



ΠΑΝΕΛΛΗΝΙΑ ΛΙΓΚΑ
Greek Qualifier – Arnold Sports Festival 2019
GPA Special Powerlifters Championship
SQUAT-BENCHPRESS-DEADLIFT
RAW- SINGLE PLY-MULTI PLY
Mr/Mrs POWERLIFTER 2018
Mr/Mrs Squater-Benchpresser-Deadlifter

Squat

Hellenic League

1	S-Ply	100 (M)	Open	1	Mayromixalis Anastasios	100	330.00	300	320	330
1	Raw	100 (M)	Open	1	Mitropoylos Paraskeyas	97.4	280.00	280	300	300
1	Raw	100 (M)	Open	2	Xaralampakis Xaridimos	98	220.00	210	220	0
1	Raw	100 (M)	Open	3	Glitzos Paraskeyas	96.7	215.00	240	245	215
1	Raw	100 (M)	Open	4	Anastopoulos Michalis	97.5	190.00	180	190	240
1	Raw	100 (M)	Open	5	Arampatzis Konstantinos	97.9	170.00	160	170	0
1	Raw	100 (M)	Master	1	Alexopoylos Konstantinos	99.8	270.00	260	270	270
1	Raw	100 (M)	Master	2	Mildakos Ippokratis	99.6	210.00	200	210	220
1	Raw	100 (M)	Master	3	Gkiokas Xristos	98.5	170.00	162.5	162.5	170
1	Raw	100 (M)	Junior	1	Pantazis Ioannis	100	250.00	225	240	250
1	Raw	100 (M)	Junior	2	Nikos Ioannis	99.9	180.00	170	180	190
1	Raw	110 (M)	Teen	1	Pokas Konstantinos	108	222.50	205	215	222.5
1	Raw	110 (M)	Teen	2	Skiathitis Alexandros-nikolaos	105.4	180.00	180	180	182.5
1	Raw	110 (M)	Open	1	Rallis Dimitrios	105.7	325.00	325	345	345
1	Raw	110 (M)	Open	2	Paylidis Panagiotis	109.6	300.00	280	300	0
1	Raw	110 (M)	Master	1	Ziogas Konstantinos	108	232.50	215	225	232.5
1	Raw	110 (M)	Master	2	Arkoydeas Petros	107.5	230.00	225	230	0
1	Raw	110 (M)	Junior	1	Nikoy Xristos	108	190.00	190	200	200
1	Raw	110 (M)	Junior	2	Ila Aggelos	108.2	180.00	165	172.5	180
1	Raw	125 (M)	Open	1	Koyntoyris Xaralampos - Nikolaos	122.4	285.00	270	280	285
1	Raw	125 (M)	Open	2	Koystenis Georgios	120	160.00	160	160	190

1	Raw	140 (M)	Master	1	Koykoytselas Ioannis	137	200.00	180	190	200
1	Raw	140+ (M)	Open	1	Antonakopoylos Georgios	155	205.00	180	190	205
1	Raw	140+ (M)	Open	2	Dermitzakis Ioannis	165	190.00	170	180	190
1	Raw	56 (M)	Open	1	Kalivas Nikolaos	56	130.00	130	0	0
1	Raw	60 (M)	Teen	1	Kallis Marios	59.1	80.00	70	75	80
1	Raw	67.5 (M)	Teen	1	Mpountouris Evaggelos	65.3	172.50	165	172.5	180
1	Raw	67.5 (M)	Teen	2	Oktaras Vasileios	66.7	105.00	100	0	105
1	Raw	67.5 (M)	Teen	3	Patelis Emmanouel	65	90.00	90	95	102.5
1	Raw	67.5 (M)	Open	1	Protopapadakis Etyxios	65.8	162.50	155	162.5	167.5
1	Raw	67.5 (M)	Open	2	Mpertsos Athanasios	66.6	150.00	135	142.5	150
1	Raw	67.5 (M)	Open	3	Kotsis Vasileios	67.5	105.00	90	100	105
1	Raw	75 (M)	Teen	1	Mertikas Dimitrios	73.1	175.00	170	175	175
1	Raw	75 (M)	Teen	2	Anastopoulos Constantinos	70	140.00	140	145	145
1	Raw	75 (M)	Teen	3	Ioannidis Nikolaos	73.6	125.00	120	125	130
1	Raw	75 (M)	Teen	-	Kamvysis Pantelis	69.5	0.00	105	105	105
1	Raw	75 (M)	Open	1	Saliveros Nikolaos	75	212.50	190	205	212.5
1	Raw	75 (M)	Open	2	Foteinos Alexandros	74.6	165.00	165	165	170
1	Raw	75 (M)	Open	3	Vassalos Fratzeskos	75	160.00	150	160	160
1	Raw	75 (M)	Open	4	Katopodis Alexandros	73.2	150.00	140	150	155
1	Raw	75 (M)	Open	-	Katounas Georgios	73.3	0.00	135	140	140
1	Raw	75 (M)	Junior	1	Pavlidis Theodoros	74.8	195.00	180	195	200
1	Raw	75 (M)	Junior	2	Tsompanis Petros	73.1	185.00	162.5	175	185
1	Raw	75 (M)	Junior	3	Kerasidis Ksenokratis	73.2	177.50	167.5	175	177.5
1	Raw	75 (M)	Junior	4	North Zefyros Jamie	73.1	170.00	160	160	170
1	Raw	75 (M)	Junior	5	Pallis Dimitrios	75	170.00	145	160	170
1	Raw	75 (M)	Junior	6	Diamantis Vasileios	73.7	152.50	145	152.5	162.5
1	Raw	75 (M)	Junior	7	Fatsios Romanos	72.3	120.00	120	120	130
1	Raw	82.5 (M)	Teen	1	Vlavis Konstantinos	75.5	210.00	200	210	217.5
1	Raw	82.5 (M)	Teen	2	Papadopoylos Georgios	76.4	150.00	140	150	150
1	Raw	82.5 (M)	Teen	3	Plakias Ioannis	77.8	150.00	145	150	165
1	Raw	82.5 (M)	Teen	4	Dribas Charalampos	81.5	147.50	135	140	147.5
1	Raw	82.5 (M)	Teen	5	Laoymtzis Dimitrios	81.8	95.00	90	95	95
1	Raw	82.5 (M)	Open	1	Sakarikas Alexandros	81.5	222.50	210	222.5	230
1	Raw	82.5 (M)	Open	2	Eygenikos Emmanoyil	81.9	220.00	205	210	220
1	Raw	82.5 (M)	Open	3	Georgopoylos Ioannis	82	220.00	180	200	220
1	Raw	82.5 (M)	Open	4	Charitos Georgios	76	210.00	210	215	220
1	Raw	82.5 (M)	Open	5	Soumpoulis Dimitrios	80.6	205.00	190	197.5	205
1	Raw	82.5 (M)	Open	6	Anastasakos Xristos	81.8	190.00	160	180	190
1	Raw	82.5 (M)	Open	7	Dionysiotis Eyaggelos	82.5	190.00	170	180	190

1	Raw	82.5 (M)	Open	8	Rantza Nikolaos	82.2	185.00	177.5	185	190
1	Raw	82.5 (M)	Open	9	Naltsogloy Athanasios	82.5	180.00	180	180	200
1	Raw	82.5 (M)	Open	10	Venieris Nikolaos	81.8	165.00	155	160	165
1	Raw	82.5 (M)	Open	11	Rokkos Georgos	79.6	160.00	160	160	172.5
1	Raw	82.5 (M)	Open	12	Pairaktaridis Basileios	80.9	160.00	140	150	160
1	Raw	82.5 (M)	Open	13	Araxobitis Antonios	79.4	150.00	140	150	150
1	Raw	82.5 (M)	Open	14	Roussis-Sakiotis Dimitris	81.5	147.50	140	147.5	155
1	Raw	82.5 (M)	Open	-	Tozinis Marios Themis	77.6	0.00	120	130	140
1	Raw	82.5 (M)	Master	1	Grigoropoylos Kyriakos	82.5	175.00	175	175	200
1	Raw	82.5 (M)	Junior	1	Gkerdidanis Panagiotis	82.3	205.00	200	205	210
1	Raw	82.5 (M)	Junior	2	Tsakelidis Georgios	82.4	205.00	205	215	215
1	Raw	82.5 (M)	Junior	3	Koutroulias Takis	79.6	165.00	145	155	165
1	Raw	82.5 (M)	Junior	4	Alibroybas Ioannis	81.5	140.00	140	160	160
1	Raw	82.5 (M)	Junior	5	Gkintersos Xristos	81.7	125.00	115	125	135
1	Raw	90 (M)	Teen	1	Magkoyris Basileios	84.9	185.00	155	170	185
1	Raw	90 (M)	Teen	2	Vlaxos Dimitrios	88.5	150.00	150	160	165
1	Raw	90 (M)	Open	1	Perentis Panagiotis	88.7	267.50	245	255	267.5
1	Raw	90 (M)	Open	2	Karyotis Panagiotis	87.5	255.00	220	240	255
1	Raw	90 (M)	Open	3	Karonis Aggelos	90	217.50	200	210	217.5
1	Raw	90 (M)	Open	4	Pyrgolios Panagiotis	85.2	185.00	165	175	185
1	Raw	90 (M)	Open	5	Lymperopoylos Sarantos	87.9	170.00	145	160	170
1	Raw	90 (M)	Open	6	Korkos Konstantinos	90	150.00	150	160	0
1	Raw	90 (M)	Open	7	Stathopoylos Konstantinos	89	145.00	135	140	145
1	Raw	90 (M)	Open	-	Patsarisos Eythymis	90	0.00	220	0	0
1	Raw	90 (M)	Master	1	Peribolaris Giorgos	87.5	190.00	170	180	190
1	Raw	90 (M)	Master	2	Katsoylas Argyrios	90	190.00	190	200	200
1	Raw	90 (M)	Junior	1	Sigalas Anastasios	90	190.00	172.5	182.5	190
1	Raw	90 (M)	Junior	2	Spyropoylos Georgios	88.6	172.50	162.5	172.5	172.5
1	Raw	90 (M)	Junior	3	Kanakis Aggelos	89.3	172.50	165	172.5	175
1	Raw	90 (M)	Junior	4	Theofiloy Dimitrios	90	140.00	130	140	150
1	Raw	W 48	Open	1	Proskefala Constantina	47	75.00	70	75	0
1	Raw	W 56	Open	1	Tsimpi Mairi	55.5	125.00	125	145	150
1	Raw	W 56	Open	2	Tamvaki Stamatina	55.4	85.00	75	82.5	85
1	Raw	W 56	Junior	1	Chondropoulou Ismene	55.5	85.00	85	90	95
1	Raw	W 60	Open	1	Maronikolaki Vasiliki	60	180.00	170	180	0
1	Raw	W 60	Open	2	Edo Judith	59.8	125.00	115	120	125
1	Raw	W 67.5	Open	1	Dym Tatiana	65	107.50	100	107.5	107.5
1	Raw	W 67.5	Open	2	Gouliami Constantina	66	80.00	80	80	80
1	Raw	W 67.5	Junior	1	Vlachou Elektra	67.3	97.50	90	97.5	100

1	Raw	W 75	Open	1	Georgopoulou Panagiota	73.6	115.00	107.5	112.5	115
1	Raw	W 75	Open	2	Siokou Mirenia	75	85.00	85	92.5	95
1	Raw	W 82.5	Open	1	Palaiologou Irene	82.5	90.00	80	80	90
1	Raw	W 90	Open	1	Ntelli Nikoleta	107	130.00	120	125	130

