

## Eesti Jõutõsteliit

Eesti MV jõutõstmises (varustusega, kõik vanuseklassid), TÜ spordihoones, Tartu (Eesti), 28-29.03.2026

Name	d.o.b.	Team	Bwt	All Squat			All Bench Press			All Deadlift			Total	GL Pts
<b>Avatud klass</b>														
<b>-59kg</b>														
1. Leo Markus	2007	Rapla RJ	56.85	90,0	100,0	110,0	50,0	55,0	<del>62,5</del>	100,0	<del>107,5</del>	107,5	272,5	40,85
2. Herodes Artur	2012	Rapla RJ	50.55	60,0	67,5	<del>72,5</del>	37,5	<del>42,5</del>	42,5	65,0	72,5	80,0	190,0	31,41
<b>-66kg</b>														
1. Glase Taago	1992	Individuaal	65.60	135,0	150,0	160,0	100,0	<del>110,0</del>	110,0	190,0	205,0	<del>215,0</del>	475,0	63,89
2. Päll Mario	2009	TÜASK	65.55	100,0	110,0	120,0	55,0	65,0	70,0	125,0	140,0	150,0	340,0	45,76
3. Põhjakas Henry	2010	Rapla RJ	62.65	85,0	95,0	97,5	50,0	57,5	62,5	120,0	127,5	135,0	295,0	41,03
<b>-74kg</b>														
1. Küttim Lauri	1987	Individuaal	72.55	<del>165,0</del>	<del>170,0</del>	175,0	<del>117,5</del>	120,0	125,0	195,0	205,0	210,0	510,0	64,00
2. Prey Aron	2008	Rapla RJ	72.65	165,0	180,0	<del>187,5</del>	90,0	95,0	<del>97,5</del>	<del>200,0</del>	219,0	<del>225,0</del>	494,0	61,95
<b>-83kg</b>														
1. Kivisild Kristo	2001	Sparta	80.90	195,0	205,0	215,0	107,5	112,5	<del>115,0</del>	230,0	240,0	252,5	580,0	67,98
2. Ossipov Vladimir	1972	SK Saarde	75.10	130,0	150,0	X	120,0	<del>130,0</del>	130,0	150,0	170,0	180,0	460,0	56,49
v.a Bilozir Vitalii	1992	Sparta	80.35	250,0	260,0	265,0	<del>150,0</del>	150,0	<del>155,0</del>	285,0	300,0	<del>315,0</del>	715,0	84,16
<b>-93kg</b>														
1. Silbaum Margus	1976	Pitbulls	93.00	<del>255,0</del>	275,0	<del>295,0</del>	190,0	200,0	210,0	305,0	320,0	<del>330,0</del>	805,0	87,26
2. Reppo Agris	1996	TÜASK	93.00	200,0	230,0	245,0	170,0	180,0	<del>185,0</del>	275,0	300,0	307,5	732,5	79,40
3. Ustav Kert	1990	Pitbulls	92.40	250,0	260,0	<del>265,0</del>	<del>185,0</del>	185,0	190,0	245,0	262,5	<del>275,0</del>	712,5	77,52
4. Maslov Karl-Martin	2000	Sparta	91.75	235,0	<del>245,0</del>	245,0	157,5	<del>162,5</del>	162,5	205,0	<del>215,0</del>	<del>215,0</del>	612,5	66,89
5. Nahkur Silver	1979	Sparta	91.40	195,0	202,5	207,5	160,0	165,0	172,5	200,0	212,5	225,0	605,0	66,19
6. Päll Rico	2007	TÜASK	91.45	205,0	215,0	225,0	125,0	<del>130,0</del>	<del>130,0</del>	225,0	242,5	<del>250,0</del>	592,5	64,82
7. Pukspuu Kevin	2005	Pitbulls	84.05	140,0	152,5	165,0	125,0	140,0	150,0	170,0	<del>185,0</del>	<del>200,0</del>	485,0	55,58

