



TROMARAS STRENGTH CHALLENGE

ΠΑΙΑΝΙΑ 2018

BENCHPRESS-DEADLIFT-PUSHPULL

Bench Press

BW Category	Age	Place	Name	bw	Age	Best BP	BP1	BP2	BP3	Wilks
W 56	Open	1	TSIMPI Mairi	56 Kgs	46 years	75	75	80	80	88.245
W 56	Open	2	CHALDEAKI Panagiota	56 Kgs	37 years	52.5	45	50	52.5	61.772
W 56	Open	3	TAMVAKI Stamatina	54 Kgs	27 years	40	37.5	40	47.5	48.424
W 60	Open	1	MARONIKOLAKI Vasiliki	59.8 Kgs	25 years	95	90	95	0	106.189
W 60	Open	2	DYM Tatsiana	60 Kgs	37 years	50	50	52.5	52.5	55.744
W 67.5	Open	1	PENELOPE Amaranti	65.5 Kgs	25 years	50	45	50	55	52.159
W 75	Open	1	SIOKOU Mirenia	0 Kgs	27 years	47.5	37.5	42.5	47.5	-47.500
56 (M)	Teen	1	DAMTSIAS Michail	59 Kgs	14 years	72.5	67.5	72.5	0	62.798
67.5 (M)	Junior	1	LOUKAS Nikitas	66.8 Kgs	22 years	105	100	100	105	81.639
67.5 (M)	Junior	2	ZORBAS Konstantinos	65.9 Kgs	23 years	100	95	100	100	78.618
67.5 (M)	Open	1	KALIVAS Nikolaos	66.7 Kgs	25 years	110	105	110	0	85.631
67.5 (M)	Open	2	KARAGIANNIS Ioannis	66.5 Kgs	28 years	95	95	102.5	102.5	74.134
67.5 (M)	Open	3	EFTHIMIADIS Christoforos	64.5 Kgs	25 years	90	90	100	100	72.034

67.5 (M)	Master	1	PAGIDAS Eleutherios	66.8 Kgs	52 years	87.5	85	87.5	90	68.032
75 (M)	Teen	1	VLAMIS Konstantinos	73 Kgs	18 years	125	115	125	130	90.795
75 (M)	Open	1	GRIVAS Georgios	74.6 Kgs	24 years	87.5	80	87.5	87.5	62.582
75 (M)	Open	2	MANIAS Georgios	76 Kgs	39 years	80	70	75	80	56.487
75 (M)	Open	3	GKOUTZOURELAS Nikolaos	72.8 Kgs	29 years	77.5	72.5	77.5	80	56.405
82.5 (M)	Teen	1	KOTIS Georgios	89.9 Kgs	17 years	122.5	112.5	122.5	125	78.248
82.5 (M)	Junior	1	KOUTROULIAS Panagiotis	79.8 Kgs	22 years	105	90	105	0	71.797
82.5 (M)	Junior	2	VOGIATZIS Stamatis	81 Kgs	21 years	92.5	75	87.5	92.5	62.662
82.5 (M)	Open	1	KACHILELIS Panagiotis	80.7 Kgs	33 years	140	140	150	150	95.058
82.5 (M)	Open	2	CHARITOS Georgios	80.5 Kgs	29 years	125	110	120	125	85.004
90 (M)	Teen	1	KONSTANTAKIS Manolis	90 Kgs	18 years	112.5	100	112.5	117.5	71.819
90 (M)	Junior	1	KALATZIS Paraskevas	88.5 Kgs	23 years	122.5	115	122.5	125	78.886
90 (M)	Open	1	DAMTSIAS Konstantinos	89.9 Kgs	39 years	152.5	147.5	150	152.5	97.410
90 (M)	Open	2	RANTZA Nikolaos	85.5 Kgs	25 years	127.5	122.5	127.5	132.5	83.661
90 (M)	Open	3	SALASIDIS Michail	89.5 Kgs	28 years	117.5	110	117.5	122.5	75.225
90 (M)	Open	4	SIMITZIS Evaggelos	88.8 Kgs	37 years	110	97.5	105	110	70.711
90 (M)	Open	5	MPIZAS Georgios	91 Kgs	24 years	110	95	105	110	69.834
90 (M)	Open	6	ARGYROPOULOS Athanasios	89.9 Kgs	25 years	100	90	100	105	63.876
90 (M)	Open	7	TALANTZIS Christos	86.7 Kgs	28 years	92.5	85	92.5	100	60.228
100 (M)	Teen	1	KLIRONOMOS Euaggelos	99.2 Kgs	19 years	115	115	115	120	70.215
100 (M)	Teen	2	POKAS Konstantinos	99.9 Kgs	16 years	115	112.5	115	117.5	70.016

