



RAPLA MAAKONNA JA RAPLA SVK JÕUTÕSTMISE KARIKAVÕISTLUSED 2023

Rapla Sadolini Spordihooned  
4 märts 2023



Gr.	Lot	Perekonnanimi	Eesnimi	Meeskond	Sünniaasta	Võistlus	Kehakaal	Kaaluklass	SQ-1	SQ-2	SQ-3	Parim SQ	BP-1	BP-2	BP-3	Parim BP	DL-1	DL-2	DL-3	Parim DL	TOTAL	IPF GL Pts.	IPF GL Coeff.	Surumis IPF GL Pts.	SURUMISE KOHT	KOHT	
-66kg																											
1		Puntso	Martin	Rapla RJ SK	2008	M-CL-PL	65,90	66	30,0	-	-	30,0	42,5	47,5	52,5	52,5	42,5	-	-	42,5	125,0	19,501125	0,156009	8,190473	26	4	
2		Ulvinen	William Ilmari	Kohila	2002	M-CL-PL	65,90	66	150,0	160,0	162,5	162,5	110,0	117,5	120,0	120,0	210,0	220,0	220,0	210,0	492,5	76,834433	0,156009	18,721080	7	1	
3		Vaher	Marks	Märjamaa P	2009	M-CL-PL	61,60	66	75,0	85,0	90,0	90,0	50,0	55,0	57,5	57,5	80,0	90,0	-	90,0	237,5	38,404700	0,161704	9,297980	25	3	
4		Torri	Ärjävandi	Märjamaa P	1957	M-CL-PL	62,30	66	110,0	120,0	125,0	125,0	60,0	65,0	-	65,0	140,0	140,0	-	140,0	330,0	53,041890	0,160733	10,447645	21	2	
-74kg																											
1		Pirs	Jaspar	Märjamaa P	2008	M-CL-PL	70,80	74	100,0	110,0	115,0	115,0	60,0	65,0	70,0	65,0	135,0	140,0	145,0	145,0	325,0	48,825075	0,150231	9,765015	24	1	
-83kg																											
1		Männisalu	Tanel	Rapla RJ SK	1999	M-CL-PL	82,20	83	185,0	195,0	202,5	202,5	132,5	140,0	145,0	145,0	220,0	232,5	240,0	240,0	587,5	81,724775	0,139106	20,170370	5	1	
2		Haud	Jüri	Rapla RJ SK	1984	M-CL-PL	83,00	83	150,0	160,0	165,0	165,0	152,5	157,5	160,0	160,0	160,0	175,0	175,0	190,0	500,0	69,213500	0,138427	22,148320	1	3	
3		Livat	Armin	Rapla RJ SK	1971	M-CL-PL	80,10	83	135,0	150,0	152,5	150,0	85,0	100,0	105,0	100,0	145,0	160,0	175,0	175,0	425,0	59,902900	0,140948	14,094800	15	5	
4		Oberg	Marten	Rapla RJ SK	2004	M-CL-PL	82,90	83	155,0	165,0	165,0	165,0	102,5	107,5	112,5	112,5	165,0	172,5	-	165,0	442,5	61,291118	0,138511	15,582488	13	4	
5		Tikerpalu	Toomas	Rapla	1992	M-CL-PL	82,90	83	160,0	180,0	190,0	180,0	140,0	145,0	150,0	150,0	220,0	240,0	250,0	240,0	570,0	78,951270	0,138511	20,776650	4	2	
6		Põldmann	Remo	Märjamaa P	2005	M-CL-PL	78,10	83	110,0	120,0	130,0	130,0	70,0	80,0	90,0	80,0	140,0	160,0	160,0	160,0	370,0	52,829340	0,142782	11,422560	18	6	
7		Reinsalu	Rassel	Märjamaa P	2003	M-CL-PL	83,00	83	80,0	95,0	100,0	100,0	60,0	75,0	82,5	82,5	140,0	170,0	170,0	170,0	352,5	48,795518	0,138427	11,420228	19	8	
8		Sale	Oliver	Märjamaa P	2008	M-CL-PL	75,10	83	120,0	135,0	135,0	135,0	60,0	70,0	77,5	70,0	150,0	160,0	165,0	165,0	370,0	53,906040	0,145692	10,198440	22	6	
-93kg																											
1		Bernhardt	Andre - Andy	Rapla RJ SK	2000	M-CL-PL	89,30	93	90,0	95,0	100,0	100,0	67,5	72,5	75,0	75,0	117,5	125,0	135,0	135,0	310,0	41,371360	0,133456	10,009200	23	4	
2		Kütt	Indrek	Rapla RJ SK	1976	M-CL-PL	89,70	93	60,0	70,0	-	70,0	120,0	125,0	130,0	125,0	100,0	120,0	135,0	135,0	330,0	43,943130	0,133161	16,645125	11	3	
3		Heinroos	Tarvo	Rapla RJ SK	1996	M-CL-PL	85,90	93	195,0	205,0	212,5	212,5	152,5	157,5	160,0	157,5	210,0	220,0	230,0	230,0	600,0	81,634200	0,136057	21,428978	3	2	
