

Shalaby Ekramy Shalaby	39	M-O	73	75	0.7027	200	-220	220		220	160	170	-175		170	390	220	240	-265		240	630	442.6695	0	2-M-O-75	5	EG	
Laiho Joni	26	M-O	73.7	75	0.6976	160	175	190		190	135	142.5	150		150	340	210	225	232.5		232.5	572.5	399.34737	0	3-M-O-75	3	FI	
Champ Johann	32	M-O	72.9	75	0.7073	175	185	192.5		192.5	140	147.5	-150		147.5	340	200	212.5	225		225	565	399.59625	0	4-M-O-75	3	FR	
Mahmoud Ahmed Adawi Faragalla	39	M-O	82.2	82.5	0.6462	220	230	237.5		237.5	185	190	-195		190	427.5	235	245	255		255	682.5	440.99737	0	1-M-O-82.5	7	EG	
Talero Aleksandr	36	M-O	81.6	82.5	0.6493	225	240	-247.5		240	137.5	142.5	-145		142.5	382.5	245	260	270		270	652.5	423.63562	0	2-M-O-82.5	5	RU	
Ahmadov Roman	34	M-O	80.7	82.5	0.654	175	185	-195		185	135	140	-145		140	325	260	275	-285		275	600	392.4	0	3-M-O-82.5	3	AZ	
Romain Florent	27	M-O	81.3	82.5	0.6508	-190	190	-200		190	145	150	-152.5		150	340	235	245	-255		245	585	380.718	0	4-M-O-82.5	3	FR	
Masalin Marko	33	M-O	81.2	82.5	0.6513	-160	170	180		180	135	145	-150		145	325	220	235	-245		235	560	364.728	0	5-M-O-82.5	3	FI	
Kheruvimov Dmitrii	27	M-O	82	82.5	0.6472	150	155	160		160	102.5	110	115		115	275	210	220	225		225	500	323.575	0	6-M-O-82.5	3	RU	
Olekseenko Yury	33	M-O	85.5	90	0.6304	270	290			290	140	160	170		170	460	260	280	300		300	760	479.066	0	1-M-O-90	7	RU	
Bozza Matteo	26	M-O	88.2	90	0.6189	-235	240	-250		240	155	162.5	-167.5		162.5	402.5	275	295	305		305	707.5	437.83637	0	2-M-O-90	5	IT	
Nyman Samppa	36	M-O	89.2	90	0.6149	210	230	250		250	160	167.5	172.5		172.5	422.5	250	267.5	-290		267.5	690	424.281	0	3-M-O-90	3	FI	
Sharavdorj Ariunbaatar	37	M-O	89.9	90	0.6143	205	215	222.5		222.5	155	-160	-160		155	377.5	250				250	627.5	385.44187	0	4-M-O-90	3	MN	
Triance Darryl	43	M-O	89.3	90	0.6146	205	-212.5	-212.5		205	130	140	-145		140	345	250	260	-267.5		260	605	371.80275	383.32863	5-M-O-90	3	UK	
Kiander Tuomas	27	M-O	87.6	90	0.6214	-140	-155	-155		0	90				0	0	180				0	0	0	0	0	0	0	FI
Ahola Petteri	34	M-O	99.1	100	0.5836	250	272.5	280		280	205	-215	-215		205	485	315	330	-335		330	815	475.59325	0	1-M-O-100	7	FI	
Sharavdorj Altan Bagana	29	M-O	99.8	100	0.5818	220	235	245		245	200	210	-215		210	455	230	245	255		255	710	413.078	0	2-M-O-100	5	MN	
Frisk Johan	28	M-O	99.3	100	0.5831	212.5	222.5	227.5		227.5	170	175	182.5		182.5	410	-265	270	275		275	685	399.38925	0	3-M-O-100	3	FI	
Seppälä Janne	38	M-O	98.9	100	0.5854	200	215	-230		215	175	180	185		185	400	255	-265	275		275	675	395.11125	0	4-M-O-100	3	FI	
