



Rapla Maakonna ja Rapla SVK 2025.a jõutõstmise meistrivõistlused
Märjamaa Valli spordihoone
22.11.2025

✓ Good
✗ NoLift



Gr.	Lot	Perekonnanimi	Eesnimi	Klubi	Sünniaasta	Võistlus	Kehakaal	Kaal	SQ-1	SQ-2	SQ-3	Parim SQ	BP-1	BP-2	BP-3	Parim BP	DL-1	DL-2	DL-3	Parim DL	TOTAL	IPF GL Pts.	IPF GL Coeff.
Mehed -59																							
1	1	Leo	Markus	Rapla RJ SK	2007	M-EQ-PL	59.00	-59	✓ 95.0	✓ 100.0	✓ 105.0	105.0	✓ 50.0	✓ 55.0	✓ 60.0	60.0	✓ 95.0	✓ 102.5	✓ 110.0	110.0	275.0	40.037525	0.145591
Mehed -66 kg																							
1	2	Jüriado	Johannes	Märjamaa Power	2012	M-EQ-PL	59.80	-66	✓ 65.0	✓ 75.0	✓ 80.0	80.0	✓ 35.0	✓ 40.0	✓ 45.0	45.0	✓ 65.0	✓ 70.0	✓ 80.0	80.0	205.0	29.537425	0.144085
2	1	Põhjakas	Henry	Rapla RJ SK	2010	M-EQ-PL	62.10	-66	✓ 85.0	✓ 90.0	✗ 95.0	90.0	✓ 52.5	✓ 57.5	✓ 60.0	60.0	✓ 110.0	✓ 120.0	✓ 125.0	125.0	275.0	38.507150	0.140026
3	V.A	Rehtla	Dominic	Pärnu	2011	M-EQ-PL	63.20	-66	✓ 95.0	✓ 110.0	✗ 122.5	110.0	✗ 80.0	✗ 82.5	✓ 82.5	82.5	✓ 140.0	✓ 152.5	✓ 160.0	160.0	352.5	48.720788	0.138215
Mehed -74 kg																							
1	1	Prey	Aron	Rapla RJ SK	2008	M-EQ-PL	73.80	74	✓ 160.0	✓ 175.0	✓ 185.0	185.0	✓ 100.0	✓ 105.0	✓ 107.5	107.5	✓ 200.0	✓ 215.0	✓ 230.5	230.5	523.0	64.927835	0.124145
Mehed -83kg																							
1	3	Liivat	Armin	Rapla RJ SK	1971	M-EQ-PL	79.50	83	✓ 120.0	✓ 130.0	✓ 140.0	140.0	✓ 90.0	✓ 100.0	✓ 102.5	102.5	✓ 140.0	✓ 155.0	✓ 170.0	170.0	412.5	48.872175	0.118478
2	2	Oberg	Marten	Rapla RJ SK	2004	M-EQ-PL	82.50	83	✗ 150.0	✓ 150.0	✓ 160.0	160.0	✓ 102.5	✓ 112.5	✓ 120.0	120.0	✓ 140.0	✓ 150.0	✓ 160.0	160.0	440.0	50.989840	0.115886
3	1	Tikerpalu	Toomas	Rapla	1992	M-EQ-PL	82.70	83	✗ 180.0	✗ 180.0	✓ 180.0	180.0	✓ 120.0	✓ 130.0	✗ 137.5	130.0	✓ 200.0	✓ 220.0	✓ 230.0	230.0	540.0	62.489880	0.115722
4	4	Kaidla	Aron	Rapla RJ SK	2010	M-EQ-PL	81.30	-83	✓ 70.0	✓ 77.5	✓ 85.0	85.0	✓ 47.5	✓ 52.5	✗ 55.0	52.5	✓ 90.0	✓ 100.0	✓ 115.0	115.0	252.5	29.515735	0.116894
Mehed -93kg																							
1	1	Sale	Oliver	Märjamaa Power	2008	M-EQ-PL	90.40	93	✓ 210.0	✗ 230.0	✓ 230.0	230.0	✓ 125.0	✗ 132.5	✓ 132.5	132.5	✓ 230.0	✓ 250.0	✓ 260.0	260.0	622.5	68.527913	0.110085
2	2	Smirnov	Anthony	Märjamaa Power	2008	M-EQ-PL	88.50	93	✓ 120.0	✓ 130.0	✓ 140.0	140.0	✓ 72.5	✓ 77.5	✗ 80.0	77.5	✓ 135.0	✓ 145.0	✓ 165.0	165.0	382.5	42.595583	0.111361
Mehed -105kg																							
1	1	Osijärv	Märten	Rapla RJ SK	1984	M-EQ-PL	99.90	105	✓ 200.0	✓ 217.5	✓ 232.5	232.5	✓ 130.0	✓ 137.5	✗ 140.0	137.5	✓ 200.0	✓ 217.5	✗ 232.5	217.5	587.5	61.467188	0.104625
2	V.A	Reppo	Agris	Tartu	1996	M-EQ-PL	96.10	105	✓ 200.0	✓ 220.0	✓ 230.0	230.0	✓ 170.0	✓ 180.0	✗ 185.0	180.0	✓ 255.0	✓ 275.0	✓ 290.0	290.0	700.0	74.649400	0.106642
Mehed -120kg																							
1	1	Valter	Karel	Rapla RJ SK	2008	M-EQ-PL	113.80	120	✓ 135.0	✓ 145.0	✗ 150.0	145.0	✓ 85.0	✓ 87.5	✗ 90.0	87.5	✓ 130.0	✓ 140.0	✓ 150.0	150.0	382.5	37.755810	0.098708