<b>-105kg</b>															
1.	Reppo Eero	1982	Pitbulls	104.35	<del>220,0</del>	225,0	240,0	220,0	<del>230,0</del>	<del>230,0</del>	245,0	260,0	<del>275,0</del>	720,0	73,80
2.	Kivastik Andreas	1987	Sparta	104.20	235,0	252,5	<del>265,0</del>	157,5	165,0	<del>170,0</del>	250,0	275,0	<del>290,0</del>	692,5	71,05
3.	Aruväli Ainar	1996		104.05	227,5	<del>240,0</del>	<del>240,0</del>	132,5	<del>137,5</del>	<del>137,5</del>	260,0	275,0	280,0	640,0	65,66
4.	Vaal Aiko	1997	Sparta	100.15	205,0	215,0	230,0	135,0	145,0	150,0	225,0	240,0	255,0	635,0	66,36
<b>-120kg</b>															
1.	Raadik Mihkel	1991	P4U	118.85	360,0	<del>383,0</del>	383,0	245,0	<del>255,0</del>	260,0	315,0	337,5	<del>357,5</del>	980,5	95,11
2.	Kolter Kaarel	2002	Sparta	114.50	270,0	290,0	305,0	<del>240,0</del>	210,0	230,0	290,0	315,0	330,0	865,0	85,20
3.	Holmberg Tõnis	1995	Sparta	116.75	275,0	295,0	312,5	<del>185,0</del>	185,0	<del>190,0</del>	300,0	325,0	<del>350,0</del>	822,5	80,36
4.	Erit Argo	1986	Pitbulls	111.35	210,0	240,0	265,0	190,0	200,0	210,0	300,0	320,0	330,5	805,5	80,23
5.	Romov Nikita	2000	EKC	118.00	270,0	285,0	<del>300,0</del>	25,0	70,0	100,0	270,0	285,0	292,5	677,5	65,92
6.	Trei Tanel	1984	SK Saarde	112.85	200,0	<del>220,0</del>	225,0	160,0	200,0	X	220,0	250,0	X	675,0	66,89
7.	Lehtme Gert	2002	Sparta	118.90	205,0	217,5	225,0	127,5	<del>135,0</del>	135,0	215,0	230,0	<del>240,0</del>	590,0	57,23
<b>120+kg</b>															
1.	Koovit Günter	1976	SK Saarde	140.30	230,0	250,0	260,0	200,0	<del>215,0</del>	215,0	225,0	240,0	250,0	725,0	66,41
2.	Horm Argo	1992	Sparta	121.50	240,0	255,0	262,5	137,5	145,0	<del>150,0</del>	220,0	240,0	260,0	667,5	64,21
3.	Koosa Remi	1975	M&M	120.80	200,0	<del>220,0</del>	225,0	140,0	150,0	152,5	240,0	255,0	270,0	647,5	62,42

Name	d.o.b.	Team	Bwt	All Squat			All Bench Press			All Deadlift			Total	GL Pts	
<b>Noormehed</b>															
<b>-59kg</b>															
1	Herodes Artur	2012	Rapla RJ	50.55	60,0	67,5	<del>72,5</del>	37,5	<del>42,5</del>	42,5	65,0	72,5	80,0	190,0	31,41
<b>-66kg</b>															
1.	Rehtla Dominic	2011	Daigo	64.65	140,0	150,0	<del>157,5</del>	85,0	<del>90,0</del>	90,0	120,0	135,0	<del>137,5</del>	375,0	50,96
2.	Päll Mario	2009	TÜASK	65.55	100,0	110,0	120,0	55,0	65,0	70,0	125,0	140,0	150,0	340,0	45,76
3.	Põhjakas Henry	2010	Rapla RJ	62.65	85,0	95,0	97,5	50,0	57,5	62,5	120,0	127,5	135,0	295,0	41,03
<b>-74kg</b>															
1	Prey Aron	2008	Rapla RJ	72.65	165,0	180,0	<del>187,5</del>	90,0	95,0	<del>97,5</del>	<del>200,0</del>	219,0	<del>225,0</del>	494,0	61,95
2	Tamm Ingemar	2010	TÜASK	68.55	135,0	<del>145,0</del>	145,0	115,0	125,0	<del>130,0</del>	140,0	150,0	162,5	432,5	56,40
3	Saar Hendrik	2010	SK Saarde	69.15	180,0	<del>185,0</del>	<del>185,0</del>	85,0	<del>90,0</del>	<del>90,0</del>	160,0	167,5	<del>172,5</del>	432,5	56,10
4	Möttus Hugo	2008	TÜASK	71.10	135,0	145,0	150,0	85,0	90,0	X	170,0	185,0	192,5	432,5	55,01
5	Eha Kristofer Koit	2010	Jõusport	73.40	95,0	105,0	115,0	75,0	80,0	85,0	125,0	140,0	150,0	350,0	43,61
<b>-83kg</b>															
1.	Potapenko Nikita	2008	EKC	78.00	<del>160,0</del>	160,0	167,5	80,0	90,0	95,0	160,0	167,5	170,0	432,5	51,86
<b>-93kg</b>															
1.	Kruusmägi Joosep	2008	Sparta	88.60	182,5	192,5	200,0	105,0	112,5	<del>117,5</del>	225,0	240,0	250,0	562,5	62,61
2.	Shuktomov Artemi	2009	EKC	86.10	<del>155,0</del>	155,0	165,0	127,5	132,5	<del>135,0</del>	<del>195,0</del>	195,0	202,5	500,0	56,55
3.	Jürgens Mairo	2008	Jõusport	91.35	130,0	<del>140,0</del>	145,0	<del>87,5</del>	92,5	97,5	145,0	160,0	170,0	412,5	45,17
4.	Kirikal Alex	2010	Jõusport	89.00	<del>82,5</del>	82,5	<del>90,0</del>	80,0	87,5	<del>92,5</del>	130,0	145,0	155,0	325,0	36,08
<b>-105kg</b>															
1.	Tallo Villem	2009	SK Saarde	100.65	242,5	246,0	<del>250,0</del>	130,0	135,0	<del>140,0</del>	200,0	215,0	225,0	606,0	63,21
<b>-120kg</b>															
1.	Valter Karel	2008	Rapla RJ	114.25	130,0	150,0	<del>155,0</del>	80,0	85,0	90,0	135,0	145,0	160,0	400,0	39,40