4		Väljar	Karli	Märjamaa P	1996	M-CL-PL	93,00	93	225,0	235,0	240,0	240,0	140,0	150,0	160,0	150,0	250,0	270,0	-	270,0	660,0	86,341860	0,130821	19,623150	6	1	
-105kg																											
1		Osjärv	Märten	Rapla RJ SK	1984	M-CL-PL	99,30	105	195,0	195,0	210,0	210,0	127,5	132,5	135,0	135,0	205,0	217,5	225,0	217,5	562,5	71,298000	0,126752	17,111520	10	2	
2		Volmer	Tanel	Rapla RJ SK	1988	M-CL-PL	95,50	105	200,0	210,0	220,0	220,0	160,0	165,0	170,0	170,0	200,0	220,0	230,0	230,0	620,0	80,071140	0,129147	21,954990	2	1	
3		Tammist	Sander	Rapla	1987	M-CL-PL	99,10	105	110,0	122,5	130,0	130,0	90,0	100,0	105,0	105,0	130,0	150,0	165,0	165,0	400,0	50,749600	0,126874	13,321770	17	5	
4		Aedla	Karl Aleksander	Rapla RJ SK	2006	M-CL-PL	96,50	105	170,0	185,0	195,0	185,0	117,5	125,0	132,5	125,0	190,0	200,0	215,0	215,0	525,0	67,462500	0,128500	16,062500	12	3	
5		Link	Taavi	Rapla RJ SK	2005	M-CL-PL	101,90	105	135,0	140,0	150,0	150,0	100,0	105,0	110,0	110,0	150,0	165,0	170,0	170,0	430,0	53,839870	0,125209	13,772990	16	4	
-120kg																											
1		Raie	Caspar	Märjamaa P	1997	M-CL-PL	112,90	120	155,0	162,5	170,0	170,0	90,0	95,0	100,0	95,0	205,0	215,0	222,5	222,5	487,5	58,222613	0,119431	11,345945	20	1	
2		Laes	Raido	Kehtna vald	1987	M-CL-PL	114,40	120	120,0	130,0	140,0	140,0	140,0	150,0	155,0	155,0	140,0	150,0	160,0	160,0	455,0	54,020330	0,118726	18,402530	8	2	
3		Valter	Karel	Rapla RJ SK	2008	M-CL-PL	109,70	120	100,0	107,5	117,5	117,5	60,0	65,0	67,5	67,5	105,0	115,0	122,5	115,0	300,0	36,299100	0,120997	8,167298	27	3	
+120kg																											
1		Kask	Martin	Rapla RJ SK	1987	M-CL-PL	131,50	120+	230,0	260,0	290,0	290,0	145,0	155,0	162,5	162,5	230,0	255,0	270,0	255,0	707,5	79,106283	0,111811	18,169288	9	1	
2		Laanisto	Mart	Rapla RJ SK	1980	M-CL-PL	135,10	120+	160,0	180,0	185,0	180,0	120,0	130,0	140,0	130,0	160,0	180,0	200,0	200,0	510,0	56,395800	0,110580	14,375400	14	2	
Naised																											
1		Linna	Ketter	Märjamaa P	1998	F-CL-PL	79,60	84	100,0	110,0	110,0	110,0	55,0	60,0	-	55,0	110,0	120,0	130,0	120,0	285,0	55,026945	0,193077	10,619235	2	1	
2		Gross	Marielis	Rapla RJ SK	1980	F-CL-PL	52,00	52	50,0	55,0	60,0	60,0	35,0	40,0	40,0	35,0	70,0	77,5	82,5	82,5	177,5	44,820170	0,252508	8,837780	4	6	
3		Vodolaztzenko	Veronika	Vana-Vigala	1988	F-CL-PL	61,10	63	65,0	65,0	65,0	65,0	45,0	50,0	55,0	55,0	80,0	90,0	95,0	95,0	215,0	47,997890	0,223246	12,278530	1	4	
4		Välman	Melissa	Rapla RJ SK	2008	F-CL-PL	52,40	57	67,5	72,5	75,0	75,0	27,5	30,0	32,5	30,0	77,5	85,0	87,5	87,5	192,5	48,291128	0,250863	7,525890	6	3	
5		Sõrumaa	Gerda	Rapla RJ SK	2000	F-CL-PL	58,80	63	75,0	80,0	85,0	85,0	37,5	40,0	42,5	42,5	82,5	90,0	95,0	95,0	222,5	51,015245	0,229282	9,744485	3	2	
6		Vilgipuu	Linda-Kimberli	Rapla RJ SK	2005	F-CL-PL	55,50	57	45,0	50,0	52,5	52,5	27,5	32,5	35,0	32,5	50,0	60,0	70,0	70,0	155,0	37,106845	0,239399	7,780468	5	7	
7		Kallau	Greta	Märjamaa P	2008	F-CL-PL	86,00	84+	80,0	90,0	90,0	90,0	35,0	37,5	40,0	37,5	100,0	110,0	115,0	115,0	242,5	45,386300	0,187160	7,018500	7	5	

