

## POWERLIFTING

## HELLENIC CHALLENGE 2015 - POWERLIFTING RESULTS

MEN TEENAGE-2 (17-18 YEARS OLD)																						
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				BENCH PRESS				DEADLIFT				TOTAL	SFT	TOTAL
								SQ1	SQ2	SQ3	SQ BEST	B1	B2	B3	B BEST	DL1	DL2	DL3	DL BEST			
1	SEFERLIS	DIMITRIOS	23/05/97	TEENAGE-2	82,4	0,6198	82,5	140	155	155	155	110	117,5	122,5	122,5	190	205	220	205	482,5	299,0535	

MEN TEENAGE-3 (18-19 YEARS OLD)																						
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				BENCH PRESS				DEADLIFT				TOTAL	SFT	TOTAL
								SQ1	SQ2	SQ3	SQ BEST	B1	B2	B3	B BEST	DL1	DL2	DL3	DL BEST			
1	DELIALIS	PARMENION	04/05/96	TEENAge-3	82,2	0,6209	82,5	160	165		165	100	107,5		107,5	190			190	462,5	287,16625	
1	ILIADIS	DIMITRIOS	31/01/97	TEENAge-3	90	0,5853	90	147,5	157,5	165	165	85	90	97,5	97,5	125	140	170	170	432,5	253,14225	

MEN JUNIOR (20-23 YEARS OLD)																						
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				BENCH PRESS				DEADLIFT				TOTAL	SFT	TOTAL
								SQ1	SQ2	SQ3	SQ BEST	B1	B2	B3	B BEST	DL1	DL2	DL3	DL BEST			
1	KOTSIS	VASILIS	02/07/93	JUNIOR	60	0,8128	60	65	70	77,5	70	60	67,5	72,5	67,5	105	120	130	120	257,5	209,296	
1	SVOLIS	ANASTASIOS	13/03/94	JUNIOR	74,9	0,6652	75	170	180	180	170	90	100	100	90	210	220	220	210	470	312,644	
1	ELISSEOS	ADAM	16/05/95	JUNIOR	96,2	0,5642	100	140	160	170	160	120	140	150	140	120	135	155	155	455	256,711	
1	ANDROULAKIS KORAKIS	PATROKLOS	16/08/94	JUNIOR	118	0,5288	125					135	140	145	145	230	235	240	235	380	200,944	

MEN OPEN																						
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				BENCH PRESS				DEADLIFT				TOTAL	SFT	TOTAL
								SQ1	SQ2	SQ3	SQ BEST	B1	B2	B3	B BEST	DL1	DL2	DL3	DL BEST			
1	ARMENTZIOS	THEODOROS	11/12/86	OPEN	74,9	0,6652	75	145	155	160	155	100	110	110	110	170	175		175	440	292,688	
1	SEFERLIS	IOANNIS	15/05/85	OPEN	85,5	0,6193	82,5	140	150	155	150	120	130	135	135	185	195	205	205	490	303,457	
2	FOYNTAS	SPYROS	23/02/76	OPEN	82,2	0,6209	82,5	160	170	180	170	110	110	117,5	110	190	197,5	197,5	197,5	477,5	296,47975	
3	DASKALAKIS	IOANNIS	30/09/85	OPEN	82,2	0,6209	82,5	40	45	50	50	30	40	45	45	65	70	75	75	170	105,553	
1	XATZIGIANNAKIS	ARISTOTELIS	08/08/87	OPEN	98	0,5591	100	180	190	200	200	130	140	150	150	210	220	230	230	580	324,278	
1	AIVATOGLOU	CHRISTOS	26/01/82	OPEN	103	0,5475	110	160	180	210	210	140	160	165	140	160	180	200	200	550	301,125	
1	LIOYRAS	ATHANASIOS	07/09/82	OPEN	116,9	0,5297	125	230	240	250	240	130	150	160	150	240	262,5	275	262,5	652,5	345,62925	
2	SARANTIS	PANAGIOTIS	02/02/84	OPEN	119,3	0,5276	125	175	190	200	200	150	165	175	175	175	195	205	195	570	300,732	
1	FOYKAS OIKONOMOPOULOS	CHRISTOS	15/08/87	OPEN	139	0,5045	145	240	245	255	255	160	170	180	180	260	275	275	260	695	350,6275	