Name	d.o.b.	Team	Bwt	All Squat			All Bench Press			All Deadlift			Total	GL Pts
<b>Juuniorid</b>														
<b>-59kg</b>														
1. Leo Markus	2007	Rapla RJ	56.85	90,0	100,0	110,0	50,0	55,0	<del>62,5</del>	100,0	<del>107,5</del>	107,5	272,5	40,85
<b>-83kg</b>														
1. Gerassimov Artur	2004	EKC	81.15	150,0	<del>162,5</del>	167,5	105,0	110,0	<del>115,0</del>	175,0	190,0	200,0	477,5	55,87
v.a Gramotenko Mykola	2004	EKC	80.55	125,0	135,0	145,0	<del>102,5</del>	102,5	<del>110,0</del>	150,0	165,0	180,0	427,5	50,23
<b>-93kg</b>														
1 Puusepp Uku	2007	Daigo	89.80	192,5	205,0	212,5	117,5	<del>125,0</del>	125,0	245,0	260,0	272,5	610,0	67,41
2 Päll Rico	2007	TÜASK	91.45	205,0	215,0	225,0	125,0	<del>130,0</del>	<del>130,0</del>	225,0	242,5	<del>250,0</del>	592,5	64,82
3 Tereväinen Dmitri	2003	EKC	92.95	195,0	210,0	<del>215,0</del>	<del>140,0</del>	145,0	150,0	200,0	210,0	<del>217,5</del>	570,0	61,84
4 Pukspuu Kevin	2005	Pitbulls	84.05	140,0	152,5	165,0	125,0	140,0	150,0	170,0	<del>185,0</del>	<del>200,0</del>	485,0	55,58
<b>-105kg</b>														
1. Andreson Artur	2006	TÜASK	95.00	180,0	190,0	200,0	115,0	122,5	<del>127,5</del>	200,0	210,0	220,0	542,5	58,21
2. Sibul Sergei	2003	TÜASK	93.10	170,0	175,0	180,0	95,0	102,5	105,0	200,0	210,0	220,0	505,0	54,74

Name	d.o.b.	Team	Bwt	All Squat			All Bench Press			All Deadlift			Total	GL Pts
<b>Masters 1</b>														
<b>-93kg</b>														
1 Nahkur Silver	1979	Sparta	91.40	195,0	202,5	207,5	160,0	165,0	172,5	200,0	212,5	225,0	605,0	66,19
<b>-105kg</b>														
1 Reppo Eero	1982	Pitbulls	104.35	<del>220,0</del>	225,0	240,0	220,0	<del>230,0</del>	<del>230,0</del>	245,0	260,0	<del>275,0</del>	720,0	73,80
<b>-120kg</b>														
1 Erit Argo	1986	Pitbulls	111.35	210,0	240,0	265,0	190,0	200,0	210,0	300,0	320,0	330,5	805,5	80,23
2 Trei Tanel	1984	SK Saarde	112.85	200,0	<del>220,0</del>	225,0	160,0	200,0	X	220,0	250,0	X	675,0	66,89

