



MEN

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Damtsias , Michail	Teen	50		45	52	0	50	0

Name	Age	Best	BW	BW cat	SQ	BP	DL
Chachlos, Emmanouil	Open	130	67.2	67.5	0	130	0
Georgiopoulos, Kyriakos	Open	100	65.8	67.5	140	100	200

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best	BW	BW cat	SQ	BP	DL
Dimitrakos, Konstantinos	Junior	100	67.5	67.5	0	100	0
Loukas, Nikitas	Junior	0	0	67.5	0	0	0
Chachlos, Emmanouil	Open	130	67.2	67.5	0	130	0
Georgiopoulos, Kyriakos	Open	100	65.8	67.5	140	100	200

Name	Age	Best		BW	BW cat	SQ	BP	DL
Pagidas, Lefteris	Master	67.5		0	67.5	0	67.5	95

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Loukas, Nikitas	Junior	0		0	67.5	0	0	0
Georgiopoulos, Kyriakos	Open	200		65.8	67.5	140	100	200
Pagidas, Lefteris	Master	95		0	67.5	0	67.5	95

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Bekas, Ilias	Junior	392.5		64.7	67.5	155	77.5	160

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Vourazanis, Dimitrios	Junior	422.5		67.2	67.5	160	85	177.5
Kotsis, Vasilis	Junior	307.5		66.3	67.5	90	77.5	140
Georgiopoulos, Kyriakos	Open	440		65.8	67.5	140	100	200
Protopapadakis, Eftichis	Open	370		65.6	67.5	125	95	150
Sofronis, Athanasios	Open	0		0	67.5	0	0	0

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Bidollari, Rodi	Teen	80		72.2	75	180	80	185
Gdontakis, Panagiotis	Teen	0		72	75	0	0	0
Amanatidis, Paraskevas	Teen	0		72.8	75	130	0	165
Vlachogiannis, Giorgos	Junior	90		72.6	75	0	90	0
Kachilelis, Panagiotis	Open	145		74.6	75	155	145	190
Stratakis, Ioannis	Open	127.5		75	75	170	127.5	227.5
Sakarikas, Alexandros	Open	125		73.7	75	180	125	225

Name	Age	Best		BW	BW cat	SQ	BP	DL
Kolofotias, Georgios	Open	115		71	75	115	115	140
Rovos, Christos	Open	107.5		71.4	75	122.5	107.5	175
Karabetsos, Foivos	Open	105		73	75	0	105	0

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Bidollari, Rodi	Teen	185		72.2	75	180	80	185
Amanatidis, Paraskevas	Teen	165		72.8	75	130	0	165
Peristeridis, Iakovos	Teen	160		73.8	75	0	0	160
Stratakis, Ioannis	Open	227.5		75	75	170	127.5	227.5

Name	Age	Best		BW	BW cat	SQ	BP	DL
Sakarikas, Alexandros	Open	225		73.7	75	180	125	225
Kachilelis, Panagiotis	Open	190		74.6	75	155	145	190
Rovos, Christos	Open	175		71.4	75	122.5	107.5	175
Tsiropoulos, Dimitrios	Open	0		72.6	75	0	0	0
Koukoulakis, Nikolaos	Master	0		74	75	0	0	0

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Bidollari, Rodi	Teen	445		72.2	75	180	80	185
Amanatidis, Paraskevas	Teen	295		72.8	75	130	0	165

Name	Age	Best		BW	BW cat	SQ	BP	DL
Mitsiadis, Giannis	Open	552.5		75	75	200	145	207.5

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Athanasopoulos, Athanasios	Teen	350		74.3	75	105	90	155
Dimitrakopoulos, Giorgos	Teen	262.5		73	75	92.5	70	100
North, Zefiris Tzeimi	Teen	0		0	75	0	0	0
Pallis, Dimitrios	Junior	485		75	75	167.5	112.5	205
Sakarikas, Alexandros	Open	530		73.7	75	180	125	225
Stratakis, Ioannis	Open	525		75	75	170	127.5	227.5