MEN MASTER																						
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				BENCH PRESS				DEADLIFT				TOTAL	SFT	TOTAL
								SQ1	SQ2	SQ3	SQ BEST	B1	B2	B3	B BEST	DL1	DL2	DL3	DL BEST			
1	ALEKSOPYLOS	KONSTANTINOS	03/11/68	MASTER	99,8	0,5545	100	200	205	215	215	180	190	200	200	225	235	0	235	650	360,425	

## EQUIPED POWERLIFTING

**HELLENIC CHALLENGE 2015 - EQUIPED POWERLIFTING RESULTS**

## MEN JUNIOR (20-23 YEARS OLD)

POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				BENCH PRESS				DEADLIFT				TOTAL	SFT TOTAL
								SQ1	SQ2	SQ3	SQ BEST	B1	B2	B3	B BEST	DL1	DL2	DL3	DL BEST		
1	STAMATELATOS	DIONISIS	24/07/92	JUNIOR	96,7	0,5627	100	155	165	177,5	165	95	102,5	110	102,5	175	187,5	195	187,5	455	256,0285

## MEN OPEN

POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				BENCH PRESS				DEADLIFT				TOTAL	SFT TOTAL
								SQ1	SQ2	SQ3	SQ BEST	B1	B2	B3	B BEST	DL1	DL2	DL3	DL BEST		
1	OIKONOMAKIS	MICHALIS	24/02/89	OPEN	81,1	0,6251	82,5	117,5	125	130	130	95	100	107,5	107,5	167,5	175	185	185	422,5	264,10475
1	PAPADOPOULOS	KONSTANTINOS	25/05/83	OPEN	88,5	0,5914	90	230	235	240	240	130	135	137,5	135	260	270	277,5	277,5	652,5	385,8885
2	MITSIADIS	IOANNIS	13/03/86	OPEN	86	0,6022	90	185	192,5	200	200	145	155	160	160	190	205	215	215	575	346,265
3	TSEREPAS	EFTHIMIS	22/04/83	OPEN	90	0,5853	90	160	170	177,5	177,5	130	140	145	140	160	170	177,5	177,5	495	289,7235

## SQUAT

**HELLENIC CHALLENGE 2015- SQUAT RESULTS**

MEN SQUAT TEENAGE-2 (17-18 YEARS OLD)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT			SFT SQUAT	
								SQ1	SQ2	SQ3	SQ BEST	
1	SEFERLIS	DIMITRIOS	23/05/97	TEENAGE-2	82,4	0,6198	82,5	140	155	155	155	96,069

MEN SQUAT TEENAGE-3 (18-19 YEARS OLD)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT			SFT SQUAT	
								SQ1	SQ2	SQ3	SQ BEST	
1	DELIALIS	PARMENION	04/05/96	TEENage-3	82,2	0,6209	82,5	160	165		165	102,4485
1	ILIADIS	DIMITRIOS	31/01/97	TEENage-3	90	0,5853	90	147,5	157,5	165	165	96,5745

MEN SQUAT JUNIOR (20-23 YEARS OLD)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT			SFT SQUAT	
								SQ1	SQ2	SQ3	SQ BEST	
1	KOTSIS	VASILIS	02/07/93	JUNIOR	60	0,8128	60	65	70	77,5	70	56,896
1	SVOLIS	ANASTASIOS	13/03/94	JUNIOR	74,9	0,6652	75	170	180	180	170	113,084
1	EILISSEOS	ADAM	16/05/95	JUNIOR	96,2	0,5642	100	140	160	170	160	90,272

MEN SQUAT OPEN													
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT			SFT SQUAT		
								SQ1	SQ2	SQ3	SQ BEST		
1	ARMENTZIOS	THEODOROS	11/12/86	OPEN	74,9	0,6652	75	145	155	160	155	103,106	
1	FOYNTAS	SPYROS	23/02/76	OPEN	82,2	0,6209	82,5	160	170	180	170	105,553	
2	SEFERLIS	IOANNIS	15/05/85	OPEN	85,5	0,6193	82,5	140	150	155	150	92,895	
3	DASKALAKIS	IOANNIS	30/09/85	OPEN	82,2	0,6209	82,5	40	45	50	50	31,045	
1	XATZIGIANNAKIS	ARISTOTELIS	08/08/87	OPEN	98	0,5591	100	180	190	200	200	111,82	
1	AIVATOGLOU	CHRISTOS	26/01/82	OPEN	103	0,5475	110	160	180	210	210	114,975	
1	LIOYRAS	ATHANASIOS	07/09/82	OPEN	116,9	0,5297	125	230	240	250	240	127,128	
2	SARANTIS	PANAGIOTIS	02/02/84	OPEN	119,3	0,5276	125	175	190	200	200	105,52	
1	FOYKAS	OIKONOMOPOULOS	CHRISTOS	15/08/87	OPEN	139	0,5045	145	240	245	255	255	128,6475