Mehed 120+kg																							
1	1	Kask	Martin	Rapla RJ SK	1987	M-EQ-PL	143.00	120+	✓ 230.0	✓ 260.0	✗ 300.0	260.0	✓ 150.0	✓ 160.0	✓ 170.0	170.0	✓ 230.0	✓ 260.0	✓ 280.0	280.0	710.0	64.653310	0.091061
Naised																							
Naised -57kg																							
1	1	Herodes	Noora	Rapla RJ SK	2010	F-EQ-PL	53.60	57	✓ 65.0	✗ 70.0	✗ 70.0	65.0	✓ 37.5	✓ 40.0	✓ 42.5	42.5	✓ 65.0	✓ 75.0	✓ 85.0	85.0	192.5	38.403750	0.199500
2	2	Pajula	Gethe	Märjmaa Power	2009	F-EQ-PL	48.40	57	✓ 70.0	✗ 75.0	✗ 75.0	70.0	✓ 40.0	✓ 42.5	✗ 45.0	42.5	✓ 70.0	✓ 75.0	✓ 77.5	77.5	190.0	40.728020	0.214358
Naised -63kg																							
1	1	Parts	Annabel	Märjamaa Power	2008	F-EQ-PL	57.01	-63	✓ 75.0	✓ 80.0	✓ 90.0	90.0	✓ 42.5	✓ 45.0	✗ 50.0	45.0	✓ 85.0	✓ 90.0	✓ 100.0	100.0	235.0	45.039865	0.191659
2	2	Mitt	Mirabel	Märjamaa Power	2011	F-EQ-PL	62.20	-63	✓ 77.5	✗ 80.0	✗ -	77.5	✓ 37.5	✓ 40.0	✓ 42.5	42.5	✓ 80.0	✓ 85.0	✓ 90.0	90.0	210.0	38.189970	0.181857
3	V.A	Novykova	Yuliia	Tartu	2010	F-EQ-PL	60.40	-63	✓ 70.0	✓ 75.0	✓ 80.0	80.0	✓ 40.0	✓ 45.0	✗ 50.0	45.0	✓ 75.0	✓ 85.0	✓ 90.0	90.0	215.0	39.775860	0.185004
Naised -69kg																							
1	1	Leht	Lisandra	Kabala	2009	F-EQ-PL	67.10	69	✓ 90.0	✓ 97.5	✓ 102.5	102.5	✓ 45.0	✓ 50.0	✓ 52.5	52.5	✓ 97.5	✓ 105.0	✓ 112.5	112.5	267.5	46.654675	0.174410
2	3	Pajo	Lisanna	Rapla RJ SK	2011	F-EQ-BP	66.30	69	✓ 75.0	✓ 77.5	✓ 80.0	80.0	✓ 35.0	✓ 37.5	✗ 40.0	37.5	✓ 70.0	✓ 75.0	✓ 80.0	80.0	197.5	34.666385	0.133514
3	2	Loose	Kendra	Rapla RJ SK	2007	F-EQ-BP	65.90	69	✓ 65.0	✗ 70.0	✓ 70.0	70.0	✓ 40.0	✓ 47.5	✗ 50.0	47.5	✓ 95.0	✓ 102.5	✓ 110.0	110.0	227.5	40.062068	0.587244
Naised -76kg																							
1	2	Martma	Emma	Märjamaa Power	2010	F-EQ-PL	69.20	76	✓ 85.0	✓ 90.0	✗ 100.0	90.0	✓ 40.0	✓ 45.0	✗ 47.5	45.0	✓ 90.0	✓ 97.5	✓ 105.0	105.0	240.0	41.194800	0.171645
2	1	Linna	Betti	Märjamaa Power	2010	F-EQ-PL	73.10	76	✓ 115.0	✓ 120.0	✓ 122.5	122.5	✓ 50.0	✗ 55.0	✗ 55.0	50.0	✓ 100.0	✓ 105.0	✗ 110.0	105.0	277.5	46.362480	0.167072
3	3	Smirnov	Ave	Märjamaa Power	1986	F-EQ-PL	75.60	76	✓ 80.0	✗ 85.0	✓ 85.0	85.0	✓ 45.0	✓ 50.0	✗ 52.5	50.0	✓ 90.0	✓ 100.0	✗ 110.0	100.0	235.0	38.651155	0.164473
Naised 76+kg																							
1	1	Linna	Ketter	Märjamaa Power	1998	F-EQ-PL	85.30	76+	✓ 132.5	✓ 142.5	✗ 150.0	142.5	✓ 70.0	✓ 75.0	✗ 80.0	75.0	✓ 135.0	✓ 145.0	✓ 152.5	152.5	370.0	57.840250	0.156325

Noored 2007-2011

Juuniorid 2002-2006

Avatud 2000 ja vanemad

Master 1 1976-1985

Master 2 1966-1975

Parim noor

Oliver Sale

Aron Prey

Anthony Smirnov

Parim noor naine

Lisandra Leht

Betti Linna

Annabel Parts

Parim mees

Martin Kask

Toomas Tikerpalu

Märten Osijärv

Parim naine

Ketter Linna

Ave Smirnov

Master 1 mees
Märten Osijärv 61.46718 IPF*GL

Master 2 mees
Armin Liivat 48.872175 IPF*GL

Assistendid
Sader Jökk
Adel Qureshi
Lauri Paisu

Kohtunikud
Ants Torri
Ivo Kiisk
Germo Pikani-Vanatu

Sekretär
Birgit Vahemets
Celyn Pirs