Name	d.o.b.	Team	Bwt	All Squat			All Bench Press			All Deadlift			Total	GL Pts	
<b>Masters 2</b>															
<b>-83kg</b>															
1	Ossipov Vladimir	1972	SK Saarde	75.10	130,0	150,0	X	120,0	<del>130,0</del>	130,0	150,0	170,0	180,0	460,0	56,49
2	Liivat Armin	1971	Rapla RJ	78.65	120,0	130,0	145,0	87,5	97,5	<del>105,0</del>	145,0	160,0	175,0	417,5	49,81
<b>-93kg</b>															
1.	Silbaum Margus	1976	Pitbulls	93.00	<del>255,0</del>	275,0	<del>295,0</del>	190,0	200,0	210,0	305,0	320,0	<del>330,0</del>	805,0	87,26
<b>120+kg</b>															
1	Koovit Günter	1976	SK Saarde	140.30	230,0	250,0	260,0	200,0	<del>215,0</del>	215,0	225,0	240,0	250,0	725,0	66,41
2	Koosa Remi	1975	M&M	120.80	200,0	<del>220,0</del>	225,0	140,0	150,0	152,5	240,0	255,0	270,0	647,5	62,42

**Eesti Jõutõsteliit**  
**Eesti MV jõutõstmises (varustusega, kõik vanuseklassid), TÜ spordihoones, Tartu (Eesti), 28-29.03.2026**

**ABSOLUUTARVESTS**

	<b>Name</b>	<b>Team</b>	<b>W.Class</b>	<b>Bwt</b>	<b>Result</b>	<b>GL Points</b>
<b>Avatud klass</b>						
1	Raadik Mihkel	Powerlifting4U	-120kg	118,85	980,5	95,1085
2	Silbaum Margus	Pitbulls MTÜ	-93kg	93,00	805,0	87,2620
3	Kolter Kaarel	Sparta SK	-120kg	114,50	865,0	85,2025
4	Holmberg Tõnis	Sparta SK	-120kg	116,75	822,5	80,3583
5	Erit Argo	Pitbulls MTÜ	-120kg	111,35	805,5	80,2278
6	Reppo Agris	TÜASK	-93kg	93,00	732,5	79,4030
7	Ustav Kert	Pitbulls MTÜ	-93kg	92,40	712,5	77,5200
8	Reppo Eero	Pitbulls MTÜ	-105kg	104,35	720,0	73,8000
9	Kivastik Andreas	Sparta SK	-105kg	104,20	692,5	71,0505
10	Kivisild Kristo	Sparta SK	-83kg	80,90	580,0	67,9760
11	Trei Tanel	SK Saarde	-120kg	112,85	675,0	66,8925
12	Maslov Karl-Martin	Sparta SK	-93kg	91,75	612,5	66,8850
13	Koovit Günter	SK Saarde	120+kg	140,30	725,0	66,4100
14	Vaal Aiko	Sparta SK	-105kg	100,15	635,0	66,3575
15	Nahkur Silver	Sparta SK	-93kg	91,40	605,0	66,1870
16	Romov Nikita	Spordiklubi EKC	-120kg	118,00	677,5	65,9208
17	Aruväli Ainar	Individuaal	-105kg	104,05	640,0	65,6640
18	Päll Rico	TÜASK	-93kg	91,45	592,5	64,8195
19	Horm Argo	Sparta SK	120+kg	121,50	667,5	64,2135
20	Küttim Lauri	Individuaal	-74kg	72,55	510,0	64,0050

21	Glase Taago	Individuaal	-66kg	65,60	475,0	63,8875
22	Koosa Remi	M&M Strength	120+kg	120,80	647,5	62,4190
23	Prey Aron	Rapla RJ SK	-74kg	72,65	494,0	61,9476
24	Lehtme Gert	Sparta SK	-120kg	118,90	590,0	57,2300
25	Ossipov Vladimir	SK Saarde	-83kg	75,10	460,0	56,4880
26	Pukspuu Kevin	Pitbulls MTÜ	-93kg	84,05	485,0	55,5810
27	Päll Mario	TÜASK	-66kg	65,55	340,0	45,7640
28	Põhjakas Henry	Rapla RJ SK	-66kg	62,65	295,0	41,0345
29	Leo Markus	Rapla RJ SK	-59kg	56,85	272,5	40,8478
30	Herodes Artur	Rapla RJ SK	-59kg	50,55	190,0	31,4070
v.a	Bilozir Vitalii	Sparta SK	-83kg	80,35	715,0	84,1555