MEN SQUAT MASTER												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT			SFT SQUAT	
								SQ1	SQ2	SQ3	SQ BEST	
1	ALEKSOPOYLOS	KONSTANTINOS	03/11/68	MASTER	99,8	0,5545	100	200	205	215	215	119,2175

WOMEN SQUAT JUNIOR (20-23)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT			SFT SQUAT	
								SQ1	SQ2	SQ3	SQ BEST	
1	TSERENTZOYLIA	KONSTANTINA	25/09/94	JUNIOR	72,7	0,6812	80	90	100	100	90	61,308

## EQUIPED SQUAT

**HELLENIC CHALLENGE 2015- EQUIPED SQUAT RESULTS**

MEN SQUAT JUNIOR (20-23 YEARS OLD)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				SFT SQUAT
								SQ1	SQ2	SQ3	SQ BEST	
1	STAMATELATOS	DIONISIS	24/07/92	JUNIOR	96,7	0,5627	100	155	165	177,5	165	92,8455

MEN SQUAT OPEN												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEI GHT	SCHWARTZ FORMULA	BW CAT	SQUAT				SFT SQUAT
								SQ1	SQ2	SQ3	SQ BEST	
1	OIKONOMAKIS	MICHALIS	24/02/89	OPEN	81,1	0,6251	82,5	117,5	125	130	130	81,263
1	PAPADOPOULOS	KONSTANTINOS	25/05/83	OPEN	88,5	0,5914	90	230	235	240	240	141,936
2	MITSIADIS	IOANNIS	13/03/86	OPEN	86	0,6022	90	185	192,5	200	200	120,44
3	TSEREPAS	EFTHIMIS	22/04/83	OPEN	90	0,5853	90	160	170	177,5	177,5	103,89075

## HELLENIC CHALLENGE 2015 - BENCH PRESS RESULTS

### MEN BENCH PRESS TEENAGE-2 (17-18 YEARS OLD)

POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	BENCH PRESS			B BEST	SFT BENCH PRESS
								B1	B2	B3		
1	TZIVANIS	MICHALIS	17/05/97	TEENAGE-2	59,9	0,8142	60	80	85	85	80	65,136
1	SEFERLIS	DIMITRIOS	23/05/97	TEENAGE-2	82,4	0,6198	82,5	110	117,5	122,5	122,5	75,9255

### MEN BENCH PRESS TEENAGE-3 (18-19 YEARS OLD)

POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	BENCH PRESS			B BEST	SFT BENCH PRESS
								B1	B2	B3		
1	DELIALIS	PARMENION	04/05/96	TEENAge-3	82,2	0,6209	82,5	100	107,5		107,5	66,74675
1	ILIADIS	DIMITRIOS	31/01/97	TEENAge-3	90	0,5853	90	85	90	97,5	97,5	57,06675

### MEN BENCH PRESS JUNIOR (20-23 YEARS OLD)

POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	BENCH PRESS			B BEST	SFT BENCH PRESS
								B1	B2	B3		
1	KOTSIS	VASILIS	02/07/93	JUNIOR	60	0,8128	60	60	67,5	72,5	67,5	54,864
1	SVOLIS	ANASTASIOS	13/03/94	JUNIOR	74,9	0,6652	75	90	100	100	90	59,868
1	ELISSEOS	ADAM	16/05/95	JUNIOR	96,2	0,5642	100	120	140	150	140	78,988
2	STAMATELATOS	DIONISIS	24/07/92	JUNIOR	96,7	0,5627	100	95	102,5	110	102,5	57,67675
1	ANDROULAKIS KORAKIS	PATROKLOS	16/08/94	JUNIOR	118	0,5288	125	135	140	145	145	76,676