100 (M)	Open	1	PAULOU Marios	95 Kgs	24 years	155	145	150	155	96.414
100 (M)	Open	2	KOUNIS Nikolaos	97.5 Kgs	30 years	150	140	150	155	92.247
100 (M)	Open	3	FLORAKIS Nikolaos	97.9 Kgs	37 years	145	130	142.5	145	89.017
100 (M)	Open	4	MAUROMICHALIS Anastasios	100 Kgs	24 years	140	135	140	145	85.202
100 (M)	Master	1	GRIGOROPOULOS Kiriakos	93.2 Kgs	54 years	120	110	120	0	75.306
100 (M)	Master	2	KATSIKIANNIS Spyridon	99 Kgs	48 years	105	95	105	110	64.162
110 (M)	Junior	1	ILA Aggelos	108 Kgs	21 years	105	100	105	110	62.150
110 (M)	Open	1	RALLIS Dimitrios	108 Kgs	29 years	170	160	170	180	102.109
110 (M)	Open	2	KOUPRIZAS Dimitrios	108.8 Kgs	35 years	140	140	0	0	82.671
125 (M)	Open	1	KOUNTOURIS Charalampos	124.5 Kgs	30 years	190	180	190	200	108.359
125 (M)	Open	2	DROUTSAS Anastasios	119 Kgs	31 years	132.5	120	127.5	132.5	76.327
140+ (M)	Junior	1	SPYROU Ioannis	160 Kgs	20 years	160	155	160	200	87.714
140+ (M)	Open	1	PIZARO Alexis	211 Kgs	45 years	230	160	230	250	122.713
140+ (M)	Master	1	PAFILIAS Emmanoil	165 Kgs	42 years	160	155	160	165	87.309

Deadlift

BW Category	Age	Place	Name	bw	Age	Best Deadlift	DL1	DL2	DL3	Wilks
W 56	Open	1	CHALDEAKI Panagiota	56 Kgs	37 years	120	110	120	125	141.193
W 56	Open	2	TAMVAKI Stamatina	54 Kgs	27 years	82.5	75	80	82.5	99.874
W 60	Open	1	MARONIKOLAKI Vasiliki	59.8 Kgs	25 years	190	170	180	190	212.377
W 60	Open	2	DYM Tatsiana	60 Kgs	37 years	120	100	110	120	133.786
W 67.5	Open	1	PENELOPE Amaranti	65.5	25	140	120	130	140	146.045