Name	Age	Best		BW	BW cat	SQ	BP	DL
Michalopoulos, Nikolaos	Open	500		73.2	75	162.5	125	212.5
Rounis, Vasilis	Open	495		73.2	75	165	127.5	202.5
Kachilelis, Panagiotis	Open	490		74.6	75	155	145	190
Rovos, Christos	Open	405		71.4	75	122.5	107.5	175
Kolofotias, Georgios	Open	370		71	75	115	115	140
Tsiropoulos, Dimitrios	Open	0		72.6	75	0	0	0

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Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Georgiadis, Giorgos	Teen	80		82.5	82.5	170	80	205
Tserepas, Efthymios	Open	140		80	82.5	160	140	185
Anthis, Dimitrios	Open	0		0	82.5	0	0	0
Katsoulas, Argyris	Master	142.5		82.2	82.5	155	142.5	205

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Iliadis, Dimitrios	Teen	225		82.4	82.5	0	0	225

Name	Age	Best		BW	BW cat	SQ	BP	DL
Georgiadis, Giorgos	Teen	205		82.5	82.5	170	80	205
Chalikias, Alexandros	Teen	190		79.5	82.5	0	0	190
Saliveros, Nikolaos	Junior	235		81.5	82.5	205	105	235
Marinos, Vaggelis	Junior	230		82.2	82.5	192.5	107.5	230
Salasidis, Michalis	Open	220		80	82.5	125	100	220
Xrysanthopoulos, Ilias	Open	220		80.7	82.5	0	0	220
Anthis, Aristotelis	Open	187.5		79	82.5	0	0	187.5
Katsoulas, Argyris	Master	205		82.2	82.5	155	142.5	205

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Triantafyllou, Nikolaos	Teen	0		0	82.5	0	0	0
Papoutsis, Christos	Junior	600		81.5	82.5	207.5	145	247.5
Saliveros, Nikolaos	Junior	545		81.5	82.5	205	105	235

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Georgiadis, Giorgos	Teen	455		82.5	82.5	170	80	205
Dimitrakopoulos, Giorgos	Teen	0		0	82.5	0	0	0
Marinos, Vaggelis	Junior	530		82.2	82.5	192.5	107.5	230

Name	Age	Best		BW	BW cat	SQ	BP	DL
Sittas, Christos	Junior	512.5		82.5	82.5	165	135	212.5
Abdulla, Dimokratis	Open	547.5		80.75	82.5	190	132.5	225
Tserepas, Efthymios	Open	485		80	82.5	160	140	185
Koutrakis, Alexandros	Open	460		81	82.5	160	110	190
Salasidis, Michalis	Open	445		80	82.5	125	100	220
Skiathitis, Apostolos	Open	435		80	82.5	165	80	190
Venieris, Nikolaos	Open	255		81	82.5	130	125	0
Lazaris, Konstantinos	Master	557.5		77.5	82.5	192.5	135	230
Katsoulas, Argyris	Master	502.5		82.2	82.5	155	142.5	205

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Konstantakakis, Manolis	Teen	90		88.6	90	150	90	175
Kariotis, Panagiotis	Open	180		88.6	90	0	180	215
Ntagounakis, Ioannis	Open	170		88.4	90	285	170	280
Samaras, Georgios	Open	155		84.5	90	195	155	225
Karonis, Aggelos	Open	137.5		88.9	90	190	137.5	235
Koufoulis, Themistoklis	Open	0		0	90	0	0	0

Name	Age	Best		BW	BW cat	SQ	BP	DL
Damtsias, Konstantinos	Open	0		87.7	90	0	0	0
Kounis, Nikolaos	Open	0		88.8	90	170	0	0
Mildakos, Ippokratis	Master	135		89.5	90	177.5	135	215

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Konstantakakis, Manolis	Teen	175		88.6	90	150	90	175
Ntagounakis, Ioannis	Open	280		88.4	90	285	170	280
Mantzakos, Nikolaos	Open	247.5		88.4	90	180	127.5	247.5
Karonis, Aggelos	Open	235		88.9	90	190	137.5	235