Bench Press

Hellenic League

1	Raw	100 (M)	Open	1	Anastopoulos Michalis	97.5	160.00	160	170	170
1	Raw	100 (M)	Open	2	Mayromixalis Anastasios	100	160.00	140	152.5	160
1	Raw	100 (M)	Open	3	Xaralampakis Xaridimos	98	140.00	135	140	145
1	Raw	100 (M)	Open	4	Glitzos Paraskeyas	96.7	122.50	115	120	122.5
1	Raw	100 (M)	Open	5	Arampatzis Konstantinos	97.9	90.00	90	95	0
1	Raw	100 (M)	Master	1	Alexopoylos Konstantinos	99.8	210.00	200	210	215
1	Raw	100 (M)	Master	2	Mildakos Ippokratis	99.6	150.00	150	155	155
1	Raw	100 (M)	Master	3	Gkiokas Xristos	98.5	105.00	105	112.5	0
1	Raw	100 (M)	Junior	1	Pantazis Ioannis	100	130.00	130	135	135
1	Raw	100 (M)	Junior	2	Nikos Ioannis	99.9	127.50	127.5	127.5	130
1	Raw	110 (M)	Teen	1	Pokas Konstantinos	108	117.50	112.5	117.5	122.5
1	Raw	110 (M)	Teen	-	Skiathitis Alexandros-nikolaos	105.4	0.00	120	125	125
1	Raw	110 (M)	Open	1	Sarantoy Kyriakos	106	215.00	205	215	220
1	Raw	110 (M)	Open	2	Rallis Dimitrios	105.7	180.00	180	190	0
1	Raw	110 (M)	Open	3	Paylidis Panagiotis	109.6	170.00	160	170	180
1	Raw	110 (M)	Open	4	Koyprizas Dimitrios	106	157.50	157.5	160	160
1	Raw	110 (M)	Open	5	Katranamas Ompiama Xristoforos	106.5	152.50	147.5	152.5	155
1	Raw	110 (M)	Open	6	Konstantopoylos Georgios	105	130.00	130	140	140
1	Raw	110 (M)	Master	1	Xalkiadakis Georgos	107	205.00	180	190	205
1	Raw	110 (M)	Master	2	Ziogas Konstantinos	108	162.50	157.5	162.5	167.5
1	Raw	110 (M)	Master	3	Arkoydeas Petros	107.5	120.00	110	115	120
1	Raw	110 (M)	Master	4	Panagiotidis Theodosios	110	120.00	120	140	140
1	Raw	110 (M)	Junior	1	Gkesker Aygoystos	109.6	145.00	145	145	147.5
1	Raw	110 (M)	Junior	2	Nikoy Xristos	108	127.50	120	125	127.5
1	Raw	110 (M)	Junior	3	Ila Aggelos	108.2	115.00	107.5	115	117.5
1	Raw	125 (M)	Open	1	Koyntoyris Xaralampos - Nikolaos	122.4	202.50	195	202.5	205
1	Raw	125 (M)	Open	2	Dramoyntanis Romanos-georgios	119	165.00	150	157.5	165
1	Raw	125 (M)	Open	3	Koystenis Georgios	120	110.00	110	135	135
1	Raw	125 (M)	Master	1	Petrokokkinos Loykas	122	80.00	75	80	82.5
1	Raw	140 (M)	Master	1	Koykoytselias Ioannis	137	180.00	170	180	182.5
1	Raw	56 (M)	Open	1	Kalivas Nikolaos	56	95.00	95	0	0

1	Raw	56 (M)	Open	2	Kakhourashvili Avtandil	54.6	80.00	80	90	400
1	Raw	60 (M)	Teen	1	Kallis Marios	59.1	80.00	70	80	80
1	Raw	60 (M)	Teen	2	Damtsias Michail	60	80.00	72.5	77.5	80
1	Raw	67.5 (M)	Teen	1	Mpountouris Evaggelos	65.3	82.50	70	77.5	82.5
1	Raw	67.5 (M)	Teen	2	Oktaras Vasileios	66.7	80.00	75	80	85
1	Raw	67.5 (M)	Teen	-	Patelis Emmanouel	65	0.00	80	80	80
1	Raw	67.5 (M)	Teen	-	Sarafoglou Vasileios	67.2	0.00	400	400	400
1	Raw	67.5 (M)	Open	1	Mpertsos Athanasios	66.6	100.00	90	95	100
1	Raw	67.5 (M)	Open	2	Protopapadakis Eytyxios	65.8	92.50	80	85	92.5
1	Raw	67.5 (M)	Open	3	Kotsis Vasileios	67.5	90.00	80	85	90
1	Raw	67.5 (M)	Master	1	Pagidas Eleutherios	67	80.00	80	80	85
1	Raw	67.5 (M)	Junior	-	Kostopoulos Konstantinos	67.5	0.00	420	435	0
1	Raw	75 (M)	Teen	1	Dimitriou Alexandros	68.8	107.50	100	105	107.5
1	Raw	75 (M)	Teen	2	Anastopoulos Constantinos	70	105.00	105	407.5	407.5
1	Raw	75 (M)	Teen	3	Drakoulis Zacharias	69.8	102.50	95	102.5	407.5
1	Raw	75 (M)	Teen	4	Gkougkas Aggelos	74.9	100.00	400	100	407.5
1	Raw	75 (M)	Teen	5	Mertikas Dimitrios	73.1	97.50	85	90	97.5
1	Raw	75 (M)	Teen	6	Ioannidis Nikolaos	73.6	90.00	90	95	0
1	Raw	75 (M)	Teen	7	Kamvysis Pantelis	69.5	70.00	65	70	75
1	Raw	75 (M)	Open	1	Foteinos Alexandros	74.6	140.00	140	445	445
1	Raw	75 (M)	Open	2	Arslan Muhammad	71	115.00	105	110	115
1	Raw	75 (M)	Open	3	Saliveros Nikolaos	75	115.00	110	115	447.5
1	Raw	75 (M)	Open	4	Vassalos Fratzeskos	75	110.00	110	420	420
1	Raw	75 (M)	Open	5	Katounas Georgios	73.3	100.00	400	100	407.5
1	Raw	75 (M)	Open	-	Stathakos Christoudoulos	69.4	0.00	420	430	430
1	Raw	75 (M)	Open	-	Katopodis Alexandros	73.2	0.00	90	0	0
1	Raw	75 (M)	Master	1	Ramatias Styllianos	75	95.00	90	95	400
1	Raw	75 (M)	Junior	1	Papanastasiou Rovertos	74	140.00	132.5	140	447.5
1	Raw	75 (M)	Junior	2	North Zefyros Jamie	73.1	125.00	100	110	125
1	Raw	75 (M)	Junior	3	Tsompanis Petros	73.1	120.00	107.5	115	120
1	Raw	75 (M)	Junior	4	Pavlidis Theodoros	74.8	117.50	110	115	117.5
1	Raw	75 (M)	Junior	5	Diamantis Vasileios	73.7	115.00	105	115	447.5
1	Raw	75 (M)	Junior	6	Kerasidis Ksenokratis	73.2	105.00	105	445	445
1	Raw	75 (M)	Junior	7	Dimitrakos Constantinos	75	100.00	100	442.5	445
1	Raw	75 (M)	Junior	8	Pallis Dimitrios	75	100.00	90	100	407.5
1	Raw	75 (M)	Junior	-	Fatsios Romanos	72.3	0.00	95	95	402.5
1	Raw	82.5 (M)	Teen	1	Vlavis Konstantinos	75.5	120.00	120	432.5	432.5
1	Raw	82.5 (M)	Teen	2	Plakias Ioannis	77.8	110.00	110	442.5	0
1	Raw	82.5 (M)	Teen	3	Papadopoylos Georgios	76.4	100.00	95	100	440
1	Raw	82.5 (M)	Teen	-	Dribas Charalampos	81.5	0.00	400	0	0

1	Raw	82.5 (M)	Open	1	Anastasakos Xristos	81.8	170.00	150	160	170
1	Raw	82.5 (M)	Open	2	Mpallas Miltiadis	81.6	147.50	140	145	147.5
1	Raw	82.5 (M)	Open	3	Sakarikas Alexandros	81.5	145.00	140	145	150
1	Raw	82.5 (M)	Open	4	Eygenikos Emmanoyil	81.9	132.50	132.5	132.5	0
1	Raw	82.5 (M)	Open	5	Rantza Nikolaos	82.2	130.00	125	130	0
1	Raw	82.5 (M)	Open	6	Charitos Georgios	76	125.00	120	125	0
1	Raw	82.5 (M)	Open	7	Venieris Nikolaos	81.8	125.00	125	137.5	0
1	Raw	82.5 (M)	Open	8	Araxobitis Antonios	79.4	122.50	110	115	122.5
1	Raw	82.5 (M)	Open	9	Georgopoylos Ioannis	82	120.00	105	115	120
1	Raw	82.5 (M)	Open	10	Rokkos Georgos	79.6	110.00	110	115	115
1	Raw	82.5 (M)	Open	11	Pairaktaridis Basileios	80.9	110.00	100	105	110
1	Raw	82.5 (M)	Open	12	Blasakoydis Apostolos	82	107.50	102.5	107.5	112.5
1	Raw	82.5 (M)	Open	13	Dionysiotis Eyaggelos	82.5	105.00	105	112.5	112.5
1	Raw	82.5 (M)	Open	14	Naltsogloy Athanasios	82.5	105.00	105	110	110
1	Raw	82.5 (M)	Open	15	Soumpoulis Dimitrios	80.6	100.00	100	105	107.5
1	Raw	82.5 (M)	Open	16	Tozinis Marios Themis	77.6	60.00	60	65	65
1	Raw	82.5 (M)	Open	-	Roussis-Sakiotis Dimitris	81.5	0.00	100	102.5	102.5
1	Raw	82.5 (M)	Master	1	Grigoropoylos Kyriakos	82.5	115.00	105	110	115
1	Raw	82.5 (M)	Junior	1	Tsakelidis Georgios	82.4	135.00	135	135	140
1	Raw	82.5 (M)	Junior	2	Koutroulias Takis	79.6	110.00	100	110	115
1	Raw	82.5 (M)	Junior	3	Gkintersos Xristos	81.7	110.00	102.5	105	110
1	Raw	82.5 (M)	Junior	4	Alibroybas Ioannis	81.5	105.00	105	115	115
1	Raw	82.5 (M)	Junior	-	Gkerdidanis Panagiotis	82.3	0.00	117.5	117.5	0
1	Raw	90 (M)	Teen	1	Vlaxos Dimitrios	88.5	130.00	120	130	0
1	Raw	90 (M)	Teen	2	Magkoyris Basileios	84.9	100.00	92.5	100	0
1	Raw	90 (M)	Open	1	Karyotis Panagiotis	87.5	180.00	160	170	180
1	Raw	90 (M)	Open	2	Perentis Panagiotis	88.7	155.00	150	155	0
1	Raw	90 (M)	Open	3	Damtsias Konstantinos	90	150.00	150	155	155
1	Raw	90 (M)	Open	4	Karonis Aggelos	90	150.00	140	150	157.5
1	Raw	90 (M)	Open	5	Pyrgolios Panagiotis	85.2	125.00	125	130	132.5
1	Raw	90 (M)	Open	6	Salasidis Mixalis	85.8	122.50	115	122.5	130
1	Raw	90 (M)	Open	7	Mpizas Georgios	88.8	120.00	120	122.5	0
1	Raw	90 (M)	Open	8	Lymperopoylos Sarantos	87.9	107.50	97.5	107.5	110
1	Raw	90 (M)	Open	9	Stathopoylos Konstantinos	89	100.00	100	105	105
1	Raw	90 (M)	Open	-	Korkos Konstantinos	90	0.00	130	130	130
1	Raw	90 (M)	Open	-	Patsarisos Eythymis	90	0.00	100	0	0
1	Raw	90 (M)	Master	1	Katsoylas Argyrios	90	150.00	150	155	155
1	Raw	90 (M)	Master	2	Tsoleridis Kyriakos	87	135.00	135	140	0
1	Raw	90 (M)	Master	3	Peribolaris Giorgos	87.5	100.00	100	0	0
1	Raw	90 (M)	Junior	1	Kanakis Aggelos	89.3	130.00	125	130	130

