

Eesti Jõutõsteliit
Eesti meistrivõistlused (varustusega) LAMADES SURUMISES – 15. märts 2025, Kunda

AVATUD KLASS

Lifters	d.o.b.	Team	BWT	GL Coef	1 Att.	2 Att.	3 Att.	Result	GL Pts
-59kg									
1. Urbas Birger	2009	TÜASK	54.26	0,5511	50,0	57,5	62,5	62,5	34.44
2. Tarvis Tairo	2010	BAM Sport	57.52	0,5089	45,0	50,0	52,5	52,5	26.72
3. Leo Markus	2007	Rapla RJ	55.89	0,5287	50,0	55,0	55,0	50,0	26.43
-66kg									
1. Leppik Mirko	2003	TÜASK	64.85	0,4420	90,0	90,0	95,0	95,0	41.99
2. Alavere Robin	2007	BAM Sport	62.68	0,4587	67,5	72,5	75,0	75,0	34.40
3. Riik Geron	2008	BAM Sport	65.30	0,4387	55,0	60,0	62,5	60,0	26.32
4. Põhjakas Henry	2010	Rapla RJ	62.12	0,4634	47,5	52,5	57,5	57,5	26.65
-74kg									
1. Ossipov Vladimir	1972	SK Saarde	73.32	0,3925	130,0	135,0	135,0	130,0	51.02
2. Päll Peep	1970	TÜASK	73.71	0,3907	110,0	115,0	120,0	120,0	46.88
3. Prey Aron	2008	Rapla RJ	71.47	0,4016	82,5	90,0	92,5	92,5	37.15
4. Vaher Markus	2008	Märjamaa	68.58	0,4175	75,0	90,0	95,0	90,0	37.58
-83kg									
1. Valk Karl Michael	1994	P4U	80.68	0,3634	225,0	225,0	236,0	225,0	81.77
2. Kallast Patrik	2008	Reval	80.90	0,3626	145,0	145,0	158,0	158,0	57.29
3. Laas Mihkel	1954	Reval	82.16	0,3585	135,0	141,0	145,0	141,0	50.55
4. Põldmann Remo	2005	Märjamaa	80.53	0,3639	80,0	90,0	92,5	90,0	32.75
-93kg									
1. Abner Kalju	1965	Sparta	92.11	0,3326	190,0	195,0	195,0	195,0	64.86
2. Vainlo Ringo	1995	SK Saarde	89.82	0,3378	165,0	175,0	180,0	175,0	59.12
3. Roon Janno	1992	Reval	92.06	0,3327	175,0	175,0	190,0	175,0	58.22

4.	Kõllo Rasmus	2006	TÜASK	91.70	0,3335	155,0	155,0	170,0	155,0	51.69
5.	Karjagin Jevgeni	1992	BAM Sport	90.78	0,3356	147,5	147,5	152,5	147,5	49.50
6.	Manilets Mikk	1984	SK Saarde	92.11	0,3326	135,0	142,5	147,5	142,5	47.40
7.	Paisu Lauri	2009	Märjamaa	87.13	0,3443	90,0	100,0	112,5	100,0	34.43
-105kg										
1.	Raiend Rainer	1998	TÜASK	103.88	0,3121	195,0	195,0	195,0	195,0	60.86
2.	Aedla Karl Aleksander	2006	Rapla RJ	103.10	0,3132	147,5	152,5	160,0	160,0	50.11
3.	Vassiljev Aleksander	2006	Märjamaa	94.28	0,3282	140,0	150,0	157,5	150,0	49.23
4.	Osijärv Märten	1984	Rapla RJ	100.39	0,3173	130,0	137,5	142,5	137,5	43.63
—	Krõlov Kristo	1995	TÜASK	103.21	0,3130	270,0	270,0	277,5	DSQ	—
-120kg										
1.	Mäe Hjalmar	1980	Reval	118.74	0,2953	300,0	300,0	300,0	300,0	88.59
2.	Raadik Mihkel	1991	P4U	118.51	0,2955	250,0	257,5	257,5	250,0	73.88
3.	Koppel Holger	1999	Reval	118.33	0,2956	215,0	222,5	227,5	222,5	65.77
4.	Kadõrko Aleksei	1984	Reval	111.70	0,3023	175,0	182,5	190,0	190,0	57.44
5.	Trei Tanel	1984	SK Saarde	114.30	0,2995	160,0	170,0	180,0	170,0	50.91
120+kg										
1.	Rast Siim	1988	P4U	172.73	0,2706	310,0	320,0	X	310,0	83.89
2.	Lahe Jaan	1986	Reval	129.74	0,2869	285,0	300,0	307,5	300,0	86.07
3.	Pärna Tarmo	1978	P4U	136.13	0,2831	300,0	300,0	310,0	300,0	84.93
4.	Vahtramäe Martin	1993	P4U	132.01	0,2855	255,0	260,0	302,5	260,0	74.23
5.	Koovit Gert	1973	Reval	128.75	0,2876	245,0	255,0	262,5	255,0	73.34
6.	Koovit Günter	1976	SK Saarde	137.50	0,2824	200,0	215,0	225,0	215,0	60.72