Kaminski Evgeni	28	M-O	95.9	100	0.5938	225	230	-235		230	140	-145	-145		140	370	260	-270			260	630	374.0625	0	5-M-O-100	3	RU	
Khanjyan Eduard	34	M-O	110	110	0.5625	302.5				302.5	220	-230			220	522.5	320	352.5			352.5	875	492.1875	0	1-M-O-110	7	FI	
Varvas Jyrki	40	M-O	109.4	110	0.5634	260	275	285		285	180	-192.5	-192.5		180	465	280	290	300		300	765	430.96275	430.96275	2-M-O-110	5	FI	
Sullivan Arran	29	M-O	107.5	110	0.5663	270	-282.5	-282.5		270	175	-182.5	182.5		182.5	452.5	270	285	-290		285	737.5	417.64625	0	3-M-O-110	3	UK	
Kallunki Sauli	24	M-O	108.3	110	0.565	225	240	250		250	180	192.5	-195		192.5	442.5	265	282.5	-300		282.5	725	409.625	0	4-M-O-110	3	FI	
Fesaniuk Nikolai	35	M-O	124.1	125	0.5465	330	355	-370		355	190	205	215		215	570	-340	340	-365		340	910	497.315	0	1-M-O-125	7	RU	
Zaitsev Aleksander	39	M-O	119	125	0.552	-300	300	320		320	200	210	220		220	540	300	320	330		330	870	480.24	0	2-M-O-125	5	RU	
Kankaanpää Sami	31	M-O	122	125	0.5489	250	-265	275		275	175	190	197.5		197.5	472.5	300	-315	-315		300	772.5	423.98662	0	3-M-O-125	3	FI	
Härkä Lauri	36	M-O	124	125	0.5466	-240	-240	240		240	210	-220	-225		210	450	260	280	-292.5		280	730	399.018	0	4-M-O-125	3	FI	
Pitkänen Tero	39	M-O	118.6	125	0.5524	-230	230	240		240	175	-185	-187.5		175	415	-275	-285	285		285	700	386.68	0	5-M-O-125	3	FI	
Leon Jean-Luc	30	M-O	120.5	125	0.5505	225	237.5	242.5		242.5	175	-185	-185		175	417.5	282.5				282.5	700	385.315	0	6-M-O-125	3	FR	
Parshikov Ion	24	M-O	123.6	125	0.5471	240	250	-257.5		250	150	160	165		165	415	-245	245	-250		245	660	361.086	0	7-M-O-125	3	RU	
Muller Robin	29	M-O	116.1	125	0.555	215	230	-240		230	142.5	-150	-150		142.5	372.5	230	-270	-270		230	602.5	334.3875	0	8-M-O-125	3	DE	
Schrott Michael	47	M-O	126.8	140	0.5435	270	300	307.5		307.5	180	190	200		200	507.5	270	292.5			292.5	800	434.8	470.4536	1-M-O-140	7	DE	
Claudio Franceschi	27	M-O	129.3	140	0.541	240	260	270		270	160	-170	175		175	445	265	285	-300		285	730	394.8935	0	2-M-O-140	5	IT	
Rashid Sohail		M-O			0					0					0	0					0	0	0	0	0	0	0	UK
Mammadov Eldar		M-O			0					0					0	0					0	0	0	0	0	0	0	AZ
Enkhbaatar Sodgerel		M-O			0					0					0	0					0	0	0	0	0	0	0	MN
Sheppard Thomas		M-O			0					0					0	0					0	0	0	0	0	0	0	UK
Morgan Samy Salama Rezk		M-O			0					0					0	0					0	0	0	0	0	0	0	EG

WPC Worlds 2019 Day1 RAW PL-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbr er	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff	Pl-Div-WtCl	Tm Pts	Team
Shockley Sheryl Lynne	62	F-M5	76.5	82.5	0.8253	187.39	203.93	214.95	225.97	214.95	104.72	110.23	-115.74	0	110.23	325.18	-275.58	292.11	297.62	-309.75	297.62	622.7995	233.13312	324.75444	1-F-M5-82.5	7	US