1	Raw	90 (M)	Junior	2	Spyropoylos Georgios	88.6	125.00	115	120	125
1	Raw	90 (M)	Junior	3	Sigalas Anastasios	90	120.00	115	120	125
1	Raw	90 (M)	Junior	4	Theofiloy Dimitrios	90	110.00	100	105	110
1	Raw	W 48	Open	1	Proskefala Constantina	47	45.00	45	45	0
1	Raw	W 56	Open	1	Tsimpi Mairi	55.5	82.50	75	80	82.5
1	Raw	W 56	Open	2	Tamvaki Stamatina	55.4	45.00	40	45	47.5
1	Raw	W 56	Junior	1	Chondropoulou Ismene	55.5	47.50	40	45	47.5
1	Raw	W 60	Open	1	Maronikolaki Vasiliki	60	95.00	90	95	0
1	Raw	W 60	Open	2	Edo Judith	59.8	60.00	50	55	60
1	Raw	W 67.5	Open	1	Dym Tatiana	65	65.00	65	70	70
1	Raw	W 67.5	Open	2	Gouliami Constantina	66	50.00	50	55	55
1	Raw	W 67.5	Junior	1	Vlachou Elektra	67.3	52.50	50	52.5	55
1	Raw	W 75	Open	1	Georgopoulou Panagiota	73.6	50.00	45	50	55
1	Raw	W 82.5	Open	1	Palaiologou Irene	82.5	35.00	35	42.5	42.5
1	Raw	W 90	Open	1	Ntelli Nikoleta	107	85.00	85	85	85

Greek Qualifier – Arnold Sports Festival 2019

2	S-Ply	100 (M)	Open	1	Katlenbacher (SPLY) Patric	99.7	242.50	230	237.5	242.5
2	Raw	100 (M)	Open	1	Katlenbacher Patric	99.7	180.00	165	175	180
2	Raw	100 (M)	Master	1	Alexopoylos Konstantinos	99.8	210.00	200	210	215
2	S-Ply	110 (M)	Open	1	Rumrich (SPLY) Mario	110	230.00	210	230	0
2	Raw	110 (M)	Open	1	Rumrich Mario	110	185.00	160	175	185
2	Raw	110 (M)	Open	2	Rallis Dimitrios	105.7	180.00	180	190	0
2	Raw	125 (M)	Open	1	Koyntoyris Xaralampos - Nikolaos	122.4	202.50	195	202.5	205

Deadlift

Hellenic League

1	Raw	100 (M)	Teen	1	Klironomos Eyaggelos	92.8	262.50	262.5	262.5	285
1	S-Ply	100 (M)	Open	1	Mayromixalis Anastasios	100	320.00	300	320	330
1	Raw	100 (M)	Open	1	Anastopoulos Michalis	97.5	280.00	260	270	280
1	Raw	100 (M)	Open	2	Xaralampakis Xaridimos	98	260.00	240	260	272.5
1	Raw	100 (M)	Open	3	Glitzos Paraskeyas	96.7	210.00	210	220	222.5
1	Raw	100 (M)	Open	4	Arampatzis Konstantinos	97.9	180.00	170	170	180
1	Raw	100 (M)	Master	1	Alexopoylos Konstantinos	99.8	260.00	250	260	260
1	Raw	100 (M)	Master	2	Mildakos Ippokratis	99.6	230.00	210	220	230
1	Raw	100 (M)	Master	3	Gkiokas Xristos	98.5	100.00	100	0	0

1	Raw	100 (M)	Junior	1	Pantazis Ioannis	100	250.00	225	240	250
1	Raw	100 (M)	Junior	2	Nikos Ioannis	99.9	227.50	217.5	227.5	232.5
1	Raw	110 (M)	Teen	1	Pokas Konstantinos	108	225.00	205	217.5	225
1	Raw	110 (M)	Teen	2	Skiathitis Alexandros-nikolaos	105.4	215.00	200	205	215
1	Raw	110 (M)	Open	1	Rallis Dimitrios	105.7	370.00	340	370	0
1	Raw	110 (M)	Open	2	Paylidis Panagiotis	109.6	290.00	280	290	0
1	Raw	110 (M)	Open	3	Katranamas Ompiama Xristoforos	106.5	260.00	240	250	260
1	Raw	110 (M)	Open	4	Koyprizas Dimitrios	106	255.00	250	250	255
1	Raw	110 (M)	Open	5	Konstantopoylos Georgios	105	250.00	235	250	262.5
1	Raw	110 (M)	Open	-	Sarantoy Kyriakos	106	0.00	220	0	0
1	Raw	110 (M)	Master	1	Arkoydeas Petros	107.5	240.00	225	230	240
1	Raw	110 (M)	Master	2	Ziogas Konstantinos	108	232.50	220	227.5	232.5
1	Raw	110 (M)	Master	3	Panagiotidis Theodosios	110	0.00	200	0	0
1	Raw	110 (M)	Junior	1	Nikoy Xristos	108	217.50	205	210	217.5
1	Raw	110 (M)	Junior	2	Ila Aggelos	108.2	212.50	185	205	212.5
1	Raw	110 (M)	Junior	3	Gkesker Aygoystos	109.6	0.00	0	0	0
1	Raw	125 (M)	Open	1	Koyntoyris Xaralampos - Nikolaos	122.4	307.50	290	307.5	307.5
1	Raw	125 (M)	Open	2	Koystenis Georgios	120	210.00	160	185	210
1	Raw	125 (M)	Master	1	Petrokokkinos Loykas	122	205.00	195	205	210
1	Raw	125 (M)	Junior	1	Katsenos Eleytherios	123	235.00	210	220	235
1	Raw	140 (M)	Master	1	Koykoytselas Ioannis	137	215.00	195	205	215
1	Raw	140+ (M)	Open	1	Antonakopoylos Georgios	155	250.00	230	240	250
1	Raw	140+ (M)	Open	2	Dermitzakis Ioannis	165	200.00	190	200	205
1	Raw	140+ (M)	Master	1	Pafylas Emmanoyil	164	265.00	255	265	0
1	Raw	56 (M)	Open	1	Kalivas Nikolaos	56	200.00	185	190	200
1	Raw	60 (M)	Teen	1	Kallis Marios	59.1	105.00	80	90	105
1	Raw	67.5 (M)	Teen	1	Mpountouris Evaggelos	65.3	182.50	175	182.5	200
1	Raw	67.5 (M)	Teen	2	Oktaras Vasileios	66.7	160.00	140	150	160
1	Raw	67.5 (M)	Teen	3	Patelis Emmanouel	65	120.00	105	112.5	120
1	Raw	67.5 (M)	Open	1	Protopapadakis Etyxios	65.8	185.00	160	170	185
1	Raw	67.5 (M)	Open	2	Kotsis Vasileios	67.5	162.50	120	135	162.5
1	Raw	67.5 (M)	Open	3	Mpertsos Athanasios	66.6	160.00	140	150	160
1	Raw	67.5 (M)	Master	1	Pagidas Eleutherios	67	122.50	110	120	122.5
1	Raw	75 (M)	Teen	1	Anastopoulos Constantinos	70	205.00	205	205	207.5
1	Raw	75 (M)	Teen	2	Dimitriou Alexandros	68.8	200.00	160	180	200
1	Raw	75 (M)	Teen	3	Mertikas Dimitrios	73.1	195.00	167.5	180	195
1	Raw	75 (M)	Teen	4	Ioannidis Nikolaos	73.6	170.00	150	160	170
1	Raw	75 (M)	Teen	5	Gkoungkas Aggelos	74.9	150.00	135	142.5	150

1	Raw	75 (M)	Teen	6	Kamvysis Pantelis	69.5	137.50	130	137.5	445
1	Raw	75 (M)	Open	1	Saliveros Nikolaos	75	255.00	235	255	272.5
1	Raw	75 (M)	Open	2	Stathakos Christoudoulos	69.4	235.00	180	205	235
1	Raw	75 (M)	Open	3	Foteinos Alexandros	74.6	225.00	215	225	230
1	Raw	75 (M)	Open	4	Arslan Muhammad	71	180.00	150	170	180
1	Raw	75 (M)	Open	5	Katopodis Alexandros	73.2	180.00	180	490	0
1	Raw	75 (M)	Open	6	Katounas Georgios	73.3	170.00	160	170	480
1	Raw	75 (M)	Open	7	Vassalos Fratzeskos	75	170.00	150	165	170
1	Raw	75 (M)	Junior	1	Papanastasiou Rovertos	74	305.00	250	270	290
1	Raw	75 (M)	Junior	2	Perisianidis Ioannis	74.2	252.50	225	242.5	252.5
1	Raw	75 (M)	Junior	3	Tsompanis Petros	73.1	215.00	205	215	222.5
1	Raw	75 (M)	Junior	4	Kerasidis Ksenokratis	73.2	210.00	185	200	210
1	Raw	75 (M)	Junior	5	Pallis Dimitrios	75	200.00	170	190	200
1	Raw	75 (M)	Junior	6	Diamantis Vasileios	73.7	190.00	180	185	190
1	Raw	75 (M)	Junior	7	North Zefyros Jamie	73.1	180.00	170	180	200
1	Raw	75 (M)	Junior	8	Pavlidis Theodoros	74.8	175.00	175	485	485
1	Raw	75 (M)	Junior	9	Fatsios Romanos	72.3	137.50	430	130	137.5
1	Raw	82.5 (M)	Teen	1	Plakias Ioannis	77.8	212.50	200	207.5	212.5
1	Raw	82.5 (M)	Teen	2	Papadopoylos Georgios	76.4	210.00	180	200	210
1	Raw	82.5 (M)	Teen	3	Vlavis Konstantinos	75.5	190.00	190	0	0
1	Raw	82.5 (M)	Teen	4	Dribas Charalampos	81.5	182.50	170	180	182.5
1	Raw	82.5 (M)	Teen	5	Laoymtzis Dimitrios	81.8	160.00	150	160	465
1	Raw	82.5 (M)	Open	1	Sakarikas Alexandros	81.5	265.00	250	265	275
1	Raw	82.5 (M)	Open	2	Eygenikos Emmanoyil	81.9	245.00	245	260	0
1	Raw	82.5 (M)	Open	3	Georgopoylos Ioannis	82	212.50	190	212.5	220
1	Raw	82.5 (M)	Open	4	Rantza Nikolaos	82.2	205.00	195	205	220
1	Raw	82.5 (M)	Open	5	Dionysiotis Eyaggelos	82.5	205.00	190	205	220
1	Raw	82.5 (M)	Open	6	Pairaktaridis Basileios	80.9	200.00	190	200	205
1	Raw	82.5 (M)	Open	7	Anastasakos Xristos	81.8	200.00	160	200	0
1	Raw	82.5 (M)	Open	8	Prantzalos Konstantinos	82.5	195.00	180	195	207.5
1	Raw	82.5 (M)	Open	9	Venieris Nikolaos	81.8	192.50	180	190	192.5
1	Raw	82.5 (M)	Open	10	Rokkos Georgos	79.6	190.00	170	180	190
1	Raw	82.5 (M)	Open	11	Soumpoulis Dimitrios	80.6	190.00	190	200	0
1	Raw	82.5 (M)	Open	12	Roussis-Sakiotis Dimitris	81.5	180.00	180	482.5	482.5
1	Raw	82.5 (M)	Open	13	Naltsogloy Athanasios	82.5	180.00	170	180	490
1	Raw	82.5 (M)	Open	14	Blasakoydis Apostolos	82	165.00	155	165	0
1	Raw	82.5 (M)	Open	15	Tozinis Marios Themis	77.6	150.00	140	150	460
1	Raw	82.5 (M)	Open	-	Charitos Georgios	76	0.00	245	0	0
1	Raw	82.5 (M)	Open	-	Araxobitis Antonios	79.4	0.00	0	0	0
1		82.5 (M)	Open	-	Mpallas Miltiadis	81.6	0.00	0	0	0
1	Raw	82.5 (M)	Master	1	Grigoropoylos Kyriakos	82.5	215.00	205	215	220

