,0	315,0	185,0	195,0	200,0	200,0	114,64	515,0	275,0	285,0	290,0	285,0	800,0	0,5732	458,56	3	m
																						1845,83		

* = Dopingkontrolle - KB = Kniebeugen, BD = Bankdrücken, KH = Kreuzheben, KDK = Total Kraftdreikampf, Jug = Jugend, Jun = Junioren - ÖR = Österr Rekord, ÖB = Österr Bestleistung, LR = Landesrekord, LB = Landesbestlsg, PB = Persönliche Bestlsg
Intern. Gewichtskl.: Damen -43 kg (nur Nachwuchs) -47 kg, -52 kg, -57 kg, -63 kg, -72 kg, -84 kg, +84 kg - Herren -53 kg (nur Nachwuchs), -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, -120 kg, +120 kg

ÖVK-Competition Protocol



The Danube Cup 2015 Powerlifting

Host: Austrian Powerlifting

Place: 6460 Imst-Austria, Stadtsaal

Datum: 10-Oct-201

Cat.	Name	YB	Nation	Age-Cat.	BW	SQ 1.	SQ 2.	SQ 3.	SQ Best	BP 1.	BP 2.	BP 3.	BP Best	BP points	sub-total	DL 1.	DL 2.	DL 3.	DL Best	Total	Wilks-factor	Wilks-points	Pl.	m/w
-47 kg	SCHWENGL-FORSTHUBER I	65	AUSTRIA	M 2	46,7	120,0	125,0	125,0	125,0	105,0	107,5	110,0	107,5	#####	232,5	130,0	140,0	150,0	150,0	382,5	1,3511	516,80	1	w
-57 kg	SABATHY Marlene	96	AUSTRIA	Junior	55,7	142,5	147,5	152,5	147,5	65,0	72,5	77,5	72,5	85,67	220,0	115,0	130,0	142,5	142,5	362,5	1,1816	428,33	1	w
-63 kg	REICH Dakota	98	AUSTRIA	Subjun	59,2	110,0	120,0	125,0	125,0	60,0	65,0	70,0	70,0	78,86	195,0	130,0	140,0	150,0	150,0	345,0	1,1266	388,68	3	w
-84 kg	TICHY Alexandra	90	AUSTRIA	Open	83,2	170,0	180,0	185,0	185,0	120,0	120,0	132,5	120,0	#####	305,0	160,0	175,0	180,0	175,0	480,0	0,8961	430,13	1	w
																					1763,93			
-52 kg	MARTINESCU Daniela	84	ROMANIA	Open	47,5	115,0	125,0	130,0	130,0	70,0	70,0	75,0	75,0	#####	205,0	125,0	132,5	140,0	132,5	337,5	1,3346	450,43	1	w
-72 kg	STREZA Melinda	91	ROMANIA	Open	67,1	90,0	105,0	115,0	115,0	57,5	57,5	62,5	57,5	58,94	172,5	80,0	95,0	105,0	105,0	277,5	1,0250	284,44	2	w
-84 kg	MIRCEA Andreea	84	ROMANIA	Open	76,8	115,0	127,5	137,5	137,5	92,5	100,0	100,0	100,0	93,69	237,5	110,0	125,0	130,0	125,0	362,5	0,9369	339,63	3	w
																					1074,49			
-63 kg	THOMSEN Tamara	82	GERMANY	Open	62,9	145,0	152,5	157,5	157,5	80,0	82,5	82,5	82,5	88,71	240,0	165,0	177,5	182,5	177,5	417,5	1,0753	448,94	1	w
-84 kg	KONDRASCHOW Veronika	89	GERMANY	Open	79,9	160,0	170,0	180,0	180,0	87,5	95,0	95,0	87,5	80,12	267,5	135,0	150,0	162,5	162,5	430,0	0,9156	393,71	2	w
																					842,65			