				Kgs	years					
W 75	Open	1	SIOKOU Mirenia	0 Kgs	27 years	92.5	82.5	92.5	95	-92.500
67.5 (M)	Open	1	KALIVAS Nikolaos	66.7 Kgs	25 years	207.5	180	205	207.5	161.530
67.5 (M)	Open	2	KARAGIANNIS Ioannis	66.5 Kgs	28 years	195	180	195	207.5	152.171
67.5 (M)	Open	3	EFTHIMIADIS Christoforos	64.5 Kgs	25 years	140	90	135	140	112.053
67.5 (M)	Master	1	PAGIDAS Eleutherios	66.8 Kgs	52 years	125	110	120	125	97.189
75 (M)	Open	1	GKOUTZOURELAS Nikolaos	72.8 Kgs	29 years	167.5	150	160	167.5	121.907
75 (M)	Open	2	MANIAS Georgios	76 Kgs	39 years	100	80	90	100	70.608
82.5 (M)	Teen	1	KOTIS Georgios	89.9 Kgs	17 years	210	210	0	0	134.139
82.5 (M)	Junior	1	PAPANASTASIOU Rovertos	80.9 Kgs	21 years	300	260	280	300	203.383
82.5 (M)	Junior	2	PERISIANIDIS Ioannis	80.7 Kgs	20 years	252.5	225	242.5	252.5	171.444
82.5 (M)	Junior	3	KOUTROULIAS Panagiotis	79.8 Kgs	22 years	185	170	185	200	126.499
82.5 (M)	Junior	4	VOGIATZIS Stamatis	81 Kgs	21 years	145	120	135	145	98.227
82.5 (M)	Open	1	KACHILELIS Panagiotis	80.7 Kgs	33 years	220	220	240	0	149.377
82.5 (M)	Open	2	GEORGOPOULOS Ioannis	80.2 Kgs	35 years	200	180	200	210	136.325
82.5 (M)	Open	3	ANTHIS Aristotelis	78.6 Kgs	29 years	190	190	195	195	131.186
82.5 (M)	Open	4	CHARITOS Georgios	80.5 Kgs	29 years	180	160	175	180	122.406
90 (M)	Teen	1	KONSTANTAKIS Manolis	90 Kgs	18 years	220	200	212.5	220	140.447
90 (M)	Junior	1	GKERDIDANIS Panagiotis	88.5 Kgs	20 years	210	190	200	210	135.233
90 (M)	Junior	2	KALATZIS Paraskevas	88.5 Kgs	23 years	205	190	205	217.5	132.013
90 (M)	Open	1	SALASIDIS Michail	89.5 Kgs	28 years	220	200	220	242.5	140.847

90 (M)	Open	2	RANTZA Nikolaos	85.5 Kgs	25 years	205	190	197.5	205	134.513
90 (M)	Open	3	ARGYROPOULOS Athanasios	89.9 Kgs	25 years	182.5	150	170	182.5	116.573
90 (M)	Open	4	TALANTZIS Christos	86.7 Kgs	28 years	180	160	172.5	180	117.200
90 (M)	Open	5	SIMITZIS Evaggelos	88.8 Kgs	37 years	165	140	155	165	106.066
90 (M)	Open	6	ILIOPOULOS Stavros	93 Kgs	25 years	160	140	160	170	100.510
90 (M)	Open	7	MPIZAS Georgios	91 Kgs	24 years	155	145	155	165	98.403
100 (M)	Teen	1	KLIRONOMOS Euaggelos	99.2 Kgs	19 years	245	245	255	260	149.589
100 (M)	Teen	2	POKAS Konstantinos	99.9 Kgs	16 years	210	200	210	215	127.855
100 (M)	Open	1	MAUROMICHALIS Anastasios	100 Kgs	24 years	270	270	280	0	164.319
100 (M)	Open	2	FLORAKIS Nikolaos	97.9 Kgs	37 years	242.5	225	240	242.5	148.874
100 (M)	Open	3	KOUNIS Nikolaos	97.5 Kgs	30 years	240	240	255	0	147.595
100 (M)	Open	4	PAULOU Marios	95 Kgs	24 years	210	200	210	210	130.626
100 (M)	Open	5	MPELEVRATIS Dimitrios	95.5 Kgs	37 years	190	185	190	195	117.907
100 (M)	Master	1	GRIGOROPOULOS Kiriakos	93.2 Kgs	54 years	230	210	220	230	144.337
100 (M)	Master	2	KATSIGIANNIS Spyridon	99 Kgs	48 years	200	185	200	0	122.214
110 (M)	Junior	1	ILA Aggelos	108 Kgs	21 years	175	150	160	175	103.583
110 (M)	Open	1	RALLIS Dimitrios	103.5 Kgs	29 years	335	305	325	335	201.214
110 (M)	Open	2	KOUPRIZAS Dimitrios	108.8 Kgs	35 years	252.5	240	245	252.5	149.103
125 (M)	Open	1	KOUNTOURIS Charalampos	124.5 Kgs	30 years	285	265	277.5	285	162.539
125 (M)	Open	2	DROUTSAS Anastasios	119 Kgs	31 years	225	225	0	0	129.612
125 (M)	Open	3	REISIS Ioannis	115 Kgs	32 years	180	165	175	180	104.589