1	Raw	82.5 (M)	Junior	1	Tsakelidis Georgios	82.4	240.00	215	235	240
1	Raw	82.5 (M)	Junior	2	Koutroulis Takis	79.6	200.00	170	190	200
1	Raw	82.5 (M)	Junior	3	Gkerdidanis Panagiotis	82.3	200.00	165	185	200
1	Raw	82.5 (M)	Junior	4	Alibroybas Ioannis	81.5	190.00	170	190	0
1	Raw	82.5 (M)	Junior	5	Gkintersos Xristos	81.7	175.00	155	165	175
90 (M)										
1	Raw	90 (M)	Teen	1	Vlaxos Dimitrios	88.5	210.00	200	210	0
1	Raw	90 (M)	Teen	2	Magkoyris Basileios	84.9	160.00	155	160	0
90 (M)										
1	Raw	90 (M)	Open	1	Perentis Panagiotis	88.7	320.00	300	320	332.5
1	Raw	90 (M)	Open	2	Karonis Aggelos	90	250.00	235	242.5	250
1	Raw	90 (M)	Open	3	Lymperopoylos Sarantos	87.9	240.00	210	222.5	240
1	Raw	90 (M)	Open	4	Salasidis Mixalis	85.8	230.00	230	250	252.5
1	Raw	90 (M)	Open	5	Pyrgolios Panagiotis	85.2	220.00	200	210	220
1	Raw	90 (M)	Open	6	Stathopoylos Konstantinos	89	190.00	180	185	190
1	Raw	90 (M)	Open	7	Korkos Konstantinos	90	170.00	160	170	180
1	Raw	90 (M)	Open	-	Karyotis Panagiotis	87.5	0.00	0	0	0
1	Raw	90 (M)	Open	-	Mpizas Georgios	88.8	0.00	0	0	0
1	Raw	90 (M)	Open	-	Damtsias Konstantinos	90	0.00	0	0	0
1	Raw	90 (M)	Open	-	Patsarisos Eythymis	90	0.00	245	0	0
90 (M)										
1	Raw	90 (M)	Master	1	Peribolaris Giorgos	87.5	245.00	245	260	260
1	Raw	90 (M)	Master	2	Katsoylas Argyrios	90	230.00	210	220	230
1	Raw	90 (M)	Master	3	Tsoleridis Kyriakos	87	180.00	170	180	0
90 (M)										
1	Raw	90 (M)	Junior	1	Soyliotis Apostolos	89	260.00	240	260	260
1	Raw	90 (M)	Junior	2	Spyropoylos Georgios	88.6	227.50	205	217.5	227.5
1	Raw	90 (M)	Junior	3	Sigalas Anastasios	90	220.00	200	210	220
1	Raw	90 (M)	Junior	4	Kanakis Aggelos	89.3	210.00	200	210	225
1	Raw	90 (M)	Junior	5	Theofiloy Dimitrios	90	195.00	170	185	195
W 48										
1	Raw	W 48	Open	1	Proskefala Constantina	47	70.00	65	70	0
W 56										
1	Raw	W 56	Open	1	Tsimpi Mairi	55.5	140.00	125	135	140
1	Raw	W 56	Open	2	Tamvaki Stamatina	55.4	87.50	82.5	87.5	0
W 56										
1	Raw	W 56	Junior	1	Chondropoulou Ismene	55.5	95.00	87.5	92.5	95
W 60										
1	Raw	W 60	Open	1	Maronikolaki Vasiliki	60	180.00	180	490	490
1	Raw	W 60	Open	2	Edo Judith	59.8	140.00	132.5	137.5	140
W 67.5										
1	Raw	W 67.5	Open	1	Dym Tatiana	65	135.00	135	440	0
1	Raw	W 67.5	Open	2	Gouliami Constantina	66	112.50	100	110	112.5
W 67.5										
1	Raw	W 67.5	Master	1	Mourtsala Irene	66.6	100.00	92.5	100	115
W 67.5										
1	Raw	W 67.5	Junior	1	Vlachou Elektra	67.3	137.50	125	137.5	145
W 75										
1	Raw	W 75	Open	1	Georgopoulou Panagiota	73.6	130.00	120	127.5	130
1	Raw	W 75	Open	2	Siokou Mirenia	75	102.50	95	102.5	105
W 82.5										
1	Raw	W 82.5	Open	1	Palaiologou Irene	82.5	95.00	80	90	95

1	Raw	W 90	Open	1	Ntelli Nikoleta	107	140.00	120	130	140
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Greek Qualifier – Arnold Sports Festival 2019

2	Raw	100 (M)	Master	1	Alexopoylos Konstantinos	99.8	260.00	250	260	260
2	Raw	110 (M)	Open	1	Rallis Dimitrios	105.7	370.00	340	370	0
2	Raw	125 (M)	Open	1	Koyntoyris Xaralampos - Nikolaos	122.4	307.50	290	307.5	307.5

Powerlifting

Greek Qualifier – Arnold Sports Festival 2019

1	Raw	100 (M)	Master	1	Alexopoylos Konstantinos	99.8	740
1	Raw	110 (M)	Open	1	Rallis Dimitrios	105.7	875
1	Raw	125 (M)	Open	1	Koyntoyris Xaralampos - Nikolaos	122.4	795

Mr Squat

1	1	Raw	110 (M)	Open	1	Rallis Dimitrios	105.7	325.00	193.756890523
1	1	Raw	110 (M)	Open	2	Paylidis Panagiotis	109.6	300.00	176.746247826
1	1	Raw	100 (M)	Open	3	Mitropoylos Paraskeyas	97.4	280.00	172.269135262
1	1	Raw	90 (M)	Open	4	Perentis Panagiotis	88.7	267.50	172.057489647
1	1	Raw	90 (M)	Open	5	Karyotis Panagiotis	87.5	255.00	165.207441608
1	1	Raw	100 (M)	Master	6	Alexopoylos Konstantinos	99.8	270.00	164.4508849
1	1	Raw	125 (M)	Open	7	Koyntoyris Xaralampos - Nikolaos	122.4	285.00	163.124883198
1	1	Raw	100 (M)	Junior	8	Pantazis Ioannis	100	250.00	152.147267977
1	1	Raw	75 (M)	Open	9	Saliveros Nikolaos	75	212.50	151.419100595
1	1	Raw	82.5 (M)	Open	10	Sakarikas Alexandros	81.5	222.50	150.158279503
1	1	Raw	82.5 (M)	Teen	11	Vlami Konstantinos	75.5	210.00	148.950602303
1	1	Raw	82.5 (M)	Open	12	Charitos Georgios	76	210.00	148.277690883
1	1	Raw	82.5 (M)	Open	13	Eygenikos Emmanoyil	81.9	220.00	148.029146824
1	1	Raw	82.5 (M)	Open	14	Georgopoylos Ioannis	82	220.00	147.919767251
1	1	Raw	82.5 (M)	Open	15	Soumpoulis Dimitrios	80.6	205.00	139.299416563
1	1	Raw	75 (M)	Junior	16	Pavlidis Theodoros	74.8	195.00	139.208260141
1	1	Raw	90 (M)	Open	17	Karonis Aggelos	90	217.50	138.850711611
1	1	Raw	110 (M)	Master	18	Ziogas Konstantinos	108	232.50	137.61781525
1	1	Raw	82.5 (M)	Junior	19	Gkerdidanis Panagiotis	82.3	205.00	137.531017671
1	1	Raw	82.5 (M)	Junior	20	Tsakelidis Georgios	82.4	205.00	137.430726279
1	1	Raw	67.5 (M)	Teen	21	Mpountouris Evaggelos	65.3	172.50	136.645985624
1	1	Raw	110 (M)	Master	22	Arkoydeas Petros	107.5	230.00	136.344063074
1	1	Raw	100 (M)	Open	23	Xaralampakis Xaridimos	98	220.00	135.00287133
1	1	Raw	75 (M)	Junior	24	Tsompanis Petros	73.1	185.00	134.243330365

1	1	Raw	100 (M)	Open	25	Glitzos Paraskeyas	96.7	215.00	132.689185963
1	1	Raw	110 (M)	Teen	26	Pokas Konstantinos	108	222.50	131.698769433
1	1	Raw	75 (M)	Junior	27	Kerasidis Ksenokratis	73.2	177.50	128.674146574
1	1	Raw	100 (M)	Master	28	Mildakos Ippokratis	99.6	210.00	128.009593833
1	1	Raw	82.5 (M)	Open	29	Anastasakos Xristos	81.8	190.00	127.93820024
1	1	Raw	67.5 (M)	Open	30	Protopapadakis Eytyxios	65.8	162.50	127.913605192
1	1	Raw	82.5 (M)	Open	31	Dionysiotis Eyaggelos	82.5	190.00	127.28224013
1	1	Raw	75 (M)	Teen	32	Mertikas Dimitrios	73.1	175.00	126.986934129
1	1	Raw	82.5 (M)	Open	33	Rantza Nikolaos	82.2	185.00	124.204229698
1	1	Raw	75 (M)	Junior	34	North Zefyros Jamie	73.1	170.00	123.358736011
1	1	Raw	90 (M)	Master	35	Peribolaris Giorgos	87.5	190.00	123.095740806
1	1	Raw	90 (M)	Teen	36	Magkoyris Basileios	84.9	185.00	121.874396481
1	1	Raw	90 (M)	Open	37	Pyrgolios Panagiotis	85.2	185.00	121.630736943
1	1	Raw	90 (M)	Master	38	Katsoylas Argyrios	90	190.00	121.294874511
1	1	Raw	90 (M)	Junior	39	Sigalas Anastasios	90	190.00	121.294874511
1	1	Raw	75 (M)	Junior	40	Pallis Dimitrios	75	170.00	121.135280476
1	1	Raw	82.5 (M)	Open	41	Naltsogloy Athanasios	82.5	180.00	120.58317486
1	1	Raw	56 (M)	Open	42	Kalivas Nikolaos	56	130.00	118.345275473
1	1	Raw	75 (M)	Open	43	Foteinos Alexandros	74.6	165.00	118.01257626
1	1	Raw	82.5 (M)	Master	44	Grigoropoylos Kyriakos	82.5	175.00	117.233642225
1	1	Raw	67.5 (M)	Open	45	Mpertsos Athanasios	66.6	150.00	116.911324224
1	1	Raw	100 (M)	Open	46	Anastopoulos Michalis	97.5	190.00	116.845826385
1	1	Raw	75 (M)	Open	47	Vassalos Fratzeskos	75	160.00	114.009675742
1	1	Raw	82.5 (M)	Junior	48	Koutroulias Takis	79.6	165.00	113.003286458
1	1	Raw	140+ (M)	Open	49	Antonakopoylos Georgios	155	205.00	112.900838336
1	1	Raw	110 (M)	Junior	50	Nikoy Xristos	108	190.00	112.461870527
1	1	Raw	140 (M)	Master	51	Koykoytselas Ioannis	137	200.00	112.131858361
1	1	Raw	82.5 (M)	Open	52	Venieris Nikolaos	81.8	165.00	111.104226524
1	1	Raw	90 (M)	Junior	53	Spyropoylos Georgios	88.6	172.50	111.018592182
1	1	Raw	90 (M)	Junior	54	Kanakis Aggelos	89.3	172.50	110.56458282
1	1	Raw	75 (M)	Junior	55	Diamantis Vasileios	73.7	152.50	110.012825641
1	1	Raw	90 (M)	Open	56	Lymperopoylos Sarantos	87.9	170.00	109.869639124
1	1	Raw	100 (M)	Junior	57	Nikos Ioannis	99.9	180.00	109.589891518
1	1	Raw	82.5 (M)	Open	58	Rokkos Georgos	79.6	160.00	109.578944444
1	1	Raw	75 (M)	Open	59	Katopodis Alexandros	73.2	150.00	108.738715415
1	1	Raw	82.5 (M)	Open	60	Pairaktaridis Basileios	80.9	160.00	108.470979531
1	1	Raw	110 (M)	Teen	61	Skiathitis Alexandros-nikolaos	105.4	180.00	107.417012151
1	1	Raw	110 (M)	Junior	62	Ila Aggelos	108.2	180.00	106.47921957
1	1	Raw	82.5 (M)	Teen	63	Papadopoylos Georgios	76.4	150.00	105.535248906
1	1	Raw	75 (M)	Teen	64	Anastopoulos Constantinos	70	140.00	104.914304831
1	1	Raw	100 (M)	Open	65	Arampatzis Konstantinos	97.9	170.00	104.365218442
1	1	Raw	82.5 (M)	Teen	66	Plakias Ioannis	77.8	150.00	104.262541657
1	1	Raw	100 (M)	Master	67	Gkiokas Xristos	98.5	170.00	104.098940326