#### Noormehed

1	Tallo Villem	SK Saarde	-105kg	100,65	606,0	63,2058
2	Kruusmägi Joosep	Sparta SK	-93kg	88,60	562,5	62,6063
3	Prey Aron	Rapla RJ SK	-74kg	72,65	494,0	61,9476
4	Shuktomov Artemi	Spordiklubi EKC	-93kg	86,10	500,0	56,5500
5	Tamm Ingemar	TÜASK	-74kg	68,55	432,5	56,3980
6	Saar Hendrik	SK Saarde	-74kg	69,15	432,5	56,0953
7	Möttus Hugo	TÜASK	-74kg	71,10	432,5	55,0140
8	Potapenko Nikita	Spordiklubi EKC	-83kg	78,00	432,5	51,8568
9	Rehtla Dominic	Daigo Power	-66kg	64,65	375,0	50,9625
10	Päll Mario	TÜASK	-66kg	65,55	340,0	45,7640
11	Põhjakas Henry	Rapla RJ SK	-66kg	62,65	295,0	41,0345
12	Jürgens Mairo	SK Jõusport	-93kg	91,35	412,5	45,1688
13	Eha Kristofer Koit	SK Jõusport	-74kg	73,40	350,0	43,6100
14	Valter Karel	Rapla RJ SK	-120kg	114,25	400,0	39,4000
15	Kirikal Alex	SK Jõusport	-93kg	89,00	325,0	36,0750
16	Herodes Artur	Rapla RJ SK	-59kg	50,55	190,0	31,4070

#### Juuniorid

1	Puusepp Uku	Daigo Power	-93kg	89,80	610,0	67,4050
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2	Päll Rico	TÜASK	-93kg	91,45	592,5	64,8195
3	Tereväinen Dmitri	Spordiklubi EKC	-93kg	92,95	570,0	61,8450
4	Andreson Artur	TÜASK	-105kg	95,00	542,5	58,2103
5	Gerassimov Artur	Spordiklubi EKC	-83kg	81,15	477,5	55,8675
6	Pukspuu Kevin	Pitbulls MTÜ	-93kg	84,05	485,0	55,5810
7	Sibul Sergei	TÜASK	-105kg	93,10	505,0	54,7420
8	Leo Markus	Rapla RJ SK	-59kg	56,85	272,5	40,8478
v.a	Gramotenko Mykola	Spordiklubi EKC	-83kg	80,55	427,5	50,2313

#### Masters 1

1	Erit Argo	Pitbulls MTÜ	-120kg	111,35	805,5	80,2278
2	Reppo Eero	Pitbulls MTÜ	-105kg	104,35	720,0	73,8000
3	Trei Tanel	SK Saarde	-120kg	112,85	675,0	66,8925
4	Nahkur Silver	Sparta SK	-93kg	91,40	605,0	66,1870

#### Masters 2

1	Silbaum Margus	Pitbulls MTÜ	-93kg	93,00	805,0	87,2620
2	Koovit Günter	SK Saarde	120+kg	140,30	725,0	66,4100
3	Koosa Remi	M&M Strength	120+kg	120,80	647,5	62,4190
4	Ossipov Vladimir	SK Saarde	-83kg	75,10	460,0	56,4880
5	Liivat Armin	Rapla RJ SK	-83kg	78,65	417,5	49,8078

## Noorte võistkondlik

### 1. TÜASK

Kirke Pree	66.09
Ingemar Tamm	56.40
Hugo Mõttus	55.01
	<b>177.50</b>

### 2. Rapla RJSK

Aron Prey	61.95
Noora Herodes	41.75
Henry Põhjakas	41.03
	<b>144.73</b>

### 3. SK Jõusport

Kristofer Koit Eha	43.61
Mairo Jürgens	45.17
Alex Kirikal	36.08
	<b>124.86</b>

## Juunioride võistkondlik

### 1. TÜASK I

Eliise Mikomägi	90.63
Rico Päll	64.82
Grete Magerramov	64.22
	<b>219.67</b>

### 2. TÜASK II

Kristiina Ernits	62.38
Artur Anderson	58.21
Sergei Sibul	54.74
	<b>175.33</b>

### 3. EKC

Dmitri Tereväinen	61.84
Artur Gerassimov	55.87
Heleri Titto	52.39
	<b>170.10</b>