

IRP European Championships Gdansk

12 - 13 November 2011



Open Active - Benchpress

	Nation	Bodyweight kg	Best Result kg	Points		
- 95 kg						
1.	Marcel Köchel	Germany	94,3	195	100,7	
2.	Markus Krümmer	Germany	94,2	152,5	58,3	
- 115 kg						
1.	Oliver Hirschmann	Germany	105	200	95	
2.	Jouko Kiesiläinen	Finland	106,5	160	53,5	
3.	Marko Lamprecht	Germany	112	155	43	
4.	Martin Kobliha	Czech Rep.	102,8	145	42,2	
+ 115 kg						
1.	Mirko Jentzsch	Germany	119	232,5	113,5	GR/WR
2.	Adam Svehla	Czech Rep.	126,6	207,5	80,9	
3.	Danny Schmalz	Germany	126	202,5	76,5	
4.	Michael Blumstein	Germany	117,5	187,5	70	

Open Active – Squat

	Nation	Bodyweight kg	Best Result kg	Points		
- 75 kg						
1.	Sebastian Kienast	Germany	74	180	106	
- 95 kg						
1.	Markus Krümmer	Germany	94,2	240	145,8	
2.	Matthias Schröter	Germany	80	197,5	117,5	
- 115 kg						
1.	Marco Lamprecht	Germany	112	300	188	GR/WR
2.	Jouko Kiesiläinen	Finland	106,5	225	118,5	
+ 115 kg						
1.	Michael Blumstein	Germany	117,5	300	182,5	

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12 - 13 November 2011



Open Active – Deadlift

	Nation	Bodyweight kg	Best Result kg	Points	
- 75 kg					
1. Sebastian Kienast	Germany	74	235	161	GR/WR
- 95 kg					
1. Vladimir Tucek	Czech Rep.	91,1	292,5	201,4	WR
2. Markus Krümmer	Germany	94,2	285	190,8	
3. Matthias Schröter	Germany	80	215	135	
- 115 kg					
1. Marko Lamprecht	Germany	112	280	168	
2. Frank Mücke	Germany	108,5	270	161,5	
3. Martin Kobliha	Czech Rep.	102,8	235	132,2	
4. Jouko Kiesiläinen	Finland	106,5	220	113,5	
+ 115 kg					
1. Adam Svehla	Czech Rep.	126,6	290	163,4	
2. Michael Blumstein	Germany	117,5	280	162,5	

Master 1 – Benchpress

	Nation	Bodyweight kg	Best Result kg	Points	
- 75 kg					
1. Jörg Pilov	Germany	74,8	135	60,2	
- 95 kg					
1. Lech Tillade	Germany	88	115	27	
- 115 kg					
1. Frank Leiyng	Germany	112	232,5	220,5	GR/WR
2. Thorsten Maltzen	Finland	100,5	172,5	72	

Master 1 – Squat

	Nation	Bodyweight kg	Best Result kg	Points	
- 95 kg					
1. Lech Tillade	Germany	88	112,5	24,5	
- 115 kg					
1. Boguslaw Kwiatkowski	Poland	106	220	114	
2. Andreas Hordan	Germany	114,6	200	85,4	
+ 115 kg					
1. Ralf Kanthak	Germany	122,5	280	157,5	

IRP European Championships Gdansk

12 - 13 November 2011



Master 1 – Deadlift

	Nation	Bodyweight kg	Best Result kg	Points
- 95 kg				
1. Lech Tillade	Germany	88	145	57
- 115 kg				
1. Andreas Hordan	Germany	114,6	230	115,4
2. Boguslaw Kwiatkowski	Poland	106	170	64
+ 115 kg				
1. Ralf Kanthak	Germany	122,5	260	137,5

Master 2 – Benchpress

	Nation	Bodyweight kg	Best Result kg	Points	
- 95 kg					
1. Joachim Flett	Germany	94,3	182,5	88,2	
2. Jürgen Slawik	Germany	93,9	160	66,1	
3. Gottfried Foltas	Germany	86	115	29	
- 115 kg					
1. Jürgen Marek	Germany	114	232,5	118,5	GRWR
2. Bernd Mielke	Germany	108	190	82	
+ 115 kg					
1. Walter Kurda	Germany	122,4	205	82,6	