1	1	Raw	140+ (M)	Open	68	Dermitzakis Ioannis	165	190.00	103.679300597
1	1	Raw	82.5 (M)	Open	69	Araxobitis Antonios	79.4	150.00	102.894996643
1	1	Raw	82.5 (M)	Teen	70	Dribas Charalampos	81.5	147.50	99.5431291089
1	1	Raw	82.5 (M)	Open	71	Roussis-Sakiotis Dimitris	81.5	147.50	99.5431291089
1	1	Raw	90 (M)	Teen	72	Vlaxos Dimitrios	88.5	150.00	96.5952037322
1	1	Raw	90 (M)	Open	73	Korkos Konstantinos	90	150.00	95.7591114558
1	1	Raw	82.5 (M)	Junior	74	Alibroybas Ioannis	81.5	140.00	94.4816140694
1	1	Raw	90 (M)	Open	75	Stathopoylos Konstantinos	89	145.00	93.1006068098
1	1	Raw	125 (M)	Open	76	Koystenis Georgios	120	160.00	91.9874228393
1	1	Raw	75 (M)	Teen	77	Ioannidis Nikolaos	73.6	125.00	90.2619319376
1	1	Raw	90 (M)	Junior	78	Theofiloy Dimitrios	90	140.00	89.3751706921
1	1	Raw	75 (M)	Junior	79	Fatsios Romanos	72.3	120.00	87.776305525
1	1	Raw	82.5 (M)	Junior	80	Gkintersos Xristos	81.7	125.00	84.2325197945
1	1	Raw	67.5 (M)	Teen	81	Oktaras Vasileios	66.7	105.00	81.738238799
1	1	Raw	67.5 (M)	Open	82	Kotsis Vasileios	67.5	105.00	80.9566551262
1	1	Raw	67.5 (M)	Teen	83	Patelis Emmanouel	65	90.00	71.5679882382
1	1	Raw	60 (M)	Teen	84	Kallis Marios	59.1	80.00	69.185158526
1	1	Raw	82.5 (M)	Teen	85	Laoymtzis Dimitrios	81.8	95.00	63.9691001199
1	1	S-Ply	100 (M)	Open	1	Mayromixalis Anastasios	100	330.00	200.834393729

Mrs Squat

0	1	Raw	W 60	Open	1	Maronikolaki Vasiliki	60	180.00	200.679637553
0	1	Raw	W 56	Open	2	Tsimpi Mairi	55.5	125.00	148.113356474
0	1	Raw	W 60	Open	3	Edo Judith	59.8	125.00	139.722028932
0	1	Raw	W 67.5	Open	4	Dym Tatiana	65	107.50	112.778566524
0	1	Raw	W 75	Open	5	Georgopoulou Panagiota	73.6	115.00	110.640447982
0	1	Raw	W 90	Open	6	Ntelli Nikoleta	107	130.00	106.345968586
0	1	Raw	W 48	Open	7	Proskefala Constantina	47	75.00	100.867211192
0	1	Raw	W 56	Open	8	Tamvaki Stamatina	55.4	85.00	100.85954506
0	1	Raw	W 56	Junior	9	Chondropoulou Ismene	55.5	85.00	100.717082402
0	1	Raw	W 67.5	Junior	10	Vlachou Elektra	67.3	97.50	99.7228028482
0	1	Raw	W 67.5	Open	11	Gouliami Constantina	66	80.00	82.989921492
0	1	Raw	W 82.5	Open	12	Palaiologou Irene	82.5	90.00	80.9972391356
0	1	Raw	W 75	Open	13	Siokou Mirenia	75	85.00	80.8044557644

Mr Bench Press

1	1	Raw	110 (M)	Open	1	Sarantoy Kyriakos	106	215.00	128.053099905
1	1	Raw	100 (M)	Master	2	Alexopoylos Konstantinos	99.8	210.00	127.906243811
1	1	Raw	90 (M)	Open	3	Karyotis Panagiotis	87.5	180.00	121.71132973
1	1	Raw	110 (M)	Master	4	Xalkiadakis Georgos	107	205.00	121.71132900

1	1	Raw	125 (M)	Open	5	Koyntoyris Xaralampos - Nikolaos	122.4	202.50	115.904522272
1	1	Raw	82.5 (M)	Open	6	Anastasakos Xristos	81.8	170.00	114.471021267
1	1	Raw	110 (M)	Open	7	Rallis Dimitrios	105.7	180.00	107.311508597
1	1	Raw	140 (M)	Master	8	Koykoytselas Ioannis	137	180.00	100.918672524
1	1	Raw	75 (M)	Junior	9	Papanastasiou Rovertos	74	140.00	100.703902889
1	1	Raw	110 (M)	Open	10	Paylidis Panagiotis	109.6	170.00	100.156207101
1	1	Raw	75 (M)	Open	11	Foteinos Alexandros	74.6	140.00	100.131882887
1	1	Raw	90 (M)	Open	12	Perentis Panagiotis	88.7	155.00	99.6968631601
1	1	Raw	82.5 (M)	Open	13	Mpallas Miltiadis	81.6	147.50	99.4686009757
1	1	Raw	100 (M)	Open	14	Anastopoulos Michalis	97.5	160.00	98.3964853771
1	1	Raw	82.5 (M)	Open	15	Sakarikas Alexandros	81.5	145.00	97.8559574291
1	1	Raw	100 (M)	Open	16	Mayromixalis Anastasios	100	160.00	97.3742515051
1	1	Raw	110 (M)	Master	17	Ziogas Konstantinos	108	162.50	96.1844945294
1	1	Raw	90 (M)	Open	18	Damtsias Konstantinos	90	150.00	95.7591114558
1	1	Raw	90 (M)	Open	19	Karonis Aggelos	90	150.00	95.7591114558
1	1	Raw	90 (M)	Master	20	Katsoylas Argyrios	90	150.00	95.7591114558
1	1	Raw	125 (M)	Open	21	Dramoyntanis Romanos-georgios	119	165.00	95.0491030108
1	1	Raw	110 (M)	Open	22	Koyprizas Dimitrios	106	157.50	93.8063406278
1	1	Raw	100 (M)	Master	23	Mildakos Ippokratis	99.6	150.00	91.4354241662
1	1	Raw	75 (M)	Junior	24	North Zefyros Jamie	73.1	125.00	90.704952949
1	1	Raw	110 (M)	Open	25	Katranamas Ompiama Xristoforos	106.5	152.50	90.6834430738
1	1	Raw	82.5 (M)	Junior	26	Tsakelidis Georgios	82.4	135.00	90.5031612082
1	1	Raw	82.5 (M)	Open	27	Eygenikos Emmanoyil	81.9	132.50	89.1539179736
1	1	Raw	82.5 (M)	Open	28	Charitos Georgios	76	125.00	88.2605302877
1	1	Raw	90 (M)	Master	29	Tsoleridis Kyriakos	87	135.00	87.734252025
1	1	Raw	82.5 (M)	Open	30	Rantza Nikolaos	82.2	130.00	87.2786478957
1	1	Raw	75 (M)	Junior	31	Tsompanis Petros	73.1	120.00	87.076754831
1	1	Raw	56 (M)	Open	32	Kalivas Nikolaos	56	95.00	86.4830859226
1	1	Raw	100 (M)	Open	33	Xaralampakis Xaridimos	98	140.00	85.9109181192
1	1	Raw	110 (M)	Junior	34	Gkesker Aygoystos	109.6	145.00	85.4273531158
1	1	Raw	75 (M)	Open	35	Arslan Muhammad	71	115.00	85.2584973591
1	1	Raw	82.5 (M)	Teen	36	Vlamis Konstantinos	75.5	120.00	85.1146298876
1	1	Raw	82.5 (M)	Open	37	Venieris Nikolaos	81.8	125.00	84.1698685788
1	1	Raw	82.5 (M)	Open	38	Araxobitis Antonios	79.4	122.50	84.0309139248
1	1	Raw	75 (M)	Junior	39	Pavlidis Theodoros	74.8	117.50	83.8819003415
1	1	Raw	90 (M)	Teen	40	Vlaxos Dimitrios	88.5	130.00	83.7158432345
1	1	Raw	90 (M)	Junior	41	Kanakis Aggelos	89.3	130.00	83.3240334293
1	1	Raw	75 (M)	Junior	42	Diamantis Vasileios	73.7	115.00	82.9604914668
1	1	Raw	90 (M)	Open	43	Pyrgolios Panagiotis	85.2	125.00	82.1829303667
1	1	Raw	75 (M)	Open	44	Saliveros Nikolaos	75	115.00	81.9444544399
1	1	Raw	75 (M)	Teen	45	Dimitriou Alexandros	68.8	107.50	81.6432442298
1	1	Raw	82.5 (M)	Open	46	Georgopoylos Ioannis	82	120.00	80.6835094095
1	1	Raw	90 (M)	Junior	47	Spyropoylos Georgios	88.6	125.00	80.4482552045

