

TROMARAS STRENGTH CHALLENGE II

ΑΠΟΤΕΛΕΣΜΑΤΑ ΑΘΛΗΜΑΤΩΝ

ΚΛΕΙΣΤΟ ΔΗΜΟΤΙΚΟ ΓΥΜΝΑΣΤΗΡΙΟ ΠΑΙΑΝΙΑΣ, 3/4/2022

ΑΠΟΤΕΛΕΣΜΑΤΑ POWERLIFTING – FULL MEET



Tromaras Strength Challenge Paiania / Greece April 3, 2022

Place	Name	Age Class	Equipment	BW	Points	Squat				Bench Press				Deadlift				Total
						1	2	3	Rec	1	2	3	Rec	1	2	3	Rec	
Women																		
<i>WEIGHT CLASS 56</i>																		
1	KOTIDI RACHIL	Open	Raw	55.8	333.32	90	95	-100		52.5	55	-57,5		125	132.5	-137,5		282.5
<i>WEIGHT CLASS 60</i>																		
1	DRAKAKI MARIELLA	Junior (2)	Raw	58.35	395.92	117.5	125	135		65	72.5	-77,5		130	140	-145,0		347.5
<i>WEIGHT CLASS 67,5</i>																		
1	SAVVIDOU VASILIKI	Junior (1)	Raw	62.3	265.36	75	85	-90		35,0	-42,5	42.5		110	-117,5	117.5		245,0
1	MOSTRATOU AIKATERINI	Open	Raw	66.6	396.76	135	142.5	147.5		67.5	75	80		140	-152,5	157.5		385,0
2	ARMAOU IOANNA	Open	Raw	66.6	350.39	112.5	120	125		50	55	57.5		147.5	152.5	157.5		340,0
3	ANDREIKOU SOFIA	Open	Raw	63.5	341.62	97.5	-102,5	102.5		57.5	62.5	-65		145	150	155		320,0
<i>WEIGHT CLASS 75</i>																		
1	LOGOTHETI ELISAVET	Open	Raw	68.5	154.02	45	50	55		25	30	-35		67.5	-75	-75		152,5
1	LOGOTHETI ELISAVET	Master 60-64	Raw	68.5	154.02	45	50	55		25	30	-35		67.5	-75	-75		152,5
<i>WEIGHT CLASS 90</i>																		
1	AIZHARIKOVA Albina	Junior (2)	Wraps	89	262.18	115	120	125		40	45	-47		115	132	132		302,0
1	KAVALOU OLGA	Open	Raw	84.5	282.30	120	125	130		57.5	-60	-60		125	130	130		317.5
Men																		
<i>WEIGHT CLASS 60</i>																		
DQ	LIATSIS MARIOS	Junior (2)	Raw	58.8		180	-190	-190		120	-122,5	-122,5		-230	-230	-230		
<i>WEIGHT CLASS 67,5</i>																		
1	KALYVAS- THEOFYLAKTOS NIKOS	Open	Raw	66.9	431.00	190	200			115	120			215	225	235		555,00
<i>WEIGHT CLASS 75</i>																		
1	DIMITRIOU KOSTAS	Junior (1)	Raw	73.5	379.47	147.5	160	170		112.5	117.5	-122,5		227.5	237.5	-242,5		525,0
2	ELEFThERiADiS DiMiTRiS	Junior (1)	Raw	74.5	352.58	170	180	185		82,5	85	87.5		210	220	-222,5		492.5
1	SKOPAS PANAGIOTIS	Junior (2)	Raw	73.9	360.00	160	170	172.5		110	115	117.5		185	200	210		500,0
2	ANASTASIOU THANOS	Junior (2)	Raw	73.55	328.71	165	-172,5	-175		90	-100,0	-100,0		185	200	-207,5		455,0
<i>WEIGHT CLASS 82,5</i>																		
1	GIANNAKOPOULOS IOANNIS	Open	Raw	81.8	409.07	200	217.5	-227,5		127.5	-132,5	135		230	245	255		607,5
1	GEORGOPOULOS GIANNIS	Open	Wraps	82.5	450,51	-255	255	270,0		-152,5	152.5			-250,0	-250,0	250		672,5
DQ	YFANTIS THANOS	Junior (2)	Raw	80.7		-145,0	145	152.5		-105,0	-105,0	-105,0		195	205	220		
<i>WEIGHT CLASS 90</i>																		
1	KOUTSODIMOS ARISTEIDIS	Junior (1)	Wraps	88.5	323.59	172	185	190		-95	102.5	-110		200	210	-217		502.5
1	DAVAZOGLOU DIMITRIOS	Junior (2)	Raw	89.1	428.33	205	215	225		150	165	175		245	260	267.5		667.5