125 (M)	Master	1	PANAGIOTIDIS Theodosis	112 Kgs	51 years	210	190	210	225	122.921
125 (M)	Master	2	PETROKOKKINOS Loukas	121 Kgs	42 years	180	165	175	180	103.289
140 (M)	Master	1	FIDEROPOULOS Spyridon	135.8 Kgs	44 years	180	170	180	190	101.059
140+ (M)	Junior	1	SPYROU Ioannis	160 Kgs	20 years	210	210	210	0	115.124
140+ (M)	Open	1	MARIZAS Emmanouil	160 Kgs	27 years	302.5	242.5	272.5	302.5	165.833

PushPull

BW Category	Age	Place	Name	bw	Age	S Q 1	S Q 2	S Q 3	Best S Q	BP 1	BP 2	BP 3	Best BP	D L1	DL 2	DL 3	Best DL	Total	Wilk s
W 56	Open	1	CHALDEAKI Panagiota	56 Kgs	37 years	0	0	0	0	45	50	52. 5	52. 5	11 0	12 0	12 5	12 0	17 2.5	202. 964
W 56	Open	2	TAMVAKI Stamatina	54 Kgs	27 years	0	0	0	0	37. 5	40	47. 5	40	75	80	82. 5	82. 5	12 2.5	148. 298
W 60	Open	1	MARONIKO LAKI Vasiliki	59. 8 Kgs	25 years	0	0	0	0	90	95	0	95	17 0	18 0	19 0	19 0	28 5	318. 566
W 60	Open	2	DYM Tatsiana	60 Kgs	37 years	0	0	0	0	50	52. 5	52. 5	50	10 0	11 0	12 0	12 0	17 0	189. 531
W 67.5	Open	1	PENELOPE Amaranti	65. 5 Kgs	25 years	0	0	0	0	45	50	55	50	12 0	13 0	14 0	14 0	19 0	198. 204
W 75	Open	1	SIOKOU Mirenia	0 Kgs	27 years	0	0	0	0	37. 5	42. 5	47. 5	47. 5	82 .5	92. 5	95	92. 5	14 0	- 140. 000
67.5 (M)	Open	1	KALIVAS Nikolaos	66. 7 Kgs	25 years	0	0	0	0	10 5	11 0	0	11 0	18 0	20 5	20 7.5	20 7.5	31 7.5	247. 161
67.5 (M)	Open	2	KARAGIAN NIS Ioannis	66. 5 Kgs	28 years	0	0	0	0	95	10 2.5	10 2.5	95	18 0	19 5	20 7.5	19 5	29 0	226. 305
67.5 (M)	Open	3	EFTHIMIADI S Christoforos	64. 5 Kgs	25 years	0	0	0	0	90	10 0	10 0	90	90	13 5	14 0	14 0	23 0	184. 087

67.5 (M)	Master	1	PAGIDAS Eleutherios	66.8 Kg s	52 ye ars	0	0	0	0	85	87.5	90	87.5	110	120	125	125	212.5	165.222
75 (M)	Open	1	GKOUTZOU RELAS Nikolaos	72.8 Kg s	29 ye ars	0	0	0	0	72.5	77.5	80	77.5	150	160	167.5	167.5	245	178.312
75 (M)	Open	2	MANIAS Georgios	76 Kg s	39 ye ars	0	0	0	0	70	75	80	80	80	90	100	100	180	127.095
82.5 (M)	Teen	1	KOTIS Georgios	89.9 Kg s	17 ye ars	0	0	0	0	112.5	122.5	125	122.5	210	0	0	210	332.5	212.386
82.5 (M)	Junior	1	KOUTROULIAS Panagiotis	79.8 Kg s	22 ye ars	0	0	0	0	90	105	0	105	170	185	200	185	290	198.296
82.5 (M)	Junior	2	VOGIATZIS Stamatis	81 Kg s	21 ye ars	0	0	0	0	75	87.5	92.5	92.5	120	135	145	145	237.5	160.889
82.5 (M)	Open	1	KACHILELIS Panagiotis	80.7 Kg s	33 ye ars	0	0	0	0	140	150	150	140	220	240	0	220	360	244.435
82.5 (M)	Open	2	CHARITOS Georgios	80.5 Kg s	29 ye ars	0	0	0	0	110	120	125	125	160	175	180	180	305	207.411
90 (M)	Teen	1	KONSTANTAKIS Manolis	90 Kg s	18 ye ars	0	0	0	0	100	112.5	117.5	112.5	200	212.5	220	220	332.5	212.266
90 (M)	Junior	1	KALATZIS Paraskevas	88.5 Kg s	23 ye ars	0	0	0	0	115	122.5	125	122.5	190	205	217.5	205	327.5	210.900
90 (M)	Open	1	SALASIDIS Michail	89.5 Kg s	28 ye ars	0	0	0	0	110	117.5	122.5	117.5	200	220	242.5	220	337.5	216.073
90 (M)	Open	2	RANTZA Nikolaos	85.5 Kg s	25 ye ars	0	0	0	0	122.5	127.5	132.5	127.5	190	197.5	205	205	332.5	218.174
90 (M)	Open	3	ARGYROPOULOS Athanasios	89.9 Kg s	25 ye ars	0	0	0	0	90	100	105	100	145	170	182.5	182.5	282.5	180.448
90 (M)	Open	4	TALANTZIS Christos	86.7 Kg	28 ye ars	0	0	0	0	85	92.5	100	92.5	160	172.5	180	180	272.5	177.427