1	1	Raw	90 (M)	Open	48	Salasidis Mixalis	85.8	122.50	80.2223247452
1	1	Raw	100 (M)	Junior	49	Pantazis Ioannis	100	130.00	79.1165793479
1	1	Raw	75 (M)	Teen	50	Anastopoulos Constantinos	70	105.00	78.6857286234
1	1	Raw	75 (M)	Open	51	Vassalos Fratzeskos	75	110.00	78.381652073
1	1	Raw	67.5 (M)	Open	52	Mpertsos Athanasios	66.6	100.00	77.940882816
1	1	Raw	110 (M)	Open	53	Konstantopoylos Georgios	105	130.00	77.6819623649
1	1	Raw	100 (M)	Junior	54	Nikos Ioannis	99.9	127.50	77.6261731589
1	1	Raw	90 (M)	Open	55	Mpizas Georgios	88.8	120.00	77.1391920088
1	1	Raw	82.5 (M)	Master	56	Grigoropoylos Kyriakos	82.5	115.00	77.0392506052
1	1	Raw	75 (M)	Teen	57	Drakoulis Zacharias	69.8	102.50	76.9807824602
1	1	Raw	90 (M)	Junior	58	Sigalas Anastasios	90	120.00	76.6072891646
1	1	Raw	82.5 (M)	Teen	59	Plakias Ioannis	77.8	110.00	76.4591972149
1	1	Raw	75 (M)	Junior	60	Kerasidis Ksenokratis	73.2	105.00	76.1171007904
1	1	Raw	100 (M)	Open	61	Glitzos Paraskeyas	96.7	122.50	75.6019780487
1	1	Raw	110 (M)	Junior	62	Nikoy Xristos	108	127.50	75.4678341692
1	1	Raw	82.5 (M)	Junior	63	Koutroulias Takis	79.6	110.00	75.3355243055
1	1	Raw	82.5 (M)	Open	64	Rokkos Georgos	79.6	110.00	75.3355243055
1	1	Raw	56 (M)	Open	65	Kakhourashvili Avtandil	54.6	80.00	74.6754466241
1	1	Raw	82.5 (M)	Open	66	Pairaktaridis Basileios	80.9	110.00	74.5737984274
1	1	Raw	82.5 (M)	Junior	67	Gkintersos Xristos	81.7	110.00	74.1246174192
1	1	Raw	67.5 (M)	Open	68	Protopapadakis Eytyxios	65.8	92.50	72.8123598788
1	1	Raw	75 (M)	Open	69	Katounas Georgios	73.3	100.00	72.4212940586
1	1	Raw	82.5 (M)	Open	70	Blasakoydis Apostolos	82	107.50	72.2789771794
1	1	Raw	75 (M)	Teen	71	Gkougkas Aggelos	74.9	100.00	71.3223102628
1	1	Raw	75 (M)	Junior	72	Dimitrakos Constantinos	75	100.00	71.2560473391
1	1	Raw	75 (M)	Junior	73	Pallis Dimitrios	75	100.00	71.2560473391
1	1	Raw	110 (M)	Master	74	Arkoydeas Petros	107.5	120.00	71.1360329083
1	1	Raw	82.5 (M)	Junior	75	Alibroybas Ioannis	81.5	105.00	70.8612105521
1	1	Raw	75 (M)	Teen	76	Mertikas Dimitrios	73.1	97.50	70.7498633002
1	1	Raw	110 (M)	Master	77	Panagiotidis Theodosios	110	120.00	70.6191858222
1	1	Raw	82.5 (M)	Teen	78	Papadopoylos Georgios	76.4	100.00	70.3568326039
1	1	Raw	82.5 (M)	Open	79	Dionysiotis Eyaggelos	82.5	105.00	70.3401853352
1	1	Raw	82.5 (M)	Open	80	Naltsogloy Athanasios	82.5	105.00	70.3401853352
1	1	Raw	90 (M)	Junior	81	Theofiloy Dimitrios	90	110.00	70.2233484009
1	1	Raw	110 (M)	Teen	82	Pokas Konstantinos	108	117.50	69.5487883521
1	1	Raw	90 (M)	Open	83	Lymperopoylos Sarantos	87.9	107.50	69.476389446
1	1	Raw	67.5 (M)	Open	84	Kotsis Vasileios	67.5	90.00	69.3914186796
1	1	Raw	60 (M)	Teen	85	Kallis Marios	59.1	80.00	69.185158526
1	1	Raw	60 (M)	Teen	86	Damtsias Michail	60	80.00	68.2299389279
1	1	Raw	110 (M)	Junior	87	Ila Aggelos	108.2	115.00	68.0283902811
1	1	Raw	82.5 (M)	Open	88	Soumpoulis Dimitrios	80.6	100.00	67.9509349087
1	1	Raw	75 (M)	Master	89	Ramatias Styllianos	75	95.00	67.6932449721
1	1	Raw	90 (M)	Teen	90	Magkoyris Basileios	84.9	100.00	65.8780521519

1	1	Raw	67.5 (M)	Teen	91	Mpountouris Evaggelos	65.3	82.50	65.3524279072
1	1	Raw	75 (M)	Teen	92	Ioannidis Nikolaos	73.6	90.00	64.9885909951
1	1	Raw	90 (M)	Master	93	Peribolaris Giorgos	87.5	100.00	64.787232003
1	1	Raw	100 (M)	Master	94	Gkiokas Xristos	98.5	105.00	64.296404319
1	1	Raw	90 (M)	Open	95	Stathopoylos Konstantinos	89	100.00	64.2073150412
1	1	Raw	125 (M)	Open	96	Koystenis Georgios	120	110.00	63.241353202
1	1	Raw	67.5 (M)	Teen	97	Oktaras Vasileios	66.7	80.00	62.2767533706
1	1	Raw	67.5 (M)	Master	98	Pagidas Eleutherios	67	80.00	62.0509352883
1	1	Raw	100 (M)	Open	99	Arampatzis Konstantinos	97.9	90.00	55.2521744691
1	1	Raw	75 (M)	Teen	100	Kamvysis Pantelis	69.5	70.00	52.7467710694
1	1	Raw	125 (M)	Master	101	Petrokokkinos Loykas	122	80.00	45.8222314609
1	1	Raw	82.5 (M)	Open	102	Tozinis Marios Themis	77.6	60.00	41.7759543336

Mrs Bench Press

0	1	Raw	W 60	Open	1	Maronikolaki Vasiliki	60	95.00	105.914253153
0	1	Raw	W 56	Open	2	Tsimpi Mairi	55.5	82.50	97.7548152728
0	1	Raw	W 90	Open	3	Ntelli Nikoleta	107	85.00	69.5339025371
0	1	Raw	W 67.5	Open	4	Dym Tatiana	65	65.00	68.1916913866
0	1	Raw	W 60	Open	5	Edo Judith	59.8	60.00	67.0665738872
0	1	Raw	W 48	Open	6	Proskefala Constantina	47	45.00	60.5203267154
0	1	Raw	W 56	Junior	7	Chondropoulou Ismene	55.5	47.50	56.2830754601
0	1	Raw	W 67.5	Junior	8	Vlachou Elektra	67.3	52.50	53.6968938413
0	1	Raw	W 56	Open	9	Tamvaki Stamatina	55.4	45.00	53.3962297378
0	1	Raw	W 67.5	Open	10	Gouliami Constantina	66	50.00	51.8687009325
0	1	Raw	W 75	Open	11	Georgopoulou Panagiota	73.6	50.00	48.104542601
0	1	Raw	W 82.5	Open	12	Palaiologou Irene	82.5	35.00	31.4989263305

Mr Deadlift

1	1	Raw	110 (M)	Open	1	Rallis Dimitrios	105.7	370.00	220.584767672
1	1	Raw	75 (M)	Junior	2	Papanastasiou Rovertos	74	305.00	219.390645579
1	1	Raw	90 (M)	Open	3	Perentis Panagiotis	88.7	320.00	205.825782008
1	1	Raw	56 (M)	Open	4	Kalivas Nikolaos	56	200.00	182.069654574
1	1	Raw	75 (M)	Open	5	Saliveros Nikolaos	75	255.00	181.702920715
1	1	Raw	75 (M)	Junior	6	Perisianidis Ioannis	74.2	252.50	181.279890945
1	1	Raw	82.5 (M)	Open	7	Sakarikas Alexandros	81.5	265.00	178.84019806
1	1	Raw	75 (M)	Open	8	Stathakos Christoudoulos	69.4	235.00	177.275467455
1	1	Raw	125 (M)	Open	9	Koyntoyris Xaralampos - Nikolaos	122.4	307.50	176.00316345
1	1	Raw	100 (M)	Open	10	Anastopoulos Michalis	97.5	280.00	172.19384941
1	1	Raw	110 (M)	Open	11	Paylidis Panagiotis	109.6	290.00	170.854706232
1	1	Raw	90 (M)	Junior	12	Soyliotis Apostolos	89	260.00	166.939019107
1	1	Raw	100 (M)	Teen	13	Klironomos Eyaggelos	92.8	262.50	165.068776739

1	1	Raw	82.5 (M)	Open	14	Eygenikos Emmanoyil	81.9	245.00	164.850640781
1	1	Raw	75 (M)	Open	15	Foteinos Alexandros	74.6	225.00	160.926240355
1	1	Raw	82.5 (M)	Junior	16	Tsakelidis Georgios	82.4	240.00	160.894508815
1	1	Raw	90 (M)	Open	17	Karonis Aggelos	90	250.00	159.598519093
1	1	Raw	100 (M)	Open	18	Xaralampakis Xaridimos	98	260.00	159.548847936
1	1	Raw	90 (M)	Master	19	Peribolaris Giorgos	87.5	245.00	158.728718407
1	1	Raw	100 (M)	Master	20	Alexopoylos Konstantinos	99.8	260.00	158.360111385
1	1	Raw	75 (M)	Junior	21	Tsompanis Petros	73.1	215.00	156.012519072
1	1	Raw	90 (M)	Open	22	Lymperopoylos Sarantos	87.9	240.00	155.110078763
1	1	Raw	110 (M)	Open	23	Katranamas Ompiama Xristoforos	106.5	260.00	154.607837372
1	1	Raw	75 (M)	Teen	24	Anastopoulos Constantinos	70	205.00	153.624517789
1	1	Raw	75 (M)	Junior	25	Kerasidis Ksenokratis	73.2	210.00	152.234201581
1	1	Raw	100 (M)	Junior	26	Pantazis Ioannis	100	250.00	152.147267977
1	1	Raw	75 (M)	Teen	27	Dimitriou Alexandros	68.8	200.00	151.894407869
1	1	Raw	110 (M)	Open	28	Koyprizas Dimitrios	106	255.00	151.876932445
1	1	Raw	90 (M)	Open	29	Salasidis Mixalis	85.8	230.00	150.621507685
1	1	Raw	110 (M)	Open	30	Konstantopoylos Georgios	105	250.00	149.388389163
1	1	Raw	82.5 (M)	Teen	31	Papadopoylos Georgios	76.4	210.00	147.749348468
1	1	Raw	82.5 (M)	Teen	32	Plakias Ioannis	77.8	212.50	147.705267347
1	1	Raw	90 (M)	Master	33	Katsoylas Argyrios	90	230.00	146.830637566
1	1	Raw	90 (M)	Junior	34	Spyropoylos Georgios	88.6	227.50	146.415824472
1	1	Raw	67.5 (M)	Open	35	Protopapadakis Eytyxios	65.8	185.00	145.624719758
1	1	Raw	140+ (M)	Master	36	Pafylas Emmanoyil	164	265.00	144.73965784
1	1	Raw	90 (M)	Open	37	Pyrgolios Panagiotis	85.2	220.00	144.641957445
1	1	Raw	67.5 (M)	Teen	38	Mpountouris Evaggelos	65.3	182.50	144.567492037
1	1	Raw	82.5 (M)	Master	39	Grigoropoylos Kyriakos	82.5	215.00	144.029903305
1	1	Raw	82.5 (M)	Open	40	Georgopoylos Ioannis	82	212.50	142.877047913
1	1	Raw	75 (M)	Junior	41	Pallis Dimitrios	75	200.00	142.512094678
1	1	Raw	110 (M)	Master	42	Arkoydeas Petros	107.5	240.00	142.272065817
1	1	Raw	75 (M)	Teen	43	Mertikas Dimitrios	73.1	195.00	141.4997266
1	1	Raw	90 (M)	Junior	44	Sigalas Anastasios	90	220.00	140.446696802
1	1	Raw	100 (M)	Master	45	Mildakos Ippokratis	99.6	230.00	140.200983722
1	1	Raw	100 (M)	Junior	46	Nikos Ioannis	99.9	227.50	138.509446225
1	1	Raw	140+ (M)	Open	47	Antonakopoylos Georgios	155	250.00	137.68394919
1	1	Raw	82.5 (M)	Open	48	Rantza Nikolaos	82.2	205.00	137.631713989
1	1	Raw	110 (M)	Master	49	Ziogas Konstantinos	108	232.50	137.61781525
1	1	Raw	82.5 (M)	Open	50	Dionysiotis Eyaggelos	82.5	205.00	137.330838035
1	1	Raw	75 (M)	Junior	51	Diamantis Vasileios	73.7	190.00	137.065159815
1	1	Raw	82.5 (M)	Junior	52	Koutroulias Takis	79.6	200.00	136.973680555
1	1	Raw	82.5 (M)	Open	53	Pairaktaridis Basileios	80.9	200.00	135.588724413
1	1	Raw	90 (M)	Teen	54	Vlaxos Dimitrios	88.5	210.00	135.233285225
1	1	Raw	82.5 (M)	Teen	55	Vlamis Konstantinos	75.5	190.00	134.764830655
1	1	Raw	82.5 (M)	Open	56	Anastasakos Xristos	81.8	200.00	134.671789726