MEESKONDLIK ARVESTUS

1. POWERLIFTING4U

Tarmo Pärna	84.93
Siim Rast	83.89
Karl Michael Valk	81.77
Martin Vahtramäe	74.23
	324.82

2. REVAL

Hjalmar Mäe	88.59
Jaan Lahe	86.07
Gert Koovit	73.34
Holger Koppel	65.77
	313.77

3. SK SAARDE

Günter Koovit	60.72
Ringo Vainlo	59.12
Vladimir Ossipov	51.02
Tanel Trei	50.91
	221.77

4. TÜASK

Rainer Raiend	60.86
Rasmus Kõllo	51.69
Peep Päll	46.88
Mirko Leppik	41.99
	201.42

JUUNIORID

Lifters	d.o.b.	Team	BWT	GL Coef	1 Att.	2 Att.	3 Att.	Result	GL Pts
-66kg									
1. Leppik Mirko	2003	TÜASK	64.85	0,4420	90,0	90,0	95,0	95,0	41.99
-74kg									
1. Joala Jesper	2006	BAM Sport	68.14	0,4201	95,0	102,5	107,5	102,5	43.06
-83kg									
1. Pöldmann Remo	2005	Märjamaa	80.53	0,3639	80,0	90,0	92,5	90,0	32.75
-93kg									
1. Kõllo Rasmus	2006	TÜASK	91.70	0,3335	155,0	155,0	170,0	155,0	51.69
2. Oberg Marten	2004	Rapla RJ	84.38	0,3518	107,5	112,5	120,0	120,0	42.22
-105kg									
1. Aedla Karl Aleksander	2006	Rapla RJ	103.10	0,3132	147,5	152,5	160,0	160,0	50.11
2. Memberg Leon	2006	EKC	101.19	0,3161	145,0	152,5	157,5	152,5	48.21
3. Vassiljev Aleksander	2006	Märjamaa	94.28	0,3282	140,0	150,0	157,5	150,0	49.23
-120kg									
1. Bairamov Erik	2005	EKC	117.31	0,2966	155,0	162,5	167,5	167,5	49.68