ΑΠΟΤΕΛΕΣΜΑΤΑ POWERLIFTING - RAW BENCH PRESS ONLY



Tromaras Strength Challenge Paiania / Greece April 3, 2022

Place	Name	Age Class	Equipment	BW	Bench Press				Result
					1	2	3	Rec	
Women									
<i>WEIGHT CLASS 56</i>									
1	Tsibi Mary	Open	Raw	55.4	70	80	-82,5		80
<i>WEIGHT CLASS 67,5</i>									
1	MOSTRATOU AIKATERINI	Open	Raw	66.6	67.5	75	80		80
Men									
<i>WEIGHT CLASS 75</i>									
1	SKOPAS PANAGIOTIS	Junior (2)	Raw	73.9	110	115	117.5		117,5
<i>WEIGHT CLASS 82,5</i>									
1	DIMITRELIS KYRIAKOS	Junior (1)	Raw	81.2	90	95	-100		95
1	GEORGOPOULOS GIANNIS	Open	Wraps	82.5	-152,5	152.5			152,5
<i>WEIGHT CLASS 90</i>									
1	LYTRAS CHRISTOS	Junior (2)	Raw	84.25	110	115	-120		115
1	SKARAMAGKAS GIORGOS	Open	Raw	89	-155,0	170	-175		170
2	SIGALAS ANASTASIOS	Open	Raw	89	127.5	132.5	135		135
3	TSOUNIAS CHRISTOS	Open	Raw	85.85	117.5	125	-130,0		125
DQ	KOUTSOGIORGOS IOANNIS	Open	Raw	89.6	-135,0	-135,0	-135,0		
<i>WEIGHT CLASS 100</i>									
1	PANTELAKIS PAVLOS NEKTARIOS	Junior (2)	Raw	99.1	175	185	-190		185
2	AMFILOCHIOS LEONIDAS NEKTARIOS	Junior (2)	Raw	98.7	150	157.5	165		165
<i>WEIGHT CLASS 110</i>									
1	KOUPRIZAS DIMITRIOS	Master 40-44	Raw	109.9	-150	150	-155		150
1	VYTHOULKAS STYLIANOS	Open	Raw	104.8	152.5	160	-167,5		160