1	1	Raw	90 (M)	Junior	57	Kanakis Aggelos	89.3	210.00	134.600361693
1	1	Raw	125 (M)	Junior	58	Katsenos Eleytherios	123	235.00	134.364633171
1	1	Raw	82.5 (M)	Junior	59	Gkerdidanis Panagiotis	82.3	200.00	134.176602606
1	1	Raw	75 (M)	Open	60	Arslan Muhammad	71	180.00	133.448082823
1	1	Raw	110 (M)	Teen	61	Pokas Konstantinos	108	225.00	133.178530887
1	1	Raw	82.5 (M)	Open	62	Prantzalos Konstantinos	82.5	195.00	130.631772765
1	1	Raw	75 (M)	Junior	63	North Zefyros Jamie	73.1	180.00	130.615132247
1	1	Raw	75 (M)	Open	64	Katopodis Alexandros	73.2	180.00	130.486458498
1	1	Raw	82.5 (M)	Open	65	Rokkos Georgos	79.6	190.00	130.124996528
1	1	Raw	82.5 (M)	Open	66	Venieris Nikolaos	81.8	192.50	129.621597611
1	1	Raw	100 (M)	Open	67	Glitzos Paraskeyas	96.7	210.00	129.603390941
1	1	Raw	82.5 (M)	Open	68	Soumpoulis Dimitrios	80.6	190.00	129.106776326
1	1	Raw	110 (M)	Junior	69	Nikoy Xristos	108	217.50	128.739246524
1	1	Raw	110 (M)	Teen	70	Skiathitis Alexandros-nikolaos	105.4	215.00	128.303653402
1	1	Raw	82.5 (M)	Junior	71	Alibroybas Ioannis	81.5	190.00	128.225047666
1	1	Raw	110 (M)	Junior	72	Ila Aggelos	108.2	212.50	125.704634215
1	1	Raw	67.5 (M)	Open	73	Kotsis Vasileios	67.5	162.50	125.290061505
1	1	Raw	75 (M)	Junior	74	Pavlidis Theodoros	74.8	175.00	124.93048987
1	1	Raw	67.5 (M)	Open	75	Mpertsos Athanasios	66.6	160.00	124.705412506
1	1	Raw	67.5 (M)	Teen	76	Oktaras Vasileios	66.7	160.00	124.553506741
1	1	Raw	90 (M)	Junior	77	Theofiloy Dimitrios	90	195.00	124.486844893
1	1	Raw	82.5 (M)	Teen	78	Dribas Charalampos	81.5	182.50	123.163532626
1	1	Raw	75 (M)	Open	79	Katounas Georgios	73.3	170.00	123.1161999
1	1	Raw	75 (M)	Teen	80	Ioannidis Nikolaos	73.6	170.00	122.756227435
1	1	Raw	90 (M)	Open	81	Stathopoylos Konstantinos	89	190.00	121.993898578
1	1	Raw	82.5 (M)	Open	82	Roussis-Sakiotis Dimitris	81.5	180.00	121.476360946
1	1	Raw	75 (M)	Open	83	Vassalos Fratzeskos	75	170.00	121.135280476
1	1	Raw	125 (M)	Open	84	Koystenis Georgios	120	210.00	120.733492477
1	1	Raw	82.5 (M)	Open	85	Naltsogloy Athanasios	82.5	180.00	120.58317486
1	1	Raw	140 (M)	Master	86	Koykoytselias Ioannis	137	215.00	120.541747738
1	1	Raw	82.5 (M)	Junior	87	Gkintersos Xristos	81.7	175.00	117.925527712
1	1	Raw	125 (M)	Master	88	Petrokokkinos Loykas	122	205.00	117.419468118
1	1	Raw	90 (M)	Master	89	Tsoleridis Kyriakos	87	180.00	116.9790027
1	1	Raw	82.5 (M)	Open	90	Blasakoydis Apostolos	82	165.00	110.939825438
1	1	Raw	100 (M)	Open	91	Arampatzis Konstantinos	97.9	180.00	110.504348938
1	1	Raw	140+ (M)	Open	92	Dermitzakis Ioannis	165	200.00	109.136105891
1	1	Raw	90 (M)	Open	93	Korkos Konstantinos	90	170.00	108.526992983
1	1	Raw	82.5 (M)	Teen	94	Laoymtzis Dimitrios	81.8	160.00	107.737431781
1	1	Raw	75 (M)	Teen	95	Gkougkas Aggelos	74.9	150.00	106.983465394
1	1	Raw	90 (M)	Teen	96	Magkoyris Basileios	84.9	160.00	105.404883443
1	1	Raw	82.5 (M)	Open	97	Tozinis Marios Themis	77.6	150.00	104.439885834
1	1	Raw	75 (M)	Teen	98	Kamvysis Pantelis	69.5	137.50	103.609728886
1	1	Raw	75 (M)	Junior	99	Fatsios Romanos	72.3	137.50	100.577016747

1	1	Raw	67.5 (M)	Teen	100	Patelis Emmanouel	65	120.00	95.4239843176
1	1	Raw	67.5 (M)	Master	101	Pagidas Eleutherios	67	122.50	95.0154946602
1	1	Raw	60 (M)	Teen	102	Kallis Marios	59.1	105.00	90.8055205654
1	1	Raw	100 (M)	Master	103	Gkiokas Xristos	98.5	100.00	61.23467078
1	1	S-Ply	100 (M)	Open	1	Mayromixalis Anastasios	100	320.00	194.74850301

Mrs Deadlift

0	1	Raw	W 60	Open	1	Maronikolaki Vasiliki	60	180.00	200.679637553
0	1	Raw	W 56	Open	2	Tsimpi Mairi	55.5	140.00	165.886959251
0	1	Raw	W 60	Open	3	Edo Judith	59.8	140.00	156.488672403
0	1	Raw	W 67.5	Open	4	Dym Tatiana	65	135.00	141.628897495
0	1	Raw	W 67.5	Junior	5	Vlachou Elektra	67.3	137.50	140.634721965
0	1	Raw	W 75	Open	6	Georgopoulou Panagiota	73.6	130.00	125.071810763
0	1	Raw	W 67.5	Open	7	Gouliami Constantina	66	112.50	116.704577098
0	1	Raw	W 90	Open	8	Ntelli Nikoleta	107	140.00	114.526427708
0	1	Raw	W 56	Junior	9	Chondropoulou Ismene	55.5	95.00	112.56615092
0	1	Raw	W 56	Open	10	Tamvaki Stamatina	55.4	87.50	103.826002268
0	1	Raw	W 67.5	Master	11	Mourtsala Irene	66.6	100.00	103.05535953
0	1	Raw	W 75	Open	12	Siokou Mirenia	75	102.50	97.4406672453
0	1	Raw	W 48	Open	13	Proskefala Constantina	47	70.00	94.1427304462
0	1	Raw	W 82.5	Open	14	Palaiologou Irene	82.5	95.00	85.4970857543

Mr Powerlifter

1	1	Raw	110 (M)	Open	1	Rallis Dimitrios	105.7	875	521.653166793
1	1	Raw	90 (M)	Open	2	Perentis Panagiotis	88.7	742.5	477.580134815
1	1	Raw	125 (M)	Open	3	Koyntoyris Xaralampos - Nikolaos	122.4	795	455.03256892
1	1	Raw	100 (M)	Master	4	Alexopoylos Konstantinos	99.8	740	450.717240096
1	1	Raw	110 (M)	Open	5	Paylidis Panagiotis	109.6	760	447.757161159
1	1	Raw	82.5 (M)	Open	6	Sakarikas Alexandros	81.5	632.5	426.854434992
1	1	Raw	75 (M)	Open	7	Saliveros Nikolaos	75	582.5	415.06647575
1	1	Raw	82.5 (M)	Open	8	Eygenikos Emmanoyil	81.9	597.5	402.033705579
1	1	Raw	90 (M)	Open	9	Karonis Aggelos	90	617.5	394.20834216
1	1	Raw	82.5 (M)	Junior	10	Tsakelidis Georgios	82.4	580	388.828396302
1	1	Raw	100 (M)	Open	11	Anastopoulos Michalis	97.5	630	387.436161172
1	1	Raw	56 (M)	Open	12	Kalivas Nikolaos	56	425	386.898015969
1	1	Raw	100 (M)	Junior	13	Pantazis Ioannis	100	630	383.411115301
1	1	Raw	100 (M)	Open	14	Xaralampakis Xaridimos	98	620	380.462637385
1	1	Raw	75 (M)	Open	15	Foteinos Alexandros	74.6	530	379.070699502
1	1	Raw	75 (M)	Junior	16	Tsompanis Petros	73.1	520	377.332604268
1	1	Raw	82.5 (M)	Open	17	Anastasakos Xristos	81.8	560	377.081011233

