

Eesti Jõutõsteliit
Eesti MV lamades surumises, Kääriku (Eesti), 07.03.2026

AVATUD KLASS

Lifters	d.o.b.	Team	BWT	1 Att.	2 Att.	3 Att.	Result	GL Pts
-59kg								
1. Leo Markus	2007	Rapla RJ	56.50	50,0	55,0	62,5	62,5	32.57
2. Herodes Artur	2012	Rapla RJ	51.80	35,0	42,5	45,0	42,5	25.10
-66kg								
1. Glase Taago	1992		65.65	100,0	105,0	110,0	105,0	45.81
2. Päll Mario	2009	TÜASK	65.70	50,0	60,0	70,0	60,0	26.15
-74kg								
1. Rannat Allan	2000	EKC	73.10	150,0	155,0	X	150,0	59.04
2. Kaskman Kevin	2003	TÜASK	73.25	130,0	137,5	142,5	137,5	54.02
3. Tamm Ingemar	2010	TÜASK	70.65	115,0	125,0	125,0	125,0	50.74
4. Prey Aron	2008	Rapla RJ	73.20	90,0	95,0	100,0	95,0	37.34
-83kg								
1. Laas Mihkel	1954	Reval	82.10	130,0	130,0	141,5	141,5	50.76
2. Normet Marko	2007	Reval	77.15	115,0	122,5	130,0	122,5	46.08
3. Narvat Ragnar	2007	Reval	79.35	120,0	120,0	130,0	120,0	44.15
-93kg								
1. Reppo Agris	1996	TÜASK	93.00	170,0	180,0	190,0	190,0	62.85
2. Kallast Patrik	2008	Reval	88.75	155,0	167,5	172,5	172,5	58.70
3. Selirand Johannes	2009	Reval	90.90	125,0	135,0	145,0	135,0	45.27
4. Manilets Mikk	1984	SK Saarde	88.70	125,0	135,0	135,0	125,0	42.55
-105kg								
1. Lokk Kaur	2004	Reval	100.75	115,0	120,0	125,0	120,0	38.00
— Tui Marko	1984	Reval	97.75	160,0	160,0	170,0	DSQ	—
— Raiend Rainer	1998	TÜASK	104.20	200,0	200,0	200,0	DSQ	—
— Krölov Kristo	1995	TÜASK	104.55	275,0	275,0	275,0	DSQ	—

-120kg

1.	Mäe Hjalmar	1980	Reval	119.20	300,0	310,0	328,0	310,0	91.42
2.	Raadik Mihkel	1991	P4U	118.90	245,0	252,5	260,0	260,0	76.73
3.	Trei Tanel	1984	SK Saarde	113.35	195,0	205,0	207,5	207,5	62.35
4.	Kadõrko Aleksei	1984	Reval	113.90	207,5	207,5	212,5	207,5	62.23
5.	Niinepuu Karle	2008	Reval	109.30	140,0	150,0	160,0	150,0	45.75
6.	Valter Karel	2008	Rapla RJ	111.15	80,0	85,0	90,0	85,0	25.75

120+kg

1.	Lahe Jaan	1986	Reval	130.00	290,0	300,0	302,5	290,0	83.17
2.	Koppel Holger	1999	Reval	120.65	230,0	242,5	250,0	242,5	71.20
3.	Koovit Günter	1976	SK Saarde	140.15	200,0	210,0	220,0	210,0	59.03

NOORMEHED

Lifters	d.o.b.	Team	BWT	1 Att.	2 Att.	3 Att.	Result	GL Pts
-53kg								
1. Herodes Artur	2012	Rapla RJ	51.80	35,0	42,5	45,0	42,5	25.10
-66kg								
1. Päll Mario	2009	TÜASK	65.70	50,0	60,0	70,0	60,0	26.15
-74kg								
1. Tamm Ingemar	2010	TÜASK	70.65	115,0	125,0	125,0	125,0	50.74
2. Prey Aron	2008	Rapla RJ	73.20	90,0	95,0	100,0	95,0	37.34
3. Möttus Hugo	2008	TÜASK	70.75	82,5	90,0	92,5	90,0	36.48
-83kg								
1. Iljin Artjom	2008		75.60	120,0	130,0	135,0	135,0	51.62
2. Linjov Boris	2009	EKC	80.75	100,0	105,0	107,5	107,5	39.03
-93kg								
1. Kallast Patrik	2009	Reval	88.75	155,0	167,5	172,5	172,5	58.70
2. Selirand Johannes	2009	Reval	90.90	125,0	135,0	145,0	135,0	45.27
-120kg								
1. Niinepuu Karle	2008	Reval	109.30	140,0	150,0	160,0	150,0	45.75
2. Valter Karel	2008	Rapla RJ	111.15	80,0	85,0	90,0	85,0	25.75