90 (M)	Open	5	SIMITZIS Evaggelos	88.8 Kg s	37 ye ars	0	0	0	0	97.5	105	110	110	140	155	165	165	275	176.777
90 (M)	Open	6	MPIZAS Georgios	91 Kg s	24 ye ars	0	0	0	0	95	105	110	110	145	155	165	155	265	168.237
100 (M)	Teen	1	KLIRONOMOS Euaggelos	99.2 Kg s	19 ye ars	0	0	0	0	445	115	120	115	245	255	260	245	360	219.804
100 (M)	Teen	2	POKAS Konstantinos	99.9 Kg s	16 ye ars	0	0	0	0	112.5	115	117.5	115	200	210	215	210	325	197.871
100 (M)	Open	1	MAUROMICHALIS Anastasios	100 Kg s	24 ye ars	0	0	0	0	135	140	145	140	270	280	0	270	410	249.522
100 (M)	Open	2	KOUNIS Nikolaos	97.5 Kg s	30 ye ars	0	0	0	0	140	150	155	150	240	255	0	240	390	239.841
100 (M)	Open	3	FLORAKIS Nikolaos	97.9 Kg s	37 ye ars	0	0	0	0	130	142.5	145	145	225	240	242.5	242.5	387.5	237.891
100 (M)	Open	4	PAULOU Marios	95 Kg s	24 ye ars	0	0	0	0	145	150	155	155	200	210	210	210	365	227.040
100 (M)	Master	1	GRIGORPOULOS Kiriakos	93.2 Kg s	54 ye ars	0	0	0	0	110	120	0	120	210	220	230	230	350	219.643
100 (M)	Master	2	KATSIGIANIS Spyridon	99 Kg s	48 ye ars	0	0	0	0	95	105	110	105	185	200	0	200	305	186.376
110 (M)	Junior	1	ILA Aggelos	108 Kg s	21 ye ars	0	0	0	0	100	105	110	105	150	160	175	175	280	165.733
110 (M)	Open	1	RALLIS Dimitrios	103.5 Kg s	29 ye ars	0	0	0	0	160	170	180	170	305	325	335	335	505	303.323
110 (M)	Open	2	KOUPRIZAS Dimitrios	108.8 Kg s	35 ye ars	0	0	0	0	140	0	0	140	240	245	252.5	252.5	392.5	231.774
125 (M)	Open	1	KOUNTOURIS	124.5	30 ye	0	0	0	0	180	190	200	190	265	277.5	285	285	475	270.898

			Charalampos	Kgs	ars														
125 (M)	Open	2	DROUTSAS Anastasios	119 Kgs	31 years	0	0	0	0	120	127.5	132.5	132.5	225	0	0	225	357.5	205.940
140+ (M)	Junior	1	SPYROU Ioannis	160 Kgs	20 years	0	0	0	0	155	160	200	160	210	210	0	210	370	202.838

Overall Bench Press (M)

