

II European championships Fitness5-s 2016

WOMEN	Name	Country	Weight	Bench press	Reps	Bicepscurl	Reps	Squat	Reps	Chins	Dips	SUM	Place
Jrk				Weight (kg)		Weight (kg)		Weight (kg)		Reps	Reps	Reps	
1	Elerin Vunder	Estonia	50,3	35	32	20	25	50	34	15	31	137	I

MEN -80 kg	NAME	Country	Weight	Bench press	Reps	Bicepscurl	Reps	Squat	Reps	Chins	Dips	SUM	Place
Jrk				Weight (kg)		Weight (kg)		Weight (kg)		Reps	Reps	Reps	
1	Kee Yoon Yeom	Sweden	61,4	62,5	30	30	23	92,5	32	35	47	167	II
2	Joakim Edlund	Sweden	65,4	65	39	32,5	22	97,5	30	39	55	185	I
3	Allan Nikopensius	Estonia	72,4	72,5	25	35	21	107,5	28	26	42	142	4
4	Margo Kuiv	Estonia	73,3	72,5	24	37,5	24	110	25	31	60	164	III

MEN +80 kg	NAME	Country	Weight	Bench press	Reps	Bicepscurl	Reps	Squat	Reps	Chins	Dips	SUM	Place
Jrk				Weight (kg)		Weight (kg)		Weight (kg)		Reps	Reps	Reps	
1	Erik Anklew	Sweden	80,6	80	44	40	22	120	35	34	59	194	I
2	Sten Urbanik	Estonia	80,6	80	19	40	20	120	19	28	39	125	4
3	Oleg Žumadilov	Estonia	82	82,5	34	40	25	122,5	28	24	52	163	II
4	Ivo Parveots	Estonia	86	85	27	42,5	24	130	30	27	47	155	III

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