MEESJUUNIORID

Lifters	d.o.b.	Team	BWT	1 Att.	2 Att.	3 Att.	Result	GL Pts
-59kg								
1. Leo Markus	2007	Rapla RJ	56.50	50,0	55,0	62,5	62,5	32.57
-74kg								
1. Kaskman Kevin	2003	TÜASK	73.25	130,0	137,5	142,5	137,5	54.02
2. Leppik Mirko	2003	TÜASK	68.95	95,0	100,0	105,0	100,0	41.53
-83kg								
1. Helmoja Märt	2004		78.60	135,0	135,0	140,0	140,0	51.90
2. Normet Marko	2007	Reval	77.15	115,0	122,5	130,0	122,5	46.08
3. Sivov Pavel	2007	EKC	78.90	112,5	120,0	125,0	120,0	44.35
4. Narvat Ragnar	2007	Reval	79.35	120,0	120,0	130,0	120,0	44.15
-93kg								
1. Tereväinen Dmitri	2003	EKC	92.15	135,0	142,5	147,5	147,5	49.06
2. Päll Rico	2007	TÜASK	91.35	125,0	130,0	130,0	125,0	41.79
-105kg								
1. Anderson Artur	2006	TÜASK	94.80	105,0	115,0	122,5	122,5	40.08
2. Lokk Kaur	2004	Reval	100.75	115,0	120,0	125,0	120,0	38.00
120+kg								
1. Bairamov Erik	2005	EKC	128.65	182,5	182,5	190,0	190,0	54.64

MASTERS 1

Lifters	d.o.b.	Team	BWT	1 Att.	2 Att.	3 Att.	Result	GL Pts
-93kg								
1. Manilets Mikk	1984	SK Saarde	88.70	125,0	135,0	135,0	125,0	42.55
-105kg								
— Tui Marko	1984	Reval	97.75	160,0	160,0	170,0	DSQ	—
-120kg								
1. Mäe Hjalmar	1980	Reval	119.20	300,0	310,0	328,0	310,0	91.42
2. Trei Tanel	1984	SK Saarde	113.35	195,0	205,0	207,5	207,5	62.35
3. Kadõrko Aleksei	1984	Reval	113.90	207,5	207,5	212,5	207,5	62.23
120+kg								
1. Lahe Jaan	1986	Reval	130.00	290,0	300,0	302,5	290,0	83.17

MASTERS 2

Lifters	d.o.b.	Team	BWT	1 Att.	2 Att.	3 Att.	Result	GL Pts
-83kg								
1. Liivat Armin	1971	Rapla RJ	80.10	87,5	95,0	102,5	102,5	37.44
120+kg								
1. Koovit Günter	1976	SK Saarde	140.15	200,0	210,0	220,0	210,0	59.03

MASTERS 4

Lifters	d.o.b.	Team	BWT	1 Att.	2 Att.	3 Att.	Result	GL Pts
-83kg								
1. Laas Mihkel	1954	Reval	82.10	130,0	130,0	141,5	141,5	50.76

Eesti Jõutõsteliit
Eesti MV lamades surumises, Kääriku (Eesti), 07.03.2026
ABSOLUUTAVRESTUS

	Name	Team	W.Class	Bwt	Result	GL Points
AVATUD KLASS						
1	Mäe Hjalmar	Reval	-120kg	119,20	310,0	91,4190
2	Lahe Jaan	Reval	120+kg	130,00	290,0	83,1720
3	Raadik Mihkel	Powerlifting4U	-120kg	118,90	260,0	76,7260
4	Koppel Holger	Reval	120+kg	120,65	242,5	71,1980
5	Reppo Agris	TÜASK	-93kg	93,00	190,0	62,8520
6	Trei Tanel	SK Saarde	-120kg	113,35	207,5	62,3538
7	Kadõrko Aleksei	Reval	-120kg	113,90	207,5	62,2293
8	Rannat Allan	Spordiklubi EKC	-74kg	73,10	150,0	59,0400
9	Koovit Günter	SK Saarde	120+kg	140,15	210,0	59,0310
10	Kallast Patrik	Reval	-93kg	88,75	172,5	58,7018
11	Kaskman Kevin	TÜASK	-74kg	73,25	137,5	54,0238
12	Laas Mihkel	Reval	-83kg	82,10	141,5	50,7561
13	Tamm Ingemar	TÜASK	-74kg	70,65	125,0	50,7375
14	Normet Marko	Reval	-83kg	77,15	122,5	46,0845
15	Glase Taago	Individuaal	-66kg	65,65	105,0	45,8115
16	Niinepuu Karle	Reval	-120kg	109,30	150,0	45,7500
17	Selirand Johannes	Reval	-93kg	90,90	135,0	45,2655
18	Narvat Ragnar	Reval	-83kg	79,35	120,0	44,1480
19	Manilets Mikk	SK Saarde	-93kg	88,70	125,0	42,5500
20	Lokk Kaur	Reval	-105kg	100,75	120,0	38,0040
21	Prey Aron	Rapla RJ SK	-74kg	73,20	95,0	37,3445
22	Leo Markus	Rapla RJ SK	-59kg	56,50	62,5	32,5688
23	Päll Mario	TÜASK	-66kg	65,70	60,0	26,1540