Place	Name	bw	Best Bench Press	Wilks
1	PIZARO Alexis	211 Kgs	230	122.713
2	KOUNTOURIS Charalampos	124.5 Kgs	190	108.359
3	RALLIS Dimitrios	108 Kgs	170	102.109
4	DAMTSIAS Konstantinos	89.9 Kgs	152.5	97.410
5	PAULOU Marios	95 Kgs	155	96.414
6	KACHILELIS Panagiotis	80.7 Kgs	140	95.058
7	KOUNIS Nikolaos	97.5 Kgs	150	92.247
8	VLAMIS Konstantinos	73 Kgs	125	90.795
9	FLORAKIS Nikolaos	97.9 Kgs	145	89.017
10	SPYROU Ioannis	160 Kgs	160	87.714
11	PAFILIAS Emmanoil	165 Kgs	160	87.309
12	KALIVAS Nikolaos	66.7 Kgs	110	85.631
13	MAUROMICHALIS Anastasios	100 Kgs	140	85.202
14	CHARITOS Georgios	80.5 Kgs	125	85.004
15	RANTZA Nikolaos	85.5 Kgs	127.5	83.661
16	KOUPRIZAS Dimitrios	108.8 Kgs	140	82.671
17	LOUKAS Nikitas	66.8 Kgs	105	81.639
18	KALATZIS Paraskevas	88.5 Kgs	122.5	78.886
19	ZORBAS Konstantinos	65.9 Kgs	100	78.618
20	KOTIS Georgios	89.9 Kgs	122.5	78.248
21	DROUTSAS Anastasios	119 Kgs	132.5	76.327
22	GRIGOROPOULOS Kiriakos	93.2 Kgs	120	75.306
23	SALASIDIS Michail	89.5 Kgs	117.5	75.225
24	KARAGIANNIS Ioannis	66.5 Kgs	95	74.134
25	EFTHIMIADIS Christoforos	64.5 Kgs	90	72.034
26	KONSTANTAKIS Manolis	90 Kgs	112.5	71.819
27	KOUTROULIAS Panagiotis	79.8 Kgs	105	71.797
28	SIMITZIS Evaggelos	88.8 Kgs	110	70.711
29	KLIRONOMOS Euaggelos	99.2 Kgs	115	70.215
30	POKAS Konstantinos	99.9 Kgs	115	70.016

31	MPIZAS Georgios	91 Kgs	110	69.834
32	PAGIDAS Eleutherios	66.8 Kgs	87.5	68.032
33	KATSIKIANNIS Spyridon	99 Kgs	105	64.162
34	ARGYROPOULOS Athanasios	89.9 Kgs	100	63.876
35	DAMTSIAS Michail	59 Kgs	72.5	62.798
36	VOGIATZIS Stamatis	81 Kgs	92.5	62.662
37	GRIVAS Georgios	74.6 Kgs	87.5	62.582
38	ILA Aggelos	108 Kgs	105	62.150
39	TALANTZIS Christos	86.7 Kgs	92.5	60.228
40	MANIAS Georgios	76 Kgs	80	56.487
41	GKOUTZOURELAS Nikolaos	72.8 Kgs	77.5	56.405

Overall Bench Press (F)

Place	Name	bw	Best Bench Press	Wilks
1	MARONIKOLAKI Vasiliki	59.8 Kgs	95	106.189
2	TSIMPI Mairi	56 Kgs	75	88.245
3	CHALDEAKI Panagiota	56 Kgs	52.5	61.772
4	DYM Tatsiana	60 Kgs	50	55.744
5	PENELOPE Amaranti	65.5 Kgs	50	52.159
6	TAMVAKI Stamatina	54 Kgs	40	48.424
7	SIOKOU Mirenia	75 Kgs	47.5	47.500

Overall Deadlift (M)

