

Enter here the name of the Event

Location and day

Íslandsmót ÍF 26.03.2011																					
Place	M/W	Lot #	Class	BWT	Name / BY	Nation	SQUAT				BENCH PRESS			Sub. Tot.	DEADLIFT			DL result	Total	Wilks pts	Place
							1.	2.	3.	result	1.	2.	3.		result	1.	2.				
					Hópur 1																
					Þroskahamlaðir																
	W	1	-125	116,40	Daníel Unnar Vignisson	ÍFR	220,0			220,0	100,0			100,0	320,0	220,0			220,0	540,0	434,20
	W	2	82,5	79,00	Sveinbjörn Ó. Sveinbjörnsson	ÍFR	130,0	140,0	145,0	145,0	100,0			100,0	245,0	165,0	175,0	185,0	185,0	430,0	396,25
	W	3	-125	117,40	Vignir Þ. Unnsteinsson	ÍFR	180,0	195,0	205,0	205,0	130,0	140,0		140,0	345,0	220,0	245,0		245,0	590,0	473,66
	W	4	82,5	80,00	Bóas H. Sigurbjörnsson	ÖSP			75,0	75,0	65,0	70,0		70,0	145,0	160,0		172,5	172,5	317,5	
	W	5	-90	89,65	Lárus Ö. Sigurbjörnsson	ÖSP	65,0	80,0	110,0	110,0	70,0	75,0		75,0	185,0	140,0	155,0	165,0	165,0	315,0	288,23
					Hópur 2																
					Hreyfihamlaðir																
	W	1	-90	85,10	Þorsteinn M. Sölvason	ÍFR					135,0	140,0		140,0	140,0					140,0	

Records:

Side Referee _____

Chief Referee _____

Side Referee _____

