

Íslandsmót ÍF í kraftlyftingum - 20-04-2013

Standandi - Kvennaflokkur

#	Nafn	Lp	Hnébeygja				Bekkpressa				HB + BP	Réttstöðulyfta				Sam-tals	Wilks-stig
			1	2	3	Best	1	2	3	Best		1	2	3	Best		
1	Hulda Sigurjónsdóttir	89,90	70,0	70,0	75,0	75,0	45,0	50,0	52,5	50,0	125,0	95,0	100,0	102,5	100,0	225,0	194,51

Standandi - Karlaflokkur

#	Nafn	Lp	Hnébeygja				Bekkpressa				HB + BP	Réttstöðulyfta				Sam-tals	Wilks-stig
			1	2	3	Best	1	2	3	Best		1	2	3	Best		
1	Vignir Unnsteinsson	122,90	160,0	160,0	170,0	170,0	125,0	135,0	142,5	142,5	312,5	220,0	235,0	250,0	235,0	547,5	313,12
2	Sveinbjörn Sveinbjörnsson	82,55	120,0	120,0	120,0	120,0	95,0	100,0	100,0	95,0	215,0	150,0	180,0	200,0	180,0	395,0	264,41
3	Ólafur A. Einarsson	132,70	40,0	60,0	70,0	70,0	60,0	65,0	70,0	70,0	140,0	80,0	100,0	115,0	115,0	255,0	143,72
4	Guðmundur Ásbjörnsson	69,25	40,0	50,0	50,0	50,0	30,0	37,5	42,5	30,0	80,0	50,0	60,0	70,0	70,0	150,0	113,28

Sitjandi - Karlaflokkur

#	Nafn	Lp	Bekkpressa				Sam-tals	Wilks-stig
			1	2	3	Best		
1	Alexander Harðarson	69,85	100,0	105,0	110,0	105,0	105,0	78,77
2	Arnar H. Lárusson	73,35	100,0	105,0	107,5	107,5	107,5	77,78
3	Þorsteinn Sölvason	84,20	100,0	110,0	115,0	115,0	115,0	76,12
4	Egill Rafnsson	61,30	60,0	65,0	70,0	70,0	70,0	58,56
5	Sigurjón Æ. Ólafsson	72,30	30,0	35,0	40,0	35,0	35,0	25,60