24	Valter Karel	Rapla RJ SK	-120kg	111,15	85,0	25,7465
25	Herodes Artur	Rapla RJ SK	-59kg	51,80	42,5	25,1005
-	Krölov Kristo	TÜASK	-105kg	104,55	DSQ	-
-	Raiend Rainer	TÜASK	-105kg	104,20	DSQ	-
-	Tui Marko	Reval	-105kg	97,75	DSQ	-

NOORMEHED

1	Kallast Patrik	Reval	-93kg	88,75	172,5	58,7018
2	Iljin Artjom	Individuaal	-83kg	75,60	135,0	51,6240
3	Tamm Ingemar	TÜASK	-74kg	70,65	125,0	50,7375
4	Niinepuu Karle	Reval	-120kg	109,30	150,0	45,7500
5	Selirand Johannes	Reval	-93kg	90,90	135,0	45,2655
6	Linjov Boris	Spordiklubi EKC	-83kg	80,75	107,5	39,0333
7	Prey Aron	Rapla RJ SK	-74kg	73,20	95,0	37,3445
8	Möttus Hugo	TÜASK	-74kg	70,75	90,0	36,4770
9	Päll Mario	TÜASK	-66kg	65,70	60,0	26,1540
10	Valter Karel	Rapla RJ SK	-120kg	111,15	85,0	25,7465
11	Herodes Artur	Rapla RJ SK	-59kg	51,80	42,5	25,1005

MEESJUUNIORID

1	Bairamov Erik	Spordiklubi EKC	120+kg	128,65	190,0	54,6440
2	Kaskman Kevin	TÜASK	-74kg	73,25	137,5	54,0238
3	Helmoja Märt	Individuaal	-83kg	78,60	140,0	51,8980
4	Tereväinen Dmitri	Spordiklubi EKC	-93kg	92,15	147,5	49,0585
5	Normet Marko	Reval	-83kg	77,15	122,5	46,0845
6	Sivov Pavel	Spordiklubi EKC	-83kg	78,90	120,0	44,3520
7	Narvat Ragnar	Reval	-83kg	79,35	120,0	44,1480
8	Päll Rico	TÜASK	-93kg	91,35	125,0	41,7875
9	Leppik Mirko	TÜASK	-74kg	68,95	100,0	41,5300
10	Anderson Artur	TÜASK	-105kg	94,80	122,5	40,0820
11	Leo Markus	Rapla RJ SK	-59kg	56,50	62,5	32,5688

MASTERS 1

1	Mäe Hjalmar	Reval	-120kg	119,20	310,0	91,4190
2	Lahe Jaan	Reval	120+kg	130,00	290,0	83,1720
3	Trei Tanel	SK Saarde	-120kg	113,35	207,5	62,3538
4	Kadõrko Aleksei	Reval	-120kg	113,90	207,5	62,2293
5	Manilets Mikk	SK Saarde	-93kg	88,70	125,0	42,5500
-	Tui Marko	Reval	-105kg	97,75	DSQ	-

MASTERS 2

1	Koovit Günter	SK Saarde	120+kg	140,15	210,0	59,0310
2	Liivat Armin	Rapla RJ SK	-83kg	80,10	102,5	37,4433

MASTERS 4

1	Laas Mihkel	Reval	-83kg	82,10	141,5	50,7561
---	-------------	-------	-------	-------	-------	---------

MEESKONDLIK ARVESTUS

1. REVAL 1

Hjalmar Mäe	91.42
Jaan Lahe	83.17
Holger Koppel	71.2
Aleksei Kadõrko	62.23
	308.02

2. REVAL 2

Patrik Kallast	58.7
Mihkel Laas	50.76
Marko Normet	46.08
Karle Niinepuu	45.75
	201.29

3. TÜASK

Agris Reppo	62.85
Kevin Kaskman	54.02
Ingemar Tamm	50.74
Mario Päll	26.15
	193.76

NOORTE VÕISKONDLIK

1. REVAL

Mariana Beljakova	63.24
Patrik Kallast	58.70
Karle Niinepuu	45.75
	167.69

2. TÜASK 1

Kirke Pii	56.16
Ingemar Tamm	50.74
Hugo Mõttus	36.48
	143.38

3. TÜASK 2

Yuliia Novykova	33.67
Mario Päll	26.15
	59.82

JUUNIORIDE VÕISTKONDLIK

1. TÜASK 1

Eliise Mikomägi	71.98
Kevin Kaskman	54.02
Kristiina Ernits	52.42
	178.42

2. EKC

Erik Bairamov	54.64
Dmitri Tereväinen	49.06
Pavel Sivov	44.35
	148.05

3. TÜASK 2

Eleriin Sepp	49.26
Rico Päll	41.79
Mirko Leppik	41.53
	132.58