* = Dopingkontrolle - KB = Kniebeugen, BD = Bankdrücken, KH = Kreuzheben, KDK = Total Kraftdreikampf, Jug = Jugend, Jun = Junioren - ÖR = Österr Rekord, ÖB = Österr Bestleistung, LR = Landesrekord, LB = Landesbestlsg, PB = Persönliche Bestlsg
Intern. Gewichtskl.: Damen -43 kg (nur Nachwuchs) -47 kg, -52 kg, -57 kg, -63 kg, -72 kg, -84 kg, +84 kg - Herren -53 kg (nur Nachwuchs), -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, -120 kg, +120 kg

ÖVK-Competition Protocol



The Danube Cup 2015 Powerlifting

Host: Austrian Powerlifting

Place: 6460 Imst-Austria, Stadtsaal

Datum: 10-Oct-201

Cat.	Name	YB	Nation	Age-Cat.	BW	SQ 1.	SQ 2.	SQ 3.	SQ Best	BP 1.	BP 2.	BP 3.	BP Best	BP points	sub-total	DL 1.	DL 2.	DL 3.	DL Best	Total	Wilks-factor	Wilks-points	Pl.	m/w
MEN																								
-59 kg	RAICA Radu	86	ROMANIA	Open	58,20	90,0	100,0	110,0	110,0	70,0	80,0	82,5	82,5	72,38	192,5	90,0	110,0	120,0	120,0	312,5	0,8773	274,16	1	m
-66 kg	GLIEBE Nikolas	97	AUSTRIA	Subjun	66,00	235,0	245,0	252,5	245,0	137,5	147,5	152,5	152,5	119,74	397,5	185,0	200,0	205,0	205,0	602,5	0,7852	473,08	1	m
-66 kg	PERHAC Adrian	93	SLOVAKIA	Junior	65,20	215,0	225,0	232,5	225,0	125,0	130,0	135,0	135,0	107,08	360,0	230,0	240,0	0,0	230,0	590,0	0,7932	467,99	2	m
-74 kg	BIELAU Marc	86	GERMANY	Open	71,90	255,0	265,0	277,5	265,0	155,0	165,0	170,0	170,0	124,87	435,0	237,5	260,0	265,0	260,0	695,0	0,7345	510,48	1	m
-74 kg	SEIFRIEDSBERGER Mario	88	AUSTRIA	Open	73,70	255,0	270,0	280,0	270,0	175,0	182,5	190,0	182,5	131,66	452,5	235,0	242,5	245,0	235,0	687,5	0,7214	495,96	2	m
-83 kg	LOCHSCHMIDT Max	83	GERMANY	Open	81,40	275,0	285,0	290,0	290,0	182,5	190,0	197,5	197,5	133,39	487,5	260,0	275,0	285,0	275,0	762,5	0,6754	514,99	1	m
-83 kg	SLIZ Pavol	73	SLOVAKIA	M 1	82,50	270,0	285,0	290,0	290,0	165,0	170,0	175,0	175,0	117,23	465,0	260,0	280,0	290,0	280,0	745,0	0,6699	499,08	2	m
-83 kg	ONOLOV Bogdan	90	ROMANIA	Open	74,40	210,0	230,0	240,0	240,0	160,0	170,0	175,0	160,0	114,66	400,0	200,0	220,0	0,0	200,0	600,0	0,7166	429,96	3	m