ΑΠΟΤΕΛΕΣΜΑΤΑ POWERLIFTING - RAW DEADLIFT ONLY



Tromaras Strength Challenge Paiania / Greece April 3, 2022



Place	Name	Age Class	Equipment	BW	Deadlift				Result
					1	2	3	Rec	
Women									
<i>WEIGHT CLASS 67,5</i>									
1	METSAI ELLI	Junior (1)	Wraps	65.75	80	90	-95		90
1	MOSTRATOU AIKATERINI	Open	Raw	66.6	140	-152,5	157,5		157,5
2	ANDREIKOU SOFIA	Open	Raw	63.5	145	150	155		155
Men									
<i>WEIGHT CLASS 56</i>									
1	BOUSAI ERION	Junior (1)	Raw	54.8	120	130	147		147
<i>WEIGHT CLASS 75</i>									
1	ELEFThERiADiS DiMiTRiS	Junior (1)	Raw	74.5	210	220	-222,5		220
1	SKOPAS PANAGIOTIS	Junior (2)	Raw	73.9	185	200	210		210
<i>WEIGHT CLASS 82,5</i>									
1	DiMiTRiLiS KYRiAKOS	Junior (1)	Raw	81.2	227.5	235	242.5		242,5
1	YFANTIS THANOS	Junior (2)	Raw	80,7	195	205	220		220
1	ANTHiS ARiSTOTELiS	Open	Raw	81.5	190	200	205		205
2	KAVVADAS KONSTANTINOS	Open	Raw	77.7	180	190	195		195
1	GEORGOPOULOS GIANNIS	Open	Wraps	82.5	-250	-250	250		250
<i>WEIGHT CLASS 90</i>									
1	KOUTSODIMOS ARISTEIDIS	Junior (1)	Wraps	88.5	200	210	-217		210
1	SKARAMAGKAS GIORGOS	Open	Raw	89	260	280	-300		280
2	KOUTSOGIORGOS IOANNIS	Open	Raw	89.6	250	260	270		270
3	SIGALAS ANASTASIOS	Open	Raw	89	-215	230	-240		230
<i>WEIGHT CLASS 100</i>									
1	KOLIAS AINEIAS	Junior (1)	Wraps	99	200	210	-217		210
1	AMFILOCHIOS LEONIDAS NEKTARIOS	Junior (2)	Raw	98.7	260	282.5	300		300
1	XiARCHOS CHRiSTOS	Open	Raw	98.5	290	305	-315		305
DQ	PATSARISOS EFTHYMIS	Open	Raw	96.1	-265	-265			
<i>WEIGHT CLASS 110</i>									



Tromaras Strength Challenge Paiania / Greece April 3, 2022



Place	Name	Age Class	Equipment	BW	Deadlift				Result
					1	2	3	Rec	
1	KOUPRIZAS DIMITRIOS	Master 40-44	Raw	109.9	230	250	-260		250
1	TOPINTZIS DIMITRIOS	Master 50-54	Raw	100.9	175	177.5	180		180
<i>WEIGHT CLASS 125</i>									
1	Liouras Nasos	Open	Single-ply	120	320	340			340
<i>WEIGHT CLASS 140+</i>									
1	Marizas Manos	Open	Multi-ply	156,47	260,0	275,0	280,0		280

ΑΠΟΤΕΛΕΣΜΑΤΑ ARMLIFTING

TROMARAS STRENGTH CHALLENGE II

ARMLIFTING GREECE NFA/WPSA

ARMLIFTING EVENT DIVISION RESULTS



	BW	ROLLING THUNDER			HUB			SILVER BULLET	PLACE
DIVISION 90kg									
ΝΙΚΟΛΑΟΣ ΚΟΥΤΕΠΑΣ	62	60kg ✓	62,5kg ✓	70kg ✗	15kg ✓	17,5kg ✓	20kg ✓	CoC3 16"	1
ΑΛΕΞΑΝΔΡΟΣ ΚΟΥΤΣΟΦΛΙΝΗΣ	87	67,5kg ✓	70kg ✓	77,5kg ✗	17,5kg ✓	22,5kg ✗	22,5kg ✓	CoC2 39,23"	2
ΠΕΤΡΟΣ ΒΡΑΧΛΙΩΤΗΣ	82	60kg ✓	70kg ✓	77,5kg ✗	20kg ✓	25kg ✓	30kg ✗	CoC2 24,13"	3
ΜΙΧΑΛΗΣ ΣΤΑΜΟΠΟΥΛΟΣ	89				32,5kg ✓	EXHIBITION LIFT			
DIVISION 100kg									
ΛΕΩΝΙΔΑΣ ΚΑΡΑΓΚΟΥΝΗΣ	99	80kg ✓	90kg ✓	95kg ✓	20kg ✓	25kg ✓	27,5kg ✗	CoC3 14,78"	1
ΝΙΚΟΛΑΟΣ ΠΟΝΤΙΚΟΣ	97	60kg ✓	70kg ✗	70kg ✗	15kg ✓	22,5kg ✗	22,5kg ✓	CoC2 8,31"	2
ΑΡΗΣ ΚΟΥΤΣΟΔΗΜΟΣ	95	100kg ✓	EXHIBITION LIFT						
DIVISION 125kg									
ΛΕΩΝΙΔΑΣ ΠΕΤΣΟΠΟΥΛΟΣ	109	75kg ✓	80kg ✓	82,5kg ✗	25kg ✓	30kg ✓	32,5kg ✓	CoC2 26,50"	1
ΑΝΑΣΤΑΣΙΟΣ ΤΕΡΙΣΙΝΙΔΗΣ	114	60kg ✓	70kg ✓	85kg ✓	22,5kg ✓	25kg ✓	27,5kg ✗	CoC2 28,39"	2
DIVISION +125kg									
ΕΛΕΥΘΕΡΙΟΣ ΕΛΕΥΘΕΡΙΟΥ	138	62,5kg ✓	65kg ✓	72,5kg ✗	17,5kg ✓	20kg ✓	22,5kg ✓	CoC2 14,05"	1
ΕΜΜΑΝΟΥΗΛ ΜΑΡΙΖΑΣ	150	90kg ✓	92,5kg ✓	97,5kg ✗	25kg ✓	30kg ✓	35kg ✗	CoC3 23,60"	Organizer