### MEN BENCH PRESS OPEN

POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	BENCH PRESS			B BEST	SFT BENCH PRESS
								B1	B2	B3		
1	ARMENTZIOS	THEODOROS	11/12/86	OPEN	74,9	0,6652	75	100	110	110	110	73,172
1	SEFERLIS	IOANNIS	15/05/85	OPEN	85,5	0,6193	82,5	120	130	135	135	83,6055
2	STRATAKIS	IOANNIS	20/12/90	OPEN	82,4	0,6198	82,5	125	130	135	130	80,574
3	FOYNTAS	SPYROS	23/02/76	OPEN	82,2	0,6209	82,5	110	110	117,5	110	68,299
4	DASKALAKIS	IOANNIS	30/09/85	OPEN	82,2	0,6209	82,5	30	40	45	45	27,9405
5	KACHILELIS	PANAGIOTIS	31/12/84	OPEN	78,4	0,6424	82,5	130	130	132,5	132,5	85,118
6	OIKONOMAKIS	MICHALIS	24/02/89	OPEN	81,1	0,6251	82,5	95	100	107,5	107,5	67,19825
1	MITSIADIS	IOANNIS	13/03/86	OPEN	86	0,6022	90	145	155	160	160	96,352
2	TSEREPAS	EFTHIMIS	22/04/83	OPEN	90	0,5853	90	130	140	145	140	81,942
3	PAPADOPOULOS	KONSTANTINOS	25/05/83	OPEN	88,5	0,5914	90	130	135	137,5	135	79,839
4	DEMIRTAS	TAYFOUN	30/07/89	OPEN	86	0,6022	90	110	120	130	130	78,286
1	KARIOTIS	PANAGIOTIS	04/08/84	OPEN	93,4	0,573	100	160	175	185	185	106,005
2	XATZIGIANNAKIS	ARISTOTELIS	08/08/87	OPEN	98	0,5591	100	130	140	150	150	83,865
1	AIVATOGLOU	CHRISTOS	26/01/82	OPEN	103	0,5475	110	140	160	165	140	76,65
1	KOIS	EVAGGELOS	15/11/78	OPEN	122	0,5349	125	180	180	185	185	98,9565
2	SARANTIS	PANAGIOTIS	02/02/84	OPEN	119,3	0,5276	125	150	165	175	175	92,33
3	LIOYRAS	ATHANASIOS	07/09/82	OPEN	116,9	0,5297	125	130	150	160	150	79,455
1	NTOYMAZIOS	EVAGGELOS	21/01/72	OPEN	141,1	0,5022	145	165	175	182,5	182,5	91,6515
2	FOYKAS OIKONOMOPOULOS	CHRISTOS	15/08/87	OPEN	139	0,5045	145	160	170	180	180	90,81

### MEN BENCH PRESS MASTER

POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	BENCH PRESS			B BEST	SFT BENCH PRESS
								B1	B2	B3		
1	ALEKSOPOYLOS	KONSTANTINOS	03/11/68	MASTER	99,8	0,5545	100	180	190	200	200	110,9

## HELLENIC CHALLENGE 2015 – DEADLIFT RESULTS

MEN TEENAGE-2 (17-18 YEARS OLD)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	DEADLIFT			DL BEST	SFT DEADLIFT
								DL1	DL2	DL3		
1	SEFERLIS	DIMITRIOS	23/05/97	TEENAGE-2	82,4	0,6198	82,5	190	205	220	205	127,059

MEN TEENAGE-3 (18-19 YEARS OLD)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	DEADLIFT			DL BEST	SFT DEADLIFT
								DL1	DL2	DL3		
1	DELIALIS	PARMENION	04/05/96	TEENage-3	82,2	0,6209	82,5	190			190	117,971
1	ILIADIS	DIMITRIOS	31/01/97	TEENage-3	90	0,5853	90	125	140	170	170	99,501