JUUNIORIDE VÕISTKONDLIK

1. TÜASK 1

Eliise Mikomägi	64.02
Kristiina Ernits	52.61
Eleriin Sepp	51.82
	168.45

2. TÜASK 2

Rasmus Kõllo	51.69
Mirko Leppik	41.99
Paula Põldoja	39.78
	133.46

3. RAPLA RJSK

Liselle Karjane	31.03
Marten Oberg	42.22
Karl Aleksander Aedla	50.11
	123.36

4. MÄRJAMAA POWER

Remo Põldmann	32.75
Aleksander Vassiljev	49.23
	81.98

NOORED

Lifters	d.o.b.	Team	BWT	GL Coef	1 Att.	2 Att.	3 Att.	Result	GL Pts	
-59kg										
1	Urbas Birger	2009	TÜASK	54.26	0,5511	50,0	57,5	62,5	62,5	34.44
2	Tarvis Tairo	2010	BAM Sport	57.52	0,5089	45,0	50,0	52,5	52,5	26.72
3	Leo Markus	2007	Rapla RJ	55.89	0,5287	50,0	55,0	55,0	50,0	26.43
-66kg										
1	Alavere Robin	2007	BAM Sport	62.68	0,4587	67,5	72,5	75,0	75,0	34.40
2	Riik Geron	2008	BAM Sport	65.30	0,4387	55,0	60,0	62,5	60,0	26.32
3	Põhjakas Henry	2010	Rapla RJ	62.12	0,4634	47,5	52,5	57,5	57,5	26.65
v.a	Normet Marko	2007	Reval	66.34	0,4316	80,0	80,0	82,5	80,0	34.53
-74kg										
1	Narvat Ragnar	2007	Reval	72.66	0,3957	105,0	105,0	110,0	110,0	43.53
2	Prey Aron	2008	Rapla RJ	71.47	0,4016	82,5	90,0	92,5	92,5	37.15
3	Vaher Markus	2008	Märjamaa	68.58	0,4175	75,0	90,0	95,0	90,0	37.58
—	Sivov Pavel	2007	EKC	70.94	0,4043	92,5	100,0	100,0	DSQ	—
-83kg										
1	Kallast Patrik	2008	Reval	80.90	0,3626	145,0	145,0	158,0	158,0	57.29
2	Selirand Johannes	2009	Reval	82.39	0,3578	120,0	120,0	125,0	125,0	44.73
3	Shuktomov Artemi	2009	EKC	82.23	0,3583	120,0	125,0	125,0	120,0	43.00
4	Smirnov Anthony	2011	Rapla RJ	81.96	0,3592	50,0	55,0	60,0	60,0	21.55
-93kg										
1	Treu Rene	2008	Reval	86.12	0,3470	110,0	110,0	117,5	117,5	40.77
2	Päll Rico	2007	TÜASK	85.47	0,3488	105,0	110,0	117,5	110,0	38.37
3	Paisu Lauri	2009	Märjamaa	87.13	0,3443	90,0	100,0	112,5	100,0	34.43
-105kg										
1	Niinepuu Karle	2008	Reval	101.75	0,3152	135,0	145,0	152,5	145,0	45.70
-120kg										
1	Valter Karel	2008	Rapla RJ	111.25	0,3028	82,5	87,5	90,0	87,5	26.50

NOORTE VÕISTKONDLIK

1. REVAL

Patrik Kallast	57.29
Mariana Beljakova	56.25
Karle Niinepuu	45.70
	159.24

2. MÄRJAMAA POWER

Markus Vaher	37.58
Lauri Paisu	34.43
Gethe Pajula	31.60
	103.61

3. TÜASK

Getter Väisa	26.42
Birger Urbas	34.44
Rico Päll	38.37
	99.23

MASTERS 1

Lifters	d.o.b.	Team	BWT	GL Coef	1 Att.	2 Att.	3 Att.	Result	GL Pts	
-93kg										
1	Manilets Mikk	1984	SK Saarde	92.11	0,3326	135,0	142,5	147,5	142,5	47.40
-105kg										
1	Osijärv Märten	1984	Rapla RJ	100.39	0,3173	130,0	137,5	142,5	137,5	43.63
-120kg										
1	Mäe Hjalmar	1980	Reval	118.74	0,2953	300,0	300,0	300,0	300,0	88.59
2	Kadõrko Aleksei	1984	Reval	111.70	0,3023	175,0	182,5	190,0	190,0	57.44
3	Trei Tanel	1984	SK Saarde	114.30	0,2995	160,0	170,0	180,0	170,0	50.91
120+kg										
1	Pärna Tarmo	1978	P4U	136.13	0,2831	300,0	300,0	310,0	300,0	84.93
2	Koovit Günter	1976	SK Saarde	137.50	0,2824	200,0	215,0	225,0	215,0	60.72

MASTERS 2

Lifters	d.o.b.	Team	BWT	GL Coef	1 Att.	2 Att.	3 Att.	Result	GL Pts	
-74kg										
1	Ossipov Vladimir	1972	SK Saarde	73.32	0,3925	130,0	135,0	135,0	130,0	51.02
2	Päll Peep	1970	TÜASK	73.71	0,3907	110,0	115,0	120,0	120,0	46.88
-83kg										
1	Liivat Armin	1971	Rapla RJ	78.42	0,3713	85,0	110,0	110,0	85,0	31.56
120+kg										
1	Koovit Gert	1973	Reval	128.75	0,2876	245,0	255,0	262,5	255,0	73.34

MASTERS 3

Lifters	d.o.b.	Team	BWT	GL Coef	1 Att.	2 Att.	3 Att.	Result	GL Pts
-93kg									
1. Abner Kalju	1965	Sparta	92.11	0,3326	190,0	195,0	195,0	195,0	64.86

MASTERS 4

Lifters	d.o.b.	Team	BWT	GL Coef	1 Att.	2 Att.	3 Att.	Result	GL Pts
-83kg									
1 Laas Mihkel	1954	Reval	82.16	0,3585	135,0	141,0	145,0	141,0	50.55