

KEPPNISSKÝRSLA

MÓT: Sunnumótið (Push & Pull) - KEPPNISSTAÐUR : Íþróttarhöllinni við skólastíg, Akureyri – DAGS.: 17.04.2010

NAFN	FL	LÍK.P	BEKKPRESSA				RÉTTSTAÐA				SAMT.	STIG	SÆTI
			1	2	3	BEST	1	2	3	BEST			
Heiðrún Dís Stefánsdóttir KFA (S)	52.0	51.1	35 3-0	40 2-1	45.0 0-3	40 2-1	80 3-0	90 3-0	100 3-0	100 3-0	140	176.1	3
Agnes Eva Þórarinsdóttir KFA (S)	56.0	55.1	40 3-0	47.5 3-0	50 0-3	47.5 3-0	85 3-0	100 2-1	107.5 3-0	107.5	155	184.7	2
Rósa Soffía Haraldsdóttir Breiðablik (O)	60.0	58.2	40 3-0	42.5 3-0	42.5 0-3	40 3-0	90 3-0	100 3-0	105 0-3	100 3-0	140	159.8	6
Freydís Anna Jónsdóttir KFA (U)	67.5	63.3	50 0-3	55 3-0	62.5 3-0	62.5 3-0	120 3-0	132.5 3-0	145 0-3	132.5 3-0	195	208.7	1
Edda Ósk Tómasdóttir Breiðablik (O)	67.5	62.5	45 3-0	47.5 3-0	50 3-0	50 3-0	90 3-0	100 3-0	105 3-0	105 3-0	155	167.5	5
Sunna Hlín Gunnlaugsdóttir Breiðablik (O)	75.0	74.9	45 3-0	47.5 3-0	50 3-0	50 3-0	100 3-0	110 3-0	112.5 0-3	110 3-0	160	140.3	8
Bryndís Ólafsdóttir UMFS (O)	82.5	81.6	50 3-0	60 3-0	62.5 3-0	62.5 3-0	110 3-0	120 3-0	127.5 3-0	127.5	190	171.9	4
Lára Bogey Finnbogadóttir Kf. Akranes (O)	+90.0	112. 2	50 3-0	55 2-1	60 3-0	60 3-0	80 3-0	100 3-0	115 3-0	115 3-0	175	141.7	7
Rakel Stefý Auðunsdóttir Breiðablik (U)	+90.0	109. 9	35 0-3	40 3-0	45 0-3	40 3-0	115 3-0	130 3-0	140 0-3	130 3-0	170	138.2	9

DÓMARAR

Einar Már Ríkarðsson
Grétar Skúli Gunnarsson
Bjarki Garðarsson

RITARI

Erlendur Helgi Jóhannesson

METASKÝRSLA: SUNNUMÓTIÐ (PUSH & PULL)

Bekkpressumótsmet (án útbúnaðar):

52. fl. Heiðrún Dís Stefánsdóttir KFA 40.0 kg

56. fl. Agnes Eva Þórarinsdóttir KFA 47.5 kg

60 fl. Rósa Soffía Haraldsdóttir Breiðablik 50.0 kg

75 fl. Sunna Hlín Gunnlaugsdóttir (Akranes) 50.0 kg

+90 fl. Lára Bogey Finnbogadóttir (Akranes) 60.0 kg

Réttstöðulyftumet:

52 fl. Heiðrún Dís Stefánsdóttir (KFA) 100.0 kg

82.5 fl. Bryndís Ólafsdóttir (UMFS) 127.5 kg

+ 90. fl. Raket Stefý Auðunsdóttir (Breiðablik) 130.0 kg