Hansson Boel	51	F-M3	54.6	56	1.0653	187.39	209.44	225.97	0	225.97	110.23	-121.25	-121.25	0	110.23	336.2	242.51	275.58	314.16	0	314.16	650.357	314.2635	360.46023	1-F-M3-56	7	SE
Smith Janet	50	F-M3	73.4	75	0.8484	-297.62	297.62	-315.26	0	297.62	192.9	-199.52	0	0	192.9	490.52	385.81	403.44	-429.9	0	403.44	893.9653	344.00592	388.72669	1-F-M3-75	7	AU
Malinen Lauriina	46	F-M2	67.5	67.5	0.9	242.51	270.06	-281.09	0	270.06	132.28	143.3	148.81	0	148.81	418.87	264.55	286.6	320.77	0	320.77	739.6433	301.93322	322.46468	1-F-M2-67.5	7	FI
Lehtotie Kristiina	45	F-M2	94.4	SHW	0.7324	198.41	231.48	-253.53	0	231.48	159.83	-170.86	-170.86	0	159.83	391.32	297.62	314.16	-330.69	0	314.16	705.472	234.352	247.24136	1-F-M2-SHW	7	FI
Hiisiö Petra M1	43	F-M1	55.4	56	1.053	242.51	-264.55	264.55	0	264.55	121.25	-132.28	132.28	0	132.28	396.83	286.6	308.64	330.69	-374.78	330.69	727.518	347.49	358.26219	1-F-M1-56	7	FI
Kaarto Päivi	42	F-M1	95.5	SHW	0.7289	352.74	380.29	385.81	0	385.81	259.04	270.06	281.09	0	281.09	666.89	440.92	485.01	496.04	0	496.04	1162.926	384.46837	392.15774	1-F-M1-SHW	7	FI
Rivera Isabelle	16	F-T2	86.4	90	0.7651	336.2	363.76	374.78	0	374.78	159.83	176.37	-181.88	0	176.37	551.15	347.22	374.78	396.83	0	396.83	947.978	328.9715	0	1-F-T2-90	7	US
Martin Gabrielle	23	F-J	73.5	75	0.8476	-253.53	-253.53	253.53	0	253.53	165.35	-176.37	-176.37	0	165.35	418.87	341.71	-358.25	0	0	341.71	760.587	292.40475	0	1-F-J-75	7	FR
Zhuk Liulia	33	F-O	46.8	48	1.2019	159.83	170.86	176.37	0	176.37	77.161	82.673	88.184	0	88.184	264.55	203.93	220.46	231.48	0	231.48	496.035	270.4275	0	1-F-O-48	7	RU
Vicente Filipa	35	F-O	50.9	52	1.1264	220.46	225.97	-231.48	0	225.97	143.3	-148.81	148.81	0	148.81	374.78	264.55	286.6	297.62	0	297.62	672.403	343.552	0	1-F-O-52	7	PT
Nahkala Marinee	28	F-O	51.3	52	1.1195	198.41	209.44	-220.46	0	209.44	-88.184	88.184	-99.207	0	88.184	297.62	264.55	286.6	297.62	0	297.62	595.242	302.265	0	2-F-O-52	5	FI
Hiisiö Petra	43	F-O	55.4	56	1.053	242.51	-264.55	264.55	0	264.55	121.25	-132.28	132.28	0	132.28	396.83	286.6	308.64	330.69	0	330.69	727.518	347.49				

Peura Juulia	24	F-O	56	56	1.0439	-192.9	-192.9	192.9	0	192.9	137.79	148.81	154.32	0	154.32	347.22	264.55	275.58	-286.6	0	275.58	622.7995	294.90175	0	2-F-O-56	5	FI	
Bondarchuk Elena	39	F-O	59.4	60	0.9956	270.06	286.6	-297.62	0	286.6	165.35	176.37	187.39	0	187.39	473.99	308.64	336.2	352.74	0	352.74	826.725	373.35	0	1-F-O-60	7	RU	
