

Styrkeløftregion Østafjell Benkpress-cup 2023								
Løfter	Kategori	Klubb	1.omg	2.omg	3.omg	4.omg	Totalt	Kontroll
<b>K-U</b>								
Elin Monsen	K-U	Spuvi	53,06	56,92	52,55	0	162,53	
Isa M. Havnen	K-U	Drammen	44,04	0	0	0	44,04	
<b>K-JR</b>								
Pernille Sopia Uleberg	K-Jr	Skien						
<b>K-SR</b>								
Hanna Gadani Ghaderi	K-SR	Drammen	42,6	49,5	49,21	0	141,31	
Ruth Kari Hole	K-SR	Spuvi	64,65	53,14	0	0	117,79	
<b>K-YV</b>								
Inga Werner Isaksen	K-YV	Sande	55,63	56,4	56,3	0	168,33	0
Borghild Nelson	K-YV	Drammen	50,45	52,6	56,24	0	159,29	
<b>M-U</b>								
Jørgen Jønvåg	M-Jr	Drammen	52,98	65,43	0	0	118,41	
Håvard Haugland	M-U	Spuvi	58,87	0	57,05	0	115,92	
Vegard Magnus Thorsen	M-U	Spuvi	43,6	0	51,13	0	94,73	
Oliver Berglund Tollefsen	M-U	Drammen	42,77	0	44,2	0	86,97	
Leo Mathias Grøtberg	M-U	Sande	33,08	36,02	0	0	69,1	
<b>M-Jr</b>								
Gaute Lynghamar Ronæs	M-Jr	Drammen	72,41	69,71	75,57	0	217,69	
Mathias Borgen Vojacek	M-Jr	Sande	64,08	65,22	71,75	0	201,05	
Sindre Aakre	M-Jr	Skien	59,2	0	69,31	0	128,51	

Michael Nielsen	M-Jr	Sande	0	53,24	0	0	53,24
Daniel Nicolai Igesund Draugsvoll	M-Jr	Drammen	47,07	0	0	0	47,07
<b>M-SR</b>							
Per Marius Hole	M-SR	Spuvi	97,25	93,16	84,69	0	275,1
Kim Beck-Gundersen	M-SR	Skien	101,74	98,36	0	0	200,1
Patrick Kjeldås	M-SR	Drammen	57,52	54,1	53,12	0	164,74
Martin Glimdal Norseth	M-SR	Spuvi	79,5	0	81,57	0	161,07
Thomas Rode Hansen	M-SR	Skien	44,48	46,16	58,61	0	149,25
Andreas Steen Halmrast	M-SR	Sande		87,79	0	0	87,79
Thomas Waal	M-SR	Skien	71,35	0	0	0	71,35
Kristian Greenway	M-SR	Drammen	54,79	0	0	0	54,79
Tormod Høimyr Brække	M-U	Drammen		0	0	0	0
<b>40-49</b>							
Erik Marius Egerdahl	M-YV	Sande	71,08	70,59	70,57	0	212,24
Mikkel Paaske Eriksen	M-YV	Larvik	70,45	72,19	0	0	142,64
Sturla Mæland Abrahamsen	M-YV	Skien	81,14	0	0	0	81,14
Lars Andersson	M-YV	Drammen	75,16	0	0	0	75,16
Frank J. Larssen	M-YV	Drammen	0	0	0	0	0
<b>50-59</b>							
Ole Magnus Gade Wilhelmsen	M-EV	Sande	72,63	75,38	74,83	0	222,84
Bjarne Havnen	M-EV	Drammen	69,16	69,69	70,62	0	209,47
Ove Henning Lorentzen	M-EV	Spuvi	81,23	0	87,42	0	168,65
Alf-Ivar Hellerud	M-EV	Spuvi	80,42	0	79,99	0	160,41
Espen Kirkhaug	M-EV	Sande	0	69,47	53,14	0	122,61
Bjørn Grønvold	M-EV	Drammen	0	0	0	0	0
<b>60-69</b>							
Rune Larsen	M-SV	Sande	64,35	66,08	67,81	0	198,24

Steinar Eimstad	M-SV	Spuvi	49,73	60,05	49,28	0	159,06
Morten Engnes	M-SV	Sande	60,82	0	60,45	0	121,27
<del>Børre Borgersen</del>	<del>M-SV</del>	<del>Skien</del>	<del>76,42</del>	<del>0</del>	<del>0</del>	<del>0</del>	<del>76,42</del>
<del>Morten Novum</del>	<del>M-SV</del>	<del>Drammen</del>	<del>50,16</del>	<del>0</del>	<del>0</del>	<del>0</del>	<del>50,16</del>
<del>Jan Helge Rustan</del>	<del>M-SV</del>	<del>Sande</del>		<del>0</del>	<del>0</del>	<del>0</del>	<del>0</del>
<b>70+</b>							
Sverre Paulsen	70+	Sande	28,29	31,66	0	0	59,95
<del>For Monsen</del>	<del>70+</del>	<del>Spuvi</del>	<del>49,58</del>	<del>0</del>	<del>0</del>	<del>0</del>	<del>49,58</del>
		Deltakere	Faktura				
	Drammen	15	3000				
	Sande	12	2400				
	Skien	7	1400				
	Spuvi	10	2000				
	Larvik	1	200				