Master 2 – Squat

	Nation	Bodyweight kg	Best Result kg	Points
- 95 kg				
1. Joachim Flett	Germany	94,3	202,5	108,2
2. Jürgen Slawik	Germany	93,9	195	101,1
3. Gottfried Foltas	Germany	86	150	64

Master 2 – Deadlift

	Nation	Bodyweight kg	Best Result kg	Points	
- 95 kg					
1. Jürgen Slawik	Germany	93,9	240	146,1	GRWR
2. Gottfried Foltas	Germany	86	200	114	
3. Joachim Flett	Germany	94,3	195	100,7	

Master 3 – Deadlift

	Nation	Bodyweight kg	Best Result kg	Points
- 95 kg				
1. Klaus Berbig	Germany	80,8	175	94,2

IRP European Championships Gdansk

12 - 13 November 2011



Women – Benchpress

	Nation	Bodyweight kg	Best Result kg	Points	
Juniors					
1. Denise Bauer	Germany	55,2	72,5	140,07	GR/WR
2. Anna Karrila	Finland	82	90	133,11	
3. Maria Fuchs	Germany	58	67,5	124,07	
Master 1					
1. Kamila Tillack	Germany	63,5	70	119,49	
Master 2					
1. Lolita Maurer	Germany	60	87,5	156,01	GR/WR

Women – Squat

	Nation	Bodyweight kg	Best Result kg	Points	
Juniors					
1. Denise Bauer	Germany	55,2	100	193,2	GR/WR
2. Anna Karrila	Finland	82	125	184,87	
3. Maria Fuchs	Germany	58	90	165,42	
Active					
1. Anett von der Weppen	Germany	86	180	260,1	GR/WR
Master 1					
1. Kamila Tillack	Germany	63,5	70	119,49	

Women – Deadlift

	Nation	Bodyweight kg	Best Result kg	Points	
Juniors					
1. Denise Bauer	Germany	55,2	145	280,14	GR/WR
2. Maria Fuchs	Germany	58	135	248,13	
3. Anna Karrila	Finland	82	145	214,45	
Active					
1. Anett von der Weppen	Germany	86	185	267,32	GR/WR
Master 1					
1. Kamila Tillack	Germany	63,5	130	221,91	

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12 - 13 November 2011



Juniors – Benchpress

	Nation	Bodyweight kg	Best Result kg	Points	
- 95 kg					
1. Tobias Ommer	Germany	84,7	95	10,3	
- 115 kg					
1. Tobias Schmid	Germany	110,5	212,5	102	GR/WR
2. Felix Natzschka	Germany	112,8	210	97,2	
3. Marcin Sendwicki	Poland	101,5	182,5	81	
4. Jiri Tkadlcik	Czech Rep.	98,3	172,5	74,2	

Juniors – Squat

	Nation	Bodyweight kg	Best Result kg	Points	
- 95 kg					
1. Tobias Ommer	Germany	84,7	155	70,3	
- 115 kg					
1. Marcin Sendwicki	Poland	101,5	250	148,5	
2. Jiri Tkadlcik	Czech Rep.	98,3	237,5	139,2	
3. Robin Buchholz	Germany	101	200	99	

Juniors – Deadlift

	Nation	Bodyweight kg	Best Result kg	Points	
- 95 kg					
1. Alexander Westermeier	Germany	90,4	265	174,6	
2. Johannes Kastenholz	Germany	84,2	220	135,8	
3. Tobias Ommer	Germany	84,7	200	115,3	
- 115 kg					
1. Jiri Tkadlcik	Czech Rep.	98,3	322,5	224,2	WR
2. Marcin Sendwicki	Poland	101,5	280	178,5	
3. Robin Buchholz	Germany	101	225	124	

WR = World Record
GR = German Record