Name	Age	Best		BW	BW cat	SQ	BP	DL
Samaras, Georgios	Open	225		84.5	90	195	155	225
Kariotis, Panagiotis	Open	215		88.6	90	0	180	215
Kounis, Nikolaos	Open	0		88.8	90	170	0	0
Mildakos, Ippokratis	Master	215		89.5	90	177.5	135	215

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Ntagounakis, Ioannis	Open	735		88.4	90	285	170	280
Karonis, Aggelos	Open	562.5		88.9	90	190	137.5	235
Korkofigkas, Antonis	Open	470		89	90	185	100	185

Name	Age	Best		BW	BW cat	SQ	BP	DL
Kolokithas, Apostolos	Open	0		90	90	0	0	0

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Konstantakakis, Manolis	Teen	415		88.6	90	150	90	175
Dimitropoulos, Panagiotis	Teen	357.5		82.7	90	125	75	157.5
Mamalakis, Michael	Open	647.5		87.9	90	237.5	160	250
Samaras, Georgios	Open	575		84.5	90	195	155	225
Mantzakos, Nikolaos	Open	555		88.4	90	180	127.5	247.5
Gournelos, Athanasios	Open	370		90	90	160	0	210

Name	Age	Best		BW	BW cat	SQ	BP	DL
Kounis, Nikolaos	Open	170		88.8	90	170	0	0
Mildakos, Ippokratis	Master	527.5		89.5	90	177.5	135	215

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Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Vasilopoulos, Marios	Junior	115		95.5	100	0	115	0
Chatzipanagiotis, Anthony	Junior	112.5		94.2	100	0	112.5	195
Velonas, Dimitrios	Open	172.5		0	100	205	172.5	270
Varveris, Emmanouel	Open	172.5		96.15	100	275	172.5	302.5

Name	Age	Best		BW	BW cat	SQ	BP	DL
Rallis, Dimitrios	Open	167.5		99.95	100	260	167.5	301
Pantalaios, Ioannis	Open	155		98.6	100	0	155	0
Xiromeritis, George	Open	135		95	100	0	135	210
Droutsas, Anastasios	Open	127.5		98.9	100	190	127.5	217.5
Alexopoulos, Konstantinos	Master	192.5		99.5	100	0	192.5	250

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Chatzipanagiotis, Anthony	Junior	195		94.2	100	0	112.5	195
Varveris, Emmanouel	Open	302.5		96.15	100	275	172.5	302.5

Name	Age	Best		BW	BW cat	SQ	BP	DL
Rallis, Dimitrios	Open	301		99.95	100	260	167.5	301
Velonas, Dimitrios	Open	270		0	100	205	172.5	270
Kalamidas, Panagiotis	Open	245		99	100	0	0	245
Droutsas, Anastasios	Open	217.5		98.9	100	190	127.5	217.5
Xiromeritis, George	Open	210		95	100	0	135	210
Alexopoulos, Konstantinos	Master	250		99.5	100	0	192.5	250
Katsigiannis, Spyridon	Master	197.5		97	100	0	0	197.5

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Varveris, Emmanouel	Open	750		96.15	100	275	172.5	302.5
Rallis, Dimitrios	Open	728.5		99.95	100	260	167.5	301
Toziolos, Konstantinos	Open	640		0	100	220	180	240

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Dramountanis, Georgios Romanos	Teen	480		98.2	100	150	110	220
Tatas, Michalis	Teen	375		94.5	100	130	85	160
Velonas, Dimitrios	Open	647.5		0	100	205	172.5	270

Name	Age	Best		BW	BW cat	SQ	BP	DL
Fitsios, Konstantinos	Open	585		96.85	100	215	140	230
Droutsas, Anastasios	Open	535		98.9	100	190	127.5	217.5

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Fassas, Konstantinos	Junior	125		109	110	0	125	175
Aggelakis, Thomas	Open	182.5		107	110	260	182.5	270
Tromaras, Konstantinos	Open	180		108.6	110	0	180	0
Liakos, Georgios	Open	165		106.5	110	245	165	260