-93 kg	HUBER Alexander	90	AUSTRIA	Open	89,60	330,0	330,0	340,0	330,0	235,0	242,5	250,0	242,5	155,15	572,5	280,0	292,5	300,0	292,5	865,0	0,6398	553,43	1	m
-93 kg	BERNDT Ronny	79	GERMANY	Open	91,70	300,0	320,0	332,5	320,0	230,0	242,5	242,5	230,0	145,48	550,0	230,0	242,5	255,0	255,0	805,0	0,6325	509,16	2	m
-93 kg	CAZACU Alexandru	97	ROMANIA	Subjun	91,90	260,0	270,0	280,0	280,0	160,0	170,0	180,0	170,0	107,41	450,0	225,0	235,0	242,5	242,5	692,5	0,6318	437,52	3	m
-93 kg	DUCKY Markus	97	SLOVAKIA	Subjun	89,80	250,0	272,5	280,0	272,5	130,0	150,0	160,0	150,0	95,87	422,5	215,0	235,0	250,0	235,0	657,5	0,6391	420,21	4	m
-105 kg	VAIPAN Bogdan	83	ROMANIA	Open	104,20	300,0	315,0	325,0	325,0	227,5	232,5	232,5	227,5	136,32	552,5	320,0	330,0	340,0	340,0	892,5	0,5992	534,79	1	m
-105 kg	KAINDL Sebastian	82	GERMANY	Open	101,70	325,0	332,5	340,0	340,0	225,0	230,0	230,0	225,0	136,04	565,0	290,0	300,0	317,5	300,0	865,0	0,6046	522,98	2	m
-105 kg	RIPPE Marvin	90	GERMANY	Open	103,30	315,0	335,0	345,0	345,0	205,0	220,0	220,0	205,0	123,23	550,0	275,0	295,0	302,5	295,0	845,0	0,6011	507,93	3	m
-105 kg	GLÜCK Markus	90	AUSTRIA	Open	104,00	315,0	330,0	340,0	330,0	230,0	230,0	230,0	230,0	137,91	560,0	282,5	302,5	302,5	282,5	842,5	0,5996	505,16	4	m
-120 kg	CAZACU Sorin	73	ROMANIA	M 1	119,00	340,0	355,0	362,5	362,5	270,0	280,0	285,0	280,0	161,31	642,5	255,0	265,0	270,0	265,0	907,5	0,5761	522,81	1	m
-120 kg	KASPAREK Gernot	75	AUSTRIA	M 1	119,60	320,0	332,5	342,5	332,5	270,0	285,0	290,0	270,0	155,36	602,5	265,0	277,5	287,5	287,5	890,0	0,5754	512,11	2	m
+120 k	ZINSERLING Tobias	89	GERMANY	Open	139,00	340,0	340,0	355,0	355,0	180,0	192,5	205,0	192,5	107,68	547,5	340,0	342,5	365,0	340,0	887,5	0,5594	496,47	1	m
+120 k	LUPAS Ionut Florin	89	ROMANIA	Open	124,50	310,0	330,0	340,0	340,0	235,0	245,0	252,5	252,5	144,00	592,5	270,0	282,5	290,0	282,5	875,0	0,5703	499,01	2	m
+120 k	ZACHAR Peter	88	SLOVAKIA	Open	121,60	290,0	305,0	315,0	315,0	185,0	195,0	200,0	200,0	114,64	515,0	275,0	285,0	290,0	285,0	800,0	0,5732	458,56	3	m