NB!!!

Võistlused viis läbi Rapla Maakonna Spordiliit koos Rapla SVK ja Rapla Raskesjõustiku Spordiklubiga.

Noore 2005 - 2009

Juuni 2004 - 2000

Avatu 1999 & vanem

Master 1974 - 1983

Master 1964 - 1973

Master 1954 - 1963

Master 1953 & vanem

Kolm Parimat noort: Karl Aleksander Aedla 67,46 IPF1 GL punkti  
 Oliver Sale 53,91 IPF1 GL punkti  
 Taavi Link 53,84 IPF1 GL punkti  
 Kolm Parimat noort naised: Melissa Väimän 48,29 IPF1 GL punkti  
 Greta Kallau 45,39 IPF1 GL punkti  
 Linda-Kimberli Vilgipuu 37,11 IPF1 GL punkti

Võistluste sekretär:  
 Mihkel Laurits  
 Krietjan Kotto  
 Gerda Sõrumaa

Tõstekohtunikud:  
 Rain Saar  
 Ivo Klisk  
 Jorma Vangonen

Assistendid:  
 Martin Lapin  
 Erik Raat

Lamades surumise kuus parimat:  
 Jüri Haud 22,15 IPF1 GL punkti  
 Tanel Volmer 21,95 IPF1 GL punkti  
 Tarvo Heinroos 21,43 IPF1 GL punkti  
 Toomas Tikerpalu 20,78 IPF1 GL punkti  
 Tanel Männisalu 20,17 IPF1 GL punkti  
 Karli Väljar 19,62 IPF1 GL punkti

Maakonna parimad spordiveteranid:  
 Master 1 Naised Marielis Gross 177,5kg 44,82 IPF1 GL punkti  
 Master 1 Mart Laanisto 510kg 56,40 IPF1 GL punkti  
 Master 1 Indrek Kütt 330kg 43,94 IPF1 GL punkti  
 Master 2 Armin Liivat 425kg 59,90 IPF1 GL punkti  
 Master 3 Ants Torri 330kg 53,04 IPF1 GL punkti