



# Junior-EM i Styrkeløft

Rica Olrud Hotel, 8. - 12. Juni 2010

Se Europas sterkeste juniorløftere i aksjon!

Gratis adgang!

<http://ejpc10.brammandreok.no>



**European Junior Powerlifting Championships 2010**

**Tuesday 8. Juni 11.00 - 20.00**  
Kvinner 44 - 52 kg  
Menn 52 - 67,5 kg

**Wednesday 9. Juni 11.00 - 20.00**  
Kvinner 56 - 60 kg  
Menn 75 - 82,5 kg

**Thursday 10. Juni 11.00 - 20.00**  
Kvinner 82,5 - 90+ kg  
Menn 90 kg

**Friday 11. Juni 11.00 - 20.00**  
Menn 100 - 110 kg

**Saturday 12. Juni 11.00 - 18.00**  
Menn 125 - 135+ kg



**Carl Engvar Christensen**  
397,5 kg i knebøy

Foto: Øyvind M. Vikmark









(210.0), 4. POINSON, Adrien (210.0), 5. KOLBIN, Alexander (220.0),  
**Report new weight: 19 TSVETKOV, Vadim,**

Men	Lot	Weight	Team	SQ	BP	DL	Total
<b>52 Junior</b>							
1. GIANA, David	22	50.05	FRA	160.0	102.5	170.0	432.5
2. HADASZ, Patryk	21	51.85	POL	135.0	85.0	140.0	360.0
3. SHTEFYUK, Mykhaylo	20	51.35	UKR	162.5	87.5	150.0	250.0
<b>56 Junior</b>							
1. KURAKIN, Veniamin	25	55.30	RUS	190.0	135.0	190.0	515.0
2. BURYKIN, Aliaksei	19	53.90	BLR	142.5	82.5	115.0	340.0
<b>60 Junior</b>							
1. KOLBIN, Alexander	31	58.35	RUS	235.0	140.0	220.0	375.0
2. POLECKI, Bartlomiej	34	59.65	POL	205.0	137.5	200.0	342.5
- TSVETKOV, Vadim	33	59.70	RUS	220.0	130.0	190.0	320.0
- KETTUNEN, Arto	32	59.50	FIN	210.0	135.0	210.0	135.0
<b>67.5 Junior</b>							
1. DUONG, Vichet	35	65.45	FRA	260.0	130.0	220.0	390.0
2. FOLKESETH, Hans Erik	40	66.10	NOR	210.0	147.5	230.0	357.5
3. DUFF, James	41	65.65	GBR	190.0	100.0	200.0	290.0

Men	Lot	Weight	Team	SQ	BP	DL	Total Points	Progn
<b>52 Junior</b>								
1. GIANA, David	22	50.05	FRA	160.0	102.5	170.0	180.0	442.5
2. SHTEFYUK, Mykhaylo	20	51.35	UKR	162.5	87.5	150.0	190.0	400.0
3. HADASZ, Patryk	21	51.85	POL	135.0	85.0	140.0	157.5	377.5
<b>56 Junior</b>								
1. KURAKIN, Veniamin	25	55.30	RUS	190.0	135.0	190.0	210.0	545.0
2. BURYKIN, Aliaksei	19	53.90	BLR	142.5	82.5	115.0	125.0	350.0
<b>60 Junior</b>								
1. KOLBIN, Alexander	31	58.35	RUS	235.0	140.0	220.0	235.0	610.0
2. POLECKI, Bartlomiej	34	59.65	POL	205.0	137.5	200.0	212.5	542.5
- KETTUNEN, Arto	32	59.50	FIN	210.0	135.0	210.0	210.0	355.0
- TSVETKOV, Vadim	33	59.70	RUS	220.0	130.0	190.0	202.5	332.5
<b>67.5 Junior</b>								
1. DUONG, Vichet	35	65.45	FRA	260.0	130.0	220.0	235.0	640.0
2. FOLKESETH, Hans Erik	40	66.10	NOR	210.0	147.5	230.0	237.5	595.0
3. DUFF, James	41	65.65	GBR	190.0	100.0	200.0	210.0	507.5
- POINSON, Adrien	42	67.05	FRA	220.0	195.0	210.0	225.0	445.0

Lifter order: 1. TSVETKOV, Vadim (190.0), 2. POLECKI, Bartlomiej (200.0), 3. DUFF, James (200.0), 4. KETTUNEN, Arto (210.0), 5. POINSON, Adrien (210.0), 6. KOLBIN, Alexander (220.0).  
 Report new weight: 46 KURAKIN, Veniamin,

Men	Lot	Weight	Team	SQ	BP	DL	Total	Points	Prognosis	
52 Junior										
1. GIANA, David	22	50.05	FRA	160.0	102.5	170.0	180.0	432.5	442.5	452.281
2. HADASZ, Patryk	21	51.85	POL	135.0	85.0	140.0	150.0	360	354.35	370.364.193
3. SHTEFYUK, Mykhaylo	20	51.35	UKR	162.5	87.5	150.0	150.0	250	248.60	400.397.752
56 Junior										
1. KURAKIN, Veniamin	25	55.30	RUS	190.0	135.0	190.0		515	474.68	515.474.681
2. BURYKIN, Aliaksei	19	53.90	BLR	142.5	82.5	115.0	125.0	340	321.54	350.331.002
60 Junior										
1. KOLBIN, Alexander	31	58.35	RUS	235.0	140.0	220.0		375	328.20	595.520.741
2. POLECKI, Bartlomiej	34	59.65	POL	205.0	137.5	200.0		342.5	293.69	542.5465.192
- KETTUNEN, Arto	32	59.50	FIN	210.0	135.0	210.0		135	116.02	345.296.493
- TSVETKOV, Vadim	33	59.70	RUS	220.0	130.0	190.0		130	111.38	320.274.184
67.5 Junior										
1. DUONG, Vichet	35	65.45	FRA	260.0	130.0	220.0		390	308.33	610.482.271
2. FOLKESETH, Hans Erik	40	66.10	NOR	210.0	147.5	230.0		357.5	280.35	587.5460.722
3. DUFF, James	41	65.65	GBR	190.0	100.0	200.0		290	228.69	490.386.413
- POINSON, Adrien	42	67.05	FRA	220.0	195.0	210.0		220	170.54	430.333.344

KURAKIN, Veniamin

RUS

190.0 kg

SQ	BP	DL	Total	Points	Round
190.0	135.0	0	325.0	299.55	1

Place:

2. → 1.

Weightclass:

56

Clock:

46