* = Dopingkontrolle - KB = Kniebeugen, BD = Bankdrücken, KH = Kreuzheben, KDK = Total Kraftdreikampf, Jug = Jugend, Jun = Junioren - ÖR = Österr Rekord, ÖB = Österr Bestleistung, LR = Landesrekord, LB = Landesbestlsg, PB = Persönliche Bestlsg
Intern. Gewichtskl.: Damen -43 kg (nur Nachwuchs) -47 kg, -52 kg, -57 kg, -63 kg, -72 kg, -84 kg, +84 kg - Herren -53 kg (nur Nachwuchs), -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, -120 kg, +120 kg

ÖVK-Competition Protocol



The Danube Cup 2015 Powerlifting

Host: Austrian Powerlifting

Place: 6460 Imst-Austria, Stadtsaal

Datum: 10-Oct-20

Cat.	Name	YB	Nation	Age-Cat.	BW	SQ 1.	SQ 2.	SQ 3.	SQ Best	BP 1.	BP 2.	BP 3.	BP Best	BP points	sub-total	DL 1.	DL 2.	DL 3.	DL Best	Total	Wilks-factor	Wilks-points	Pl.	m/w
WOM																								
-47 kg	SCHWENGL-FORSTHUBER Ilka	65	AUSTRIA	M 2	46,70	120,0	125,0	125,0	125,0	105,0	107,5	110,0	107,5	0,00	232,5	130,0	140,0	150,0	150,0	382,5	0	0,00	1	w*
-52 kg	MARTINESCU Daniela	84	ROMANIA	Open	47,50	115,0	125,0	130,0	130,0	70,0	70,0	75,0	75,0	100,10	205,0	125,0	132,5	140,0	132,5	337,5	1,3346	450,43	1	w
-57 kg	SABATHY Marlene	96	AUSTRIA	Junior	55,70	142,5	147,5	152,5	147,5	65,0	72,5	77,5	72,5	85,67	220,0	115,0	130,0	142,5	142,5	362,5	1,1816	428,33	1	w
-63 kg	THOMSEN Tamara	82	GERMANY	Open	62,90	145,0	152,5	157,5	157,5	80,0	82,5	82,5	82,5	88,71	240,0	165,0	177,5	182,5	177,5	417,5	1,0753	448,94	1	w
-63 kg	LICHTNECKER Lara	92	AUSTRIA	Junior	62,00	120,0	125,0	130,0	130,0	67,5	72,5	75,0	72,5	78,81	202,5	130,0	142,5	150,0	150,0	352,5	1,0871	383,20	2	w
-63 kg	REICH Dakota	98	AUSTRIA	Subjun	59,20	110,0	120,0	125,0	125,0	60,0	65,0	70,0	70,0	78,86	195,0	130,0	140,0	150,0	150,0	345,0	1,1266	388,68	3	w
-72 kg	LUTSCH Alexandra	94	AUSTRIA	Junior	71,40	150,0	150,0	160,0	150,0	72,5	72,5	77,5	72,5	71,16	222,5	135,0	140,0	0,0	140,0	362,5	0,9815	355,79	1	w
-72 kg	STREZA Melinda	91	ROMANIA	Open	67,10	90,0	105,0	115,0	115,0	57,5	57,5	62,5	57,5	58,94	172,5	80,0	95,0	105,0	105,0	277,5	1,0250	284,44	2	w
-84 kg	TICHY Alexandra	90	AUSTRIA	Open	83,20	170,0	180,0	185,0	185,0	120,0	120,0	132,5	120,0	107,53	305,0	160,0	175,0	180,0	175,0	480,0	0,8961	430,13	1	w
-84 kg	KONDRASCHOW Veronika	89	GERMANY	Open	79,90	160,0	170,0	180,0	180,0	87,5	95,0	95,0	87,5	80,12	267,5	135,0	150,0	162,5	162,5	430,0	0,9156	393,71	2	w
-84 kg	MIRCEA Andreea	84	ROMANIA	Open	76,80	115,0	127,5	137,5	137,5	92,5	100,0	100,0	100,0	93,69	237,5	110,0	125,0	130,0	125,0	362,5	0,9369	339,63	3	w

* = Dopingkontrolle - KB = Kniebeugen, BD = Bankdrücken, KH = Kreuzheben, KDK = Total Kraftdreikampf, Jug = Jugend, Jun = Junioren - ÖR = Österr Rekord, ÖB = Österr Bestleistung, LR = Landesrekord, LB = Landesbestltg, PB = Persönliche Bestltg
Intern. Gewichtskl.: Damen -43 kg (nur Nachwuchs) -47 kg, -52 kg, -57 kg, -63 kg, -72 kg, -84 kg, +84 kg - Herren -53 kg (nur Nachwuchs), -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, -120 kg, +120 kg