Name	Age	Best		BW	BW cat	SQ	BP	DL
Anastasiou, Dionysios	Open	152.5		101.5	110	0	152.5	205
Kouprizas, Dimitrios	Open	135		107.8	110	0	135	230
Mazarakis, George	Open	110		110	110	200	110	210

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Fassas, Konstantinos	Junior	175		109	110	0	125	175
Aggelakis, Thomas	Open	270		107	110	260	182.5	270
Liakos, Georgios	Open	260		106.5	110	245	165	260
Kouprizas, Dimitrios	Open	230		107.8	110	0	135	230

Name	Age	Best		BW	BW cat	SQ	BP	DL
Mazarakis, George	Open	210		110	110	200	110	210
Anastasiou, Dionysios	Open	205		101.5	110	0	152.5	205

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Samaras, Nikolaos	Junior	807.5		108.4	110	320	172.5	315
Aivatoglou, Christos	Open	680		105	110	265	165	250
Mazarakis, George	Open	520		110	110	200	110	210

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Aggelakis, Thomas	Open	712.5		107	110	260	182.5	270
Liakos, Georgios	Open	670		106.5	110	245	165	260
Stamatelatos, Dionysios	Open	0		0	110	0	0	0

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Sapounakis, Pantelis	Open	223		116.6	125	310	223	302.5
Sarantis, Panagiotis	Open	187.5		122	125	215	187.5	200
Liouras, Athanasios	Open	165		117	125	0	165	290

Name	Age	Best		BW	BW cat	SQ	BP	DL
Athanasopoulos, Dimitrios	Open	0		121	125	0	0	0
Karatzoglou, Theofanis	Master	0		0	125	0	0	0

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Sapounakis, Pantelis	Open	302.5		116.6	125	310	223	302.5
Liouras, Athanasios	Open	290		117	125	0	165	290
Karatzoglou, Theofanis	Master	0		0	125	0	0	0

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Sapounakis, Pantelis	Open	835.5		116.6	125	310	223	302.5

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Androulakis-Korakakis, Patroklos	Junior	470		120.4	125	240	0	230
Sarantis, Panagiotis	Open	602.5		122	125	215	187.5	200
Karageorgos, Thodoris	Master	575		121.8	125	195	135	245
Karatzoglou, Theofanis	Master	0		0	125	0	0	0

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Koukoutselas, Ioannis	Open	187.5		126.3	140	0	187.5	0

Men / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
FINITSIS, Nikolaos	Open	495		135	140	180	115	200

HELLENIC

Men / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Marizas, Emmanouil	Open	130		152	145	262.5	130	270
Pafilias, Emmanouil	Master	155		160	145	0	155	0

Men / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Marizas, Emmanouil	Open	270		152	145	262.5	130	270

Men / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
Marizas, Emmanouil	Open	662.5		152	145	262.5	130	270

WOMEN

HELLENIC

Women / Bench Press / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
SFYRAKI Lydia	Junior	50		67.5	67.5	0	50	0
TSIMPI Maria	Master	77.5		55.8	56	0	77.5	0

Women / Dead Lift/ (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
SFYRAKI Lydia	Junior	107.5		67.5	67.5	0	0	107.5
TSIMPI Maria	Master	125		55.8	56	0	0	125

Women / Powerlifting / RAW / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
MICHALOPOULOU Cecilia	Junior	257.5		54.25	56	100	50	107.5

Women / Powerlifting / RAW+ / (Hellenic)

Name	Age	Best		BW	BW cat	SQ	BP	DL
SFYRAKI Lydia	Junior	247.5		67.5	67.5	90	50	107.5

Name	Age	Best		BW	BW cat	SQ	BP	DL
PAPADIMITRIOU Ioanna	Junior	302.5		82	82.5	102.5	55	145
TSIMPI Maria	Master	320		55.8	56	117.5	77.5	125
NTASIOU Jenny	Master	217.5		64	67.5	77.5	50	90