ΑΠΟΤΕΛΕΣΜΑΤΑ ARMLIFTING – OVER ALL

TROMARAS STRENGTH CHALLENGE II

ARMLIFTING GREECE NFA/WPSA

ARMLIFTING EVENT OVERALL RESULTS



	BW	ROLLING THUNDER OVERALL	HUB OVERALL	SILVER BULLET OVERALL	OVERALL PLACE
DIVISION 90kg					
ΝΙΚΟΛΑΟΣ ΚΟΥΤΕΠΑΣ	62	6th Place 6 Points	8th Place 8 Points	1st Place 1 Point	15 Points 6th Place
ΑΛΕΞΑΝΔΡΟΣ ΚΟΥΤΣΟΦΛΙΝΗΣ	87	5th Place 5 Points	5th Place 5 Points	3rd Place 3 Points	13 Points 5th Place
ΠΕΤΡΟΣ ΒΡΑΧΛΙΩΤΗΣ	82	4th Place 4 Points	2nd Place 2 Points	6th Place 6 Points	12 Points 4th Place
ΜΙΧΑΗΛΗΣ ΣΤΑΜΟΠΟΥΛΟΣ	89	-	-	-	
DIVISION 100kg					
ΛΕΩΝΙΔΑΣ ΚΑΡΑΓΚΟΥΝΗΣ	99	1st Place 1 Point	3rd Place 3 Points	2nd Place 2 Points	6 Points 1st Place
ΝΙΚΟΛΑΟΣ ΠΟΝΤΙΚΟΣ	97	8th Place 8 Points	6th Place 6 Points	8th Place 8 Points	22 Points 8th Place
ΑΡΗΣ ΚΟΥΤΣΟΔΗΜΟΣ	95	-	-	-	
DIVISION 125kg					
ΛΕΩΝΙΔΑΣ ΠΕΤΣΟΠΟΥΛΟΣ	109	3rd Place 3 Points	1st Place 1 Point	5th Place 5 Points	9 Points 2nd Place
ΑΝΑΣΤΑΣΙΟΣ ΤΕΡΣΕΝΙΔΗΣ	114	2nd Place 2 Points	4th Place 4 Points	4th Place 4 Points	10 Points 3rd Place
DIVISION +125kg					
ΕΛΕΥΘΕΡΙΟΣ ΕΛΕΥΘΕΡΙΟΥ	138	7th Place 7 Points	7th Place 7 Points	7th Place 7 Points	21 Points 7th Place
*ΕΜΜΑΝΟΥΗΛ ΜΑΡΙΖΑΣ	150	2nd Place 2 Points	2nd Place 2 Points	1st Place 1 Point	5 Points

* Organizer of the Armlifting event, that means the athlete is out of competition and his place in division and overall results goes to the next strongest athlete in the leaderboard.