Doumbia Perinne	29	F-O	59.5	60	0.9943	220.46	242.51	-253.53	0	242.51	132.28	143.3	-148.81	0	143.3	385.81	286.6	308.64	-319.67	0	308.64	694.449	313.18875	0	2-F-O-60	5	FR	
Eggleton Sharon	40	F-O	67	67.5	0.9049	396.83	-429.9	-429.9	0	396.83	264.55	286.6	-303.13	0	286.6	683.43	418.87	440.92	0	0	440.92	1124.346	461.499	461.499	0	1-F-O-67.5	7	UK
Purhonen Sanna	33	F-O	66.6	67.5	0.9092	-308.64	308.64	-330.69	0	308.64	165.35	-176.37	-176.37	0	165.35	473.99	385.81	402.34	-418.87	0	402.34	876.3285	361.38712	0	2-F-O-67.5	5	FI	
Laurila Elisa	33	F-O	65.5	67.5	0.9211	286.6	297.62	303.13	0	303.13	176.37	-187.39	-187.39	0	176.37	479.5	352.74	363.76	374.78	0	374.78	854.2825	356.92625	0	3-F-O-67.5	3	FI	
Fonteneau Camille	25	F-O	66.9	67.5	0.906	286.6	-308.64	-308.64	0	286.6	148.81	-159.83	159.83	0	159.83	446.43	297.62	330.69	-347.22	0	330.69	777.1215	319.34737	0	4-F-O-67.5	3	FR	
Boulahna Amina	28	F-O	73.8	75	0.8453	308.64	330.69	341.71	0	341.71	198.41	209.44	220.46	0	220.46	562.17	407.85	440.92	462.97	0	462.97	1025.139	393.04125	0	1-F-O-75	7	FI	
Pelikka Krista	32	F-O	73.4	75	0.8484	275.58	-297.62	-319.67	0	275.58	236.99	-259.04	0	0	236.99	512.57	374.78	-396.83	0	0	374.78	887.3515	341.46087	0	2-F-O-75	5	FI	
Jones Kerry	32	F-O	76.7	82.5	0.8238	319.67	341.71	347.22	0	347.22	176.37	187.39	-198.41	0	187.39	534.62	352.74	363.76	-374.78	0	363.76	898.3745	335.6985	0	1-F-O-82.5	7	UK	
Normington Rachel	29	F-O	77	82.5	0.8217	259.04	275.58	-286.6	0	275.58	137.79	148.81	-159.83	0	148.81	424.39	308.64	330.69	352.74	0	352.74	777.1215	289.64925	0	2-F-O-82.5	5	UK	
Shockley Vivienne, Special Olym.	38	F-O	78.9	82.5	0.8089	121.25	126.76	-132.28	0	126.76	104.72	110.23	115.74	0	115.74	242.51	275.58	292.11	297.62	309.75	297.62	540.127	198.1805	0	3-F-O-82.5	3	US	
Kaarto Päivi	42	F-O	95.5	SHW	0.7289	352.74	380.29	385.81	0	385.81	259.04	270.06	281.09	0	281.09	666.89	440.92	485.01	496.04	0	496.04	1162.926	384.46837	392.15774	1-F-O-SHW	7	FI	
Ruzin Ernest	82	M-M9	61.7	67.5	0.811	242.51	259.04	275.58	0	275.58	88.184	99.207	-110.23	0	99.207	374.78	319.67	336.2	0	0	336.2	710.9835	261.53137	536.13931	1-M-M9-67.5	7	IL	
Sjögren Raimo	75	M-M8	99.1	100	0.5836	253.53	264.55	-304.23	0	264.55	143.3	154.32	-176.37	0	154.32	418.87	286.6	308.64	-352.74	0	308.64	727.518	192.5715	353.36870	1-M-M8-100	7	FI	
Oram Peter	65	M-M6	87.3	90	0.6226	209.44	242.51	264.55	0	264.55	148.81	-170.86	-170.86	0	148.81	413.36	385.81	429.9	451.94	0	451.94	865.3055	244.3705	361.66834	1-M-M6-90	7	UK	