MEN JUNIOR (20-23 YEARS OLD)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	DEADLIFT			DL BEST	SFT DEADLIFT
								DL1	DL2	DL3		
1	KOTSIS	VASILIS	02/07/93	JUNIOR	60	0,8128	60	105	120	130	120	97,536
1	SVOLIS	ANASTASIOS	13/03/94	JUNIOR	74,9	0,6652	75	210	220	220	210	139,692
1	STAMATELATOS	DIONISIS	24/07/92	JUNIOR	96,7	0,5627	100	175	167,5	195	187,5	105,50625
2	ELISSEOS	ADAM	16/05/95	JUNIOR	96,2	0,5642	100	120	135	155	155	87,451
1	KORAKIS	PATROKLOS	16/08/94	JUNIOR	118	0,5288	125	230	235	240	235	124,268

MEN OPEN												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	DEADLIFT			DL BEST	SFT DEADLIFT
								DL1	DL2	DL3		
1	ARMENTZIOS	THEODOROS	11/12/86	OPEN	74,9	0,6652	75	170	175		175	116,41
1	STRATAKIS	IOANNIS	20/12/90	OPEN	82,4	0,6198	82,5	215	227,5	242,5	227,5	141,0045
2	SEFERLIS	IOANNIS	15/05/85	OPEN	85,5	0,6193	82,5	185	195	205	205	126,9565
3	FOYNTAS	SPYROS	23/02/76	OPEN	82,2	0,6209	82,5	190	197,5	197,5	197,5	122,62775
4	OIKONOMAKIS	MICHALIS	24/02/89	OPEN	81,1	0,6251	82,5	167,5	175	185	185	115,6435
5	ARISTOTELIS	ANTHIS	19/02/88	OPEN	76,3	0,6557	82,5	165	170	175	175	114,7475
6	VATISTAS	IOANNIS	21/11/87	OPEN	82	0,6319	82,5	140	150	160	150	94,785
7	DASKALAKIS	IOANNIS	30/09/85	OPEN	82,2	0,6209	82,5	65	70	75	75	46,5675
1	PAPADOPOULOS	KONSTANTINOS	25/05/83	OPEN	88,5	0,5914	90	260	270	277,5	277,5	164,1135
2	MITSIADIS	IOANNIS	13/03/86	OPEN	86	0,6022	90	190	205	215	215	129,473
3	DEMIRTAS	TAYFOUN	30/07/89	OPEN	86	0,6022	90	150	160	200	180	108,396
4	TSEREPAS	EFTHIMIS	22/04/83	OPEN	90	0,5853	90	160	170	177,5	177,5	103,89075
1	XATZIGIANNAKIS	ARISTOTELIS	08/08/87	OPEN	98	0,5591	100	210	220	230	230	128,593
1	AIVATOGLOU	CHRISTOS	26/01/82	OPEN	103	0,5475	110	160	180	200	200	109,5
1	LIOYRAS	ATHANASIOS	07/09/82	OPEN	116,9	0,5297	125	240	262,5	275	262,5	139,04625
2	KOIS	EVAGGELOS	15/11/78	OPEN	122	0,5349	125	250	260	270	260	139,074
3	SARANTIS	PANAGIOTIS	02/02/84	OPEN	119,3	0,5276	125	175	195	205	195	102,882
1	FOYKAS	OIKONOMOPOULOS	15/08/87	OPEN	139	0,5045	145	260	275	275	260	131,17

MEN MASTER												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	DEADLIFT			DL BEST	SFT DEADLIFT
								DL1	DL2	DL3		
1	KOYKOYLAKIS	NIKOLAOS	03/01/69	MASTER	74,5	0,6687	75	120	130	0	130	86,931
1	ALEKSOPOYLOS	KONSTANTINOS	03/11/68	MASTER	99,8	0,5545	100	225	235	0	235	130,3075
2	KATSIGIANNIS	SPIRIDON	02/11/69	MASTER	92,4	0,5765	100	140	150	160	150	86,475

WOMEN JUNIOR (20-23)												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	DEADLIFT			DL BEST	SFT DEADLIFT
								DL1	DL2	DL3		
1	TSERENTZOYLIA	KONSTANTINA	25/09/94	JUNIOR	72,7	0,6812	80	100	110	120	120	81,744

WOMEN OPEN												
POS	SURNAME	NAME	BIRTH DATE	AGE CAT	WEIGHT	SCHWARTZ FORMULA	BW CAT	DEADLIFT			DL BEST	SFT DEADLIFT
								DL1	DL2	DL3		
1	PETIDOU	MARIANTHI	08/02/83	OPEN	62,5	0,7636	63	120	130	135	130	99,268