Place	Name	bw	Best Deadlift	Wilks
1	PAPANASTASIOU Rovertos	80.9 Kgs	300	203.383
2	RALLIS Dimitrios	108 Kgs	335	201.214
3	PERISIANIDIS Ioannis	80.7 Kgs	252.5	171.444
4	MARIZAS Emmanouil	160 Kgs	302.5	165.833
5	MAUROMICHALIS Anastasios	100 Kgs	270	164.319
6	KOUNTOURIS Charalampos	124.5 Kgs	285	162.539
7	KALIVAS Nikolaos	66.7 Kgs	207.5	161.530
8	KARAGIANNIS Ioannis	66.5 Kgs	195	152.171
9	KLIRONOMOS Euaggelos	99.2 Kgs	245	149.589
10	KACHILELIS Panagiotis	80.7 Kgs	220	149.377
11	KOUPRIZAS Dimitrios	108.8 Kgs	252.5	149.103
12	FLORAKIS Nikolaos	97.9 Kgs	242.5	148.874
13	KOUNIS Nikolaos	97.5 Kgs	240	147.595
14	GRIGOROPOULOS Kiriakos	93.2 Kgs	230	144.337
15	SALASIDIS Michail	89.5 Kgs	220	140.847
16	KONSTANTAKIS Manolis	90 Kgs	220	140.447
17	GEORGOPOULOS Ioannis	80.2 Kgs	200	136.325

18	GKERDIDANIS Panagiotis	88.5 Kgs	210	135.233
19	RANTZA Nikolaos	85.5 Kgs	205	134.513
20	KOTIS Georgios	89.9 Kgs	210	134.139
21	KALATZIS Paraskevas	88.5 Kgs	205	132.013
22	ANTHIS Aristotelis	78.6 Kgs	190	131.186
23	PAULOU Marios	95 Kgs	210	130.626
24	DROUTSAS Anastasios	119 Kgs	225	129.612
25	POKAS Konstantinos	99.9 Kgs	210	127.855
26	KOUTROULIAS Panagiotis	79.8 Kgs	185	126.499
27	PANAGIOTIDIS Theodosios	112 Kgs	210	122.921
28	CHARITOS Georgios	80.5 Kgs	180	122.406
29	KATSIGIANNIS Spyridon	99 Kgs	200	122.214
30	GKOUTZOURELAS Nikolaos	72.8 Kgs	167.5	121.907
31	MPELEVRATIS Dimitrios	95.5 Kgs	190	117.907
32	TALANTZIS Christos	86.7 Kgs	180	117.200
33	ARGYROPOULOS Athanasios	89.9 Kgs	182.5	116.573
34	SPYROU Ioannis	160 Kgs	210	115.124
35	EFTHIMIADIS Christoforos	64.5 Kgs	140	112.053
36	SIMITZIS Evaggelos	88.8 Kgs	165	106.066
37	REISIS Ioannis	115 Kgs	180	104.589
38	ILA Aggelos	108 Kgs	175	103.583
39	PETROKOKKINOS Loukas	121 Kgs	180	103.289
40	FIDEROPOULOS Spyridon	135.8 Kgs	180	101.059
41	ILIOPOULOS Stavros	93 Kgs	160	100.510
42	MPIZAS Georgios	91 Kgs	155	98.403
43	VOGIATZIS Stamatis	81 Kgs	145	98.227
44	PAGIDAS Eleutherios	66.8 Kgs	125	97.189
45	MANIAS Georgios	76 Kgs	100	70.608

Overall Deadlift (F)

Place	Name	bw	Best Deadlift	Wilks
1	MARONIKOLAKI Vasiliki	59.8 Kgs	190	212.377
2	PENELOPE Amaranti	65.5 Kgs	140	146.045
3	CHALDEAKI Panagiota	56 Kgs	120	141.193
4	DYM Tatsiana	60 Kgs	120	133.786
5	TAMVAKI Stamatina	54 Kgs	82.5	99.874
6	SIOKOU Mirenia	75 Kgs	92.5	-92.500

Overall Push-Pull (M)