1	1	Raw	82.5 (M)	Open	18	Georgopoylos Ioannis	82	552.5	371.480324573
1	1	Raw	110 (M)	Master	19	Ziogas Konstantinos	108	627.5	371.420125029
1	1	Raw	82.5 (M)	Teen	20	Vlamis Konstantinos	75.5	520	368.830062846
1	1	Raw	90 (M)	Master	21	Katsoylas Argyrios	90	570	363.884623532
1	1	Raw	100 (M)	Master	22	Mildakos Ippokratis	99.6	590	359.64600172
1	1	Raw	75 (M)	Junior	23	Kerasidis Ksenokratis	73.2	492.5	357.025448945
1	1	Raw	110 (M)	Master	24	Arkoydeas Petros	107.5	590	349.752161799
1	1	Raw	82.5 (M)	Open	25	Rantza Nikolaos	82.2	520	349.114591583
1	1	Raw	90 (M)	Open	26	Pyrgolios Panagiotis	85.2	530	348.455624755
1	1	Raw	75 (M)	Junior	27	Pavlidis Theodoros	74.8	487.5	348.020650353
1	1	Raw	90 (M)	Master	28	Peribolaris Giorgos	87.5	535	346.611691216
1	1	Raw	67.5 (M)	Teen	29	Mpountouris Evaggelos	65.3	437.5	346.565905568
1	1	Raw	67.5 (M)	Open	30	Protopapadakis Etyxios	65.8	440	346.350684829
1	1	Raw	75 (M)	Junior	31	North Zefyros Jamie	73.1	475	344.678821206
1	1	Raw	75 (M)	Teen	32	Mertikas Dimitrios	73.1	467.5	339.236524029
1	1	Raw	90 (M)	Junior	33	Sigalas Anastasios	90	530	338.348860477
1	1	Raw	82.5 (M)	Master	34	Grigoropoylos Kyriakos	82.5	505	338.302796136
1	1	Raw	100 (M)	Open	35	Glitzos Paraskeyas	96.7	547.5	337.894554952
1	1	Raw	90 (M)	Junior	36	Spyropoylos Georgios	88.6	525	337.882671859
1	1	Raw	75 (M)	Teen	37	Anastopoulos Constantinos	70	450	337.224551243
1	1	Raw	82.5 (M)	Open	38	Soumpoulis Dimitrios	80.6	495	336.357127798
1	1	Raw	82.5 (M)	Open	39	Dionysiotis Eyaggelos	82.5	500	334.953263501
1	1	Raw	75 (M)	Junior	40	Pallis Dimitrios	75	470	334.903422494
1	1	Raw	90 (M)	Open	41	Lympelopoylos Sarantos	87.9	517.5	334.456107333
1	1	Raw	110 (M)	Teen	42	Pokas Konstantinos	108	565	334.426088672
1	1	Raw	140 (M)	Master	43	Koykoytselas Ioannis	137	595	333.592278623
1	1	Raw	75 (M)	Junior	44	Diamantis Vasileios	73.7	457.5	330.038476922
1	1	Raw	90 (M)	Junior	45	Kanakis Aggelos	89.3	512.5	328.488977942
1	1	Raw	82.5 (M)	Teen	46	Plakias Ioannis	77.8	472.5	328.427006218
1	1	Raw	100 (M)	Junior	47	Nikos Ioannis	99.9	535	325.725510902
1	1	Raw	82.5 (M)	Junior	48	Koutroulias Takis	79.6	475	325.312491319
1	1	Raw	82.5 (M)	Open	49	Venieris Nikolaos	81.8	482.5	324.895692714
1	1	Raw	82.5 (M)	Teen	50	Papadopoylos Georgios	76.4	460	323.641429978
1	1	Raw	75 (M)	Junior	51	Papanastasiou Rovertos	74	445	320.094548468
1	1	Raw	67.5 (M)	Open	52	Mpertsos Athanasios	66.6	410	319.557619546
1	1	Raw	82.5 (M)	Open	53	Pairaktaridis Basileios	80.9	470	318.633502372
1	1	Raw	110 (M)	Junior	54	Nikoy Xristos	108	535	316.66895122
1	1	Raw	90 (M)	Teen	55	Vlaxos Dimitrios	88.5	490	315.544332192
1	1	Raw	82.5 (M)	Open	56	Rokkos Georgos	79.6	460	315.039465277
1	1	Raw	75 (M)	Open	57	Vassalos Fratzeskos	75	440	313.526608292
1	1	Raw	82.5 (M)	Open	58	Naltsogloy Athanasios	82.5	465	311.506535056
1	1	Raw	110 (M)	Junior	59	Ila Aggelos	108.2	507.5	300.212244066
1	1	Raw	82.5 (M)	Junior	60	Alibroybas Ioannis	81.5	435	293.567872287

1	1	Raw	90 (M)	Teen	61	Magkoyris Basileios	84.9	445	293.157332076
1	1	Raw	90 (M)	Junior	62	Theofiloy Dimitrios	90	445	284.085363985
1	1	Raw	90 (M)	Open	63	Karyotis Panagiotis	87.5	435	281.824459213
1	1	Raw	90 (M)	Open	64	Stathopoylos Konstantinos	89	435	279.301820429
1	1	Raw	75 (M)	Teen	65	Ioannidis Nikolaos	73.6	385	278.006750368
1	1	Raw	82.5 (M)	Junior	66	Gkintersos Xristos	81.7	410	276.282664926
1	1	Raw	125 (M)	Open	67	Koystenis Georgios	120	480	275.962268518
1	1	Raw	67.5 (M)	Open	68	Kotsis Vasileios	67.5	357.5	275.638135311
1	1	Raw	82.5 (M)	Junior	69	Gkerdidanis Panagiotis	82.3	405	271.707620276
1	1	Raw	100 (M)	Open	70	Arampatzis Konstantinos	97.9	440	270.121741849
1	1	Raw	67.5 (M)	Teen	71	Oktaras Vasileios	66.7	345	268.568498911
1	1	Raw	140+ (M)	Open	72	Antonakopoylos Georgios	155	455	250.584787526
1	1	Raw	110 (M)	Open	73	Koyprizas Dimitrios	106	412.5	245.683273073
1	1	Raw	110 (M)	Open	74	Katranamas Ompiama Xristoforos	106.5	412.5	245.291280446
1	1	Raw	75 (M)	Open	75	Katopodis Alexandros	73.2	330	239.225173913
1	1	Raw	82.5 (M)	Open	76	Charitos Georgios	76	335	236.538221171
1	1	Raw	110 (M)	Teen	77	Skiathitis Alexandros-nikolaos	105.4	395	235.720665553
1	1	Raw	75 (M)	Teen	78	Dimitriou Alexandros	68.8	307.5	233.537652099
1	1	Raw	90 (M)	Open	79	Salasidis Mixalis	85.8	352.5	230.84383243
1	1	Raw	100 (M)	Master	80	Gkiokas Xristos	98.5	375	229.630015425
1	1	Raw	60 (M)	Teen	81	Kallis Marios	59.1	265	229.175837617
1	1	Raw	110 (M)	Open	82	Konstantopoylos Georgios	105	380	227.070351528
1	1	Raw	82.5 (M)	Teen	83	Dribas Charalampos	81.5	330	222.706661735
1	1	Raw	82.5 (M)	Open	84	Roussis-Sakiotis Dimitris	81.5	327.5	221.019490055
1	1	Raw	75 (M)	Open	85	Arslan Muhammad	71	295	218.706580182
1	1	Raw	140+ (M)	Open	86	Dermitzakis Ioannis	165	390	212.815406488
1	1	Raw	90 (M)	Master	87	Tsoleridis Kyriakos	87	315	204.713254725
1	1	Raw	90 (M)	Open	88	Korkos Konstantinos	90	320	204.286104439
1	1	Raw	75 (M)	Open	89	Katounas Georgios	73.3	270	195.537493958
1	1	Raw	75 (M)	Junior	90	Fatsios Romanos	72.3	257.5	188.353322272
1	1	Raw	82.5 (M)	Open	91	Araxobitis Antonios	79.4	272.5	186.925910567
1	1	Raw	82.5 (M)	Open	92	Blasakoydis Apostolos	82	272.5	183.218802618
1	1	Raw	75 (M)	Junior	93	Perisianidis Ioannis	74.2	252.5	181.279890945
1	1	Raw	75 (M)	Teen	94	Gkougkas Aggelos	74.9	250	178.305775657
1	1	Raw	75 (M)	Open	95	Stathakos Christoudoulos	69.4	235	177.275467455
1	1	Raw	100 (M)	Open	96	Mitropoylos Paraskeyas	97.4	280	172.269135262
1	1	Raw	82.5 (M)	Teen	97	Laoymtzis Dimitrios	81.8	255	171.706531901
1	1	Raw	67.5 (M)	Teen	98	Patelis Emmanouel	65	210	166.991972556
1	1	Raw	90 (M)	Junior	99	Soyliotis Apostolos	89	260	166.939019107
1	1	Raw	100 (M)	Teen	100	Klironomos Eyaggelos	92.8	262.5	165.068776739
1	1	Raw	125 (M)	Master	101	Petrokokkinos Loykas	122	285	163.241699579
1	1	Raw	67.5 (M)	Master	102	Pagidas Eleutherios	67	202.5	157.066429948
1	1	Raw	75 (M)	Teen	103	Kamvysis Pantelis	69.5	207.5	156.356499956

1	1	Raw	82.5 (M)	Open	104	Tozinis Marios Themis	77.6	210	146.215840168
1	1	Raw	140+ (M)	Master	105	Pafylis Emmanoyil	164	265	144.73965784
1	1	Raw	125 (M)	Junior	106	Katsenos Eleytherios	123	235	134.364633171
1	1	Raw	82.5 (M)	Open	107	Prantzalos Konstantinos	82.5	195	130.631772765
1	1	Raw	110 (M)	Open	108	Sarantoy Kyriakos	106	215	128.053099905
1	1	Raw	110 (M)	Master	109	Xalkiadakis Georgos	107	205	121.71132973
1	1	Raw	82.5 (M)	Open	110	Mpallas Miltiadis	81.6	147.5	99.4686009757
1	1	Raw	90 (M)	Open	111	Damtsias Konstantinos	90	150	95.7591114558
1	1	Raw	125 (M)	Open	112	Dramoyntanis Romanos-georgios	119	165	95.0491030108
1	1	Raw	110 (M)	Junior	113	Gkesker Aygoystos	109.6	145	85.4273531158
1	1	Raw	90 (M)	Open	114	Mpizas Georgios	88.8	120	77.1391920088
1	1	Raw	75 (M)	Teen	115	Drakoulis Zacharias	69.8	102.5	76.9807824602
1	1	Raw	56 (M)	Open	116	Kakhourashvili Avtandil	54.6	80	74.6754466241
1	1	Raw	75 (M)	Junior	117	Dimitrakos Constantinos	75	100	71.2560473391
1	1	Raw	110 (M)	Master	118	Panagiotidis Theodosios	110	120	70.6191858222
1	1	Raw	60 (M)	Teen	119	Damtsias Michail	60	80	68.2299389279
1	1	Raw	75 (M)	Master	120	Ramatias Styllianos	75	95	67.6932449721
1	1	S-PLY	100 (M)	Open	1	Mayromixalis Anastasios	100	810	492.9571

Mrs Powerlifter

0	1	Raw	W 60	Open	1	Maronikolaki Vasiliki	60	455	507.273528258
0	1	Raw	W 56	Open	2	Tsimpi Mairi	55.5	347.5	411.755130997
0	1	Raw	W 60	Open	3	Edo Judith	59.8	325	363.277275222
0	1	Raw	W 67.5	Open	4	Dym Tatiana	65	307.5	322.599155406
0	1	Raw	W 67.5	Junior	5	Vlachou Elektra	67.3	287.5	294.054418655
0	1	Raw	W 90	Open	6	Ntelli Nikoleta	107	355	290.406298832
0	1	Raw	W 75	Open	7	Georgopoulou Panagiota	73.6	295	283.816801346
0	1	Raw	W 56	Junior	8	Chondropoulou Ismene	55.5	227.5	269.566308782
0	1	Raw	W 56	Open	9	Tamvaki Stamatina	55.4	217.5	258.081777066
0	1	Raw	W 48	Open	10	Proskefala Constantina	47	190	255.530268354
0	1	Raw	W 67.5	Open	11	Gouliami Constantina	66	242.5	251.563199522
0	1	Raw	W 82.5	Open	12	Palaiologou Irene	82.5	220	197.99325122
0	1	Raw	W 75	Open	13	Siokou Mirenia	75	187.5	178.24512301
0	1	Raw	W 67.5	Master	14	Mourtsala Irene	66.6	100	103.05535953