Korhonen Kalle-Ville	64	M-M5	98.9	100	0.5854	220.46	-242.51	242.51	0	242.51	220.46	-242.51	242.51	0	242.51	485.01	396.83	418.87	440.92	0	440.92	925.932	245.847	356.47815	1-M-M5-100	7	FI	
Eglitis Aldis	58	M-M4	80.4	82.5	0.6557	286.6	297.62	314.16	0	314.16	220.46	231.48	-236.99	0	231.48	545.64	352.74	374.78	396.83	0	396.83	942.4665	280.29037	361.85487	1-M-M4-82.5	7	LV	
Astaptev Vladimir	54	M-M3	74.4	75	0.6927	292.11	303.13	308.64	0	308.64	236.99	248.02	253.53	0	253.53	562.17	396.83	418.87	0	0	418.87	981.047	308.22925	371.10801	1-M-M3-75	7	FI	
Haavisto Billy	54	M-M3	105.1	110	0.5705	418.87	462.97	485.01	0	485.01	352.74	374.78	-396.83	0	374.78	859.79	-529.1	529.1	562.17	0	562.17	1421.967	367.9725	443.03889	1-M-M3-110	7	FI	
Goeck Michael	51	M-M3	108	110	0.5655	396.83	429.9	462.97	0	462.97	264.55	297.62	-314.16	0	297.62	760.59	440.92	485.01	0	0	485.01	1245.599	319.5075	366.47510	2-M-M3-110	5	DE	
Tumurbaatar Chakhar	45	M-M2	74.6	75	0.6913	308.64	330.69	352.74	0	352.74	330.69	-363.76	369.27	0	369.27	722.01	418.87	-473.99	0	0	418.87	1140.880	357.72187	377.39657	1-M-M2-75	7	MN	
Boizou Sebastian	45	M-M2	81.7	82.5	0.6487	352.74	396.83	451.94	0	451.94	-275.58	275.58	308.64	0	308.64	760.59	220.46	396.83	-529.1	0	396.83	1157.415	340.5675	359.29871	1-M-M2-82.5	7	FR	
Monin Alexey	48	M-M2	87.6	90	0.6214	-319.67	319.67	330.69	0	330.69	220.46	231.48	242.51	0	242.51	573.2	385.81	407.85	440.92	0	440.92	1014.116	285.821	313.54563	1-M-M2-90	7	RU	
Schrott Michael	47	M-M2	126.8	140	0.5435	595.24	661.38	677.91	0	677.91	396.83	418.87	440.92	0	440.92	1118.8	595.24	644.85	0	0	644.85	1763.68	434.8	470.4536	1-M-M2-140	7	DE	
Triance Darryl	43	M-M1	89.3	90	0.6146	451.94	-468.48	-468.48	0	451.94	286.6	308.64	-319.67	0	308.64	760.59	551.15	573.2	-589.73	0	573.2	1333.783	371.80275	383.32863	1-M-M1-90	7	UK	
Auvinen Markus	44	M-M1	87.1	90	0.6234	374.78	-396.83	-396.83	0	374.78	286.6	-297.62	-297.62	0	286.6	661.38	-485.01	485.01	-507.06	0	485.01	1146.392	324.168	338.10722	2-M-M1-90	5	FI	
Burns Darryl	40	M-M1	99.3	100	0.5831	385.81	418.87	0	0	418.87	286.6	-308.64	308.64	0	308.64	727.52	600.75	-633.82	-633.82	0	600.75	1328.271	351.28762	351.28762	1-M-M1-100	7	CA	
Hyppölä Saku	42	M-M1	98.8	100	0.5843	308.64	341.71	363.76	0	363.76	-286.6	303.13	-314.16	0	303.13	666.89	-396.83	446.43	473.99	0	473.99	1140.880	302.37525	308.42275	2-M-M1-100	5	FI	
Varvas Jyrki	40	M-M1	109.4	110	0.5634	573.2	606.27	628.31	0	628.31	396.83	-424.39	-424.39	0	396.83	1025.1	617.29	639.33	661.38	0	661.38	1686.519	430.96275	430.96275	1-M-M1-110	7	FI	