Place	Name	bw	Best Push-Pull	Wilks
1	RALLIS Dimitrios	108 Kgs	505	303.323

2	KOUNTOURIS Charalampos	124.5 Kgs	475	270.898
3	MAUROMICHALIS Anastasios	100 Kgs	410	249.522
4	KALIVAS Nikolaos	66.7 Kgs	317.5	247.161
5	KACHILELIS Panagiotis	80.7 Kgs	360	244.435
6	KOUNIS Nikolaos	97.5 Kgs	390	239.841
7	FLORAKIS Nikolaos	97.9 Kgs	387.5	237.891
8	KOUPRIZAS Dimitrios	108.8 Kgs	392.5	231.774
9	PAULOU Marios	95 Kgs	365	227.040
10	KARAGIANNIS Ioannis	66.5 Kgs	290	226.305
11	KLIRONOMOS Euaggelos	99.2 Kgs	360	219.804
12	GRIGOROPOULOS Kiriakos	93.2 Kgs	350	219.643
13	RANTZA Nikolaos	85.5 Kgs	332.5	218.174
14	SALASIDIS Michail	89.5 Kgs	337.5	216.073
15	KOTIS Georgios	89.9 Kgs	332.5	212.386
16	KONSTANTAKIS Manolis	90 Kgs	332.5	212.266
17	KALATZIS Paraskevas	88.5 Kgs	327.5	210.900
18	CHARITOS Georgios	80.5 Kgs	305	207.411
19	DROUTSAS Anastasios	119 Kgs	357.5	205.940
20	SPYROU Ioannis	160 Kgs	370	202.838
21	KOUTROULIAS Panagiotis	79.8 Kgs	290	198.296
22	POKAS Konstantinos	99.9 Kgs	325	197.871
23	KATSIGIANNIS Spyridon	99 Kgs	305	186.376
24	EFTHIMIADIS Christoforos	64.5 Kgs	230	184.087
25	ARGYROPOULOS Athanasios	89.9 Kgs	282.5	180.448
26	GKOUTZOURELAS Nikolaos	72.8 Kgs	245	178.312
27	TALANTZIS Christos	86.7 Kgs	272.5	177.427
28	SIMITZIS Evaggelos	88.8 Kgs	275	176.777
29	MPIZAS Georgios	91 Kgs	265	168.237
30	ILA Aggelos	108 Kgs	280	165.733
31	PAGIDAS Eleutherios	66.8 Kgs	212.5	165.222
32	VOGIATZIS Stamatis	81 Kgs	237.5	160.889
33	MANIAS Georgios	76 Kgs	180	127.095
34	DAMTSIAS Michail	59 Kgs	72.5	-10000.000
35	ZORBAS Konstantinos	65.9 Kgs	100	-10000.000
36	LOUKAS Nikitas	66.8 Kgs	105	-10000.000
37	VLAMIS Konstantinos	73 Kgs	125	-10000.000
38	GRIVAS Georgios	74.6 Kgs	87.5	-10000.000
39	ANTHIS Aristotelis	78.6 Kgs	190	-10000.000
40	GEORGOPOULOS Ioannis	80.2 Kgs	200	-10000.000
41	PERISIANIDIS Ioannis	80.7 Kgs	252.5	-10000.000
42	PAPANASTASIOU Rovertos	80.9 Kgs	300	-10000.000
43	GKERDIDANIS Panagiotis	88.5 Kgs	210	-10000.000

44	DAMTSIAS Konstantinos	89.9 Kgs	152.5	-10000.000
45	ILIOPOULOS Stavros	93 Kgs	160	-10000.000
46	MPELEVRATIS Dimitrios	95.5 Kgs	190	-10000.000
47	PANAGIOTIDIS Theodosios	112 Kgs	210	-10000.000
48	REISIS Ioannis	115 Kgs	180	-10000.000
49	PETROKOKKINOS Loukas	121 Kgs	180	-10000.000
50	FIDEROPOULOS Spyridon	135.8 Kgs	180	-10000.000
51	MARIZAS Emmanouil	160 Kgs	302.5	-10000.000
52	PAFILIAS Emmanoil	165 Kgs	160	-10000.000
53	PIZARO Alexis	211 Kgs	230	-10000.000

Overall Push-Pull (F)

Place	Name	bw	Best Push-Pull	Wilks
1	MARONIKOLAKI Vasiliki	59.8 Kgs	285	318.566
2	CHALDEAKI Panagiota	56 Kgs	172.5	202.964
3	PENELOPE Amaranti	65.5 Kgs	190	198.204
4	DYM Tatsiana	60 Kgs	170	189.531
5	TAMVAKI Stamatina	54 Kgs	122.5	148.298
6	SIOKOU Mirenia	0 Kgs	140	-140.000
7	TSIMPI Mairi	56 Kgs	75	-10000.000

STRENGTH CHALLENGE