

6th OPEN EURASIA CHAMPIONSHIP WPC/AWPC 2011

12-24.08.2011			Kursk	National Benchpress			
67,5 kg							
1	Zhigulin Konstantin	03.10.87	Russia	67,40	67,5	24 rep	
75 kg							
1	Pchikhachev Aslanbek	28.08.91	Russia	74,00	75,00	32 rep	1669,08
2	Matkarimov Akmal	21.04.87	Kazakhstan	74,20	75,00	21 rep	
82,5 kg							
1	Ryadinskij Denis	06.07.85	Russia	81,50	82,5	20 rep	1065
2	Sapunkov Konstantin	02.09.81	Russia	79,60	80,0	20 rep	
90 kg							
1	Veber Mikhail	29.07.71	Russia	88,40	90,0	36 rep	2002,644
100 kg							
1	Prudnikov Sergey	31.03.81	Russia	100,00	100,0	27 rep	1569,51

Abs men

1	Veber Mikhail	2002,644
2	Pchikhachev Aslanbek	1669,08
3	Prudnikov Sergey	1569,51

<http://anabolicam.net> Методика тренировок в жиме лёжа и пауэрлифтинге