Thompson Alex	17	M-T2	90.9	100	0.6105	385.81	-429.9	429.9	0	429.9	231.48	248.02	259.04	0	259.04	688.94	418.87	473.99	501.55	0	501.55	1190.484	329.643	0	1-M-T2-100	7	UK	
Upenieks Adrians	16	M-T2	113.7	125	0.5577	418.87	440.92	479.5	-496.04	479.5	264.55	275.58	286.6	-297.6	286.6	766.1	529.1	551.15	562.17	0	562.17	1328.271	336.01425	0	1-M-T2-125	7	LV	
Varvas Benjamin	15	M-T1	59	60	0.8467	242.51	264.55	286.6	0	286.6	143.3	154.32	-165.35	0	154.32	440.92	264.55	286.6	319.67	-353.84	319.67	760.587	292.09425	0	1-M-T1-60	7	FI	
Doering Otto	15	M-T1	79.9	82.5	0.6613	270.06	-292.11	292.11	0	292.11	176.37	192.9	-209.44	0	192.9	485.01	352.74	374.78	-396.83	0	374.78	859.794	257.907	0	1-M-T1-82.5	7	FI	
Gelmini Marco	23	M-J	80.9	82.5	0.6557	457.45	-485.01	-496.04	0	457.45	308.64	325.18	330.69	0	330.69	788.14	518.08	540.13	-556.66	0	540.13	1328.271	395.05925	0	1-M-J-82.5	7	IT	
King Peter	23	M-J	80.6	82.5	0.6545	396.83	418.87	440.92	0	440.92	286.6	-308.64	0	0	286.6	727.52	529.1	562.17	-578.71	0	562.17	1289.691	382.8825	0	2-M-J-82.5	5	UK	
Kiploks Uldis	22	M-J	109.8	110	0.5628	-639.33	639.33	661.38	0	661.38	396.83	429.9	446.43	0	446.43	1107.8	727.52	771.61	0	0	771.61	1879.421	479.74437	0	1-M-J-110	7	LV	
Bezdetnov Danil	20	M-J	107.7	110	0.566	606.27	628.31	-639.33	0	628.31	396.83	413.36	424.39	0	424.39	1052.7	584.22	606.27	617.29	0	617.29	1669.984	428.70712	0	2-M-J-110	5	RU	
Uotila Tuomas	23	M-J	131.2	140	0.5392	485.01	507.06	529.1	0	529.1	330.69	347.22	369.27	0	369.27	898.37	-507.06	540.13	562.17	0	562.17	1460.547	357.18687	0	1-M-J-140	7	FI	
Fraser Simeon	31	M-O	74.3	75	0.6934	496.04	-529.1	529.1	0	529.1	308.64	363.76	-374.78	0	363.76	892.86	551.15	595.24	-617.29	0	595.24	1488.105	468.01125	0	1-M-O-75	7	FR	
Shalaby Ekramy Shalaby	39	M-O	73	75	0.7027	440.92	-485.01	485.01	0	485.01	352.74	374.78	-385.81	0	374.78	859.79	485.01	529.1	-584.22	0	529.1	1388.898	442.6695	0	2-M-O-75	5	EG	
Laiho Joni	26	M-O	73.7	75	0.6976	352.74	385.81	418.87	0	418.87	297.62	314.16	330.69	0	330.69	749.56	462.97	496.04	512.57	0	512.57	1262.133	399.34737	0	3-M-O-75	3	FI	
Champ Johann	32	M-O	72.9	75	0.7073	385.81	407.85	424.39	0	424.39	308.64	325.18	-330.69	0	325.18	749.56	440.92	468.48	496.04	0	496.04	1245.599	399.59625	0	4-M-O-75	3	FR	
Mahmoud Ahmed Adawi Faragalla	39	M-O	82.2	82.5	0.6462	485.01	507.06	523.59	0	523.59	407.85	418.87	-429.9	0	418.87	942.47	518.08	540.13	562.17	0	562.17	1504.639	440.99737	0	1-M-O-82.5	7	EG	
Talero Aleksandr	36	M-O	81.6	82.5	0.6493	496.04	529.1	-545.64	0	529.1	303.13	314.16	-319.67	0	314.16	843.26	540.13	573.2	595.24	0	595.24	1438.501	423.63562	0	2-M-O-82.5	5	RU	

