

## Resultate End of the Year Club Competition 2024 Zizers

Frauen -63 Kg & -69 Kg nach DOTS																		
Rang	Name	Geschlecht	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)
1	Denise Günther	F	65.4	69	137.5	145	-150	145	85	87.5	-90	87.5	145	157.5	167.5	167.5	400	420.66
2	Enola Pergher	F	66.9	69	112.5	120	-125	120	-45	50	52.5	52.5	142.5	155	160	160	332.5	345.05
3	Michelle Sennhauser	F	61.9	63	95	-102.5	-102.5	95	55	-60	60	60	115	125	135	135	290	315.28
4	Reny Flore	F	67	69	100	115	120	120	45	52.5	-60	52.5	115	125	-135	125	297.5	308.46
Frauen -76 Kg & 84+ Kg nach DOTS																		
Rang	Name	Geschlecht	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)
1	Stefanie Glanzmann	F	89.3	84+	125	132.5	140	140	67.5	70	75	75	165	175	185	185	400	357.85
2	Lara Gerber	F	73.2	76	120	125	130	130	55	57.5	-60	57.5	122.5	127.5	132.5	132.5	320	315.74
3	Mathilde Roz	F	73.7	76	-112.5	-120	120	120	57.5	62.5	67.5	67.5	112.5	120	127.5	127.5	315	309.67
4	Corina Wissmann	F	98	84+	-90	-90	90	90	60	62.5	65	65	115	125	-130	125	280	240.85
Männer -74 Kg & -83 Kg nach DOTS																		
Rang	Name	Geschlecht	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)
1	Laurin Schmid	M	81.2	83	205	220	-235	220	150	-160	-160	150	220	235	247.5	247.5	617.5	422.11
2	Ilan Pless	M	73.2	74	170	180	190	190	110	115	117.5	117.5	200	215	225	225	532.5	388.09
3	Angelo Rocca	M	79.4	83	170	177.5	182.5	182.5	120	127.5	-132.5	127.5	220	230	240	240	550	380.95
4	Dominik Jardines	M	77.5	83	150	165	-172.5	165	75	85	-92.5	85	160	175	185	185	435	305.74
Männer -93 Kg nach Total																		
Rang	Name	Geschlecht	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)
1	Gabriel Cervera Arriaga	M	92.9	93	200	212.5	220	220	162.5	167.5	172.5	172.5	245	-260	265	265	657.5	418.55
2	Cédric Schöni	M	87.4	93	195	210	-220	210	120	130	140	140	215	227.5	240	240	590	387.28
3	Leandro Caspar	M	89	93	190	210	220	220	100	110	120	120	212.5	227.5	-240	227.5	567.5	369.03
4	Karsten Tammer	M	90.2	93	120	132.5	-140	132.5	-75	85	-90	85	140	160	-182.5	160	377.5	243.82
Männer -105 Kg nach Total																		
Rang	Name	Geschlecht	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)
1	Noah Gehr	M	99.7	105	205	220	230	230	127.5	135	140	140	275	292.5	305	305	675	416.02
2	Nathan Tompssett	M	104	105	205	220	-230	220	142.5	152.5	160	160	245	265	275	275	655	396.57
3	Filip Mrcarica	M	95.2	105	200	192.5	200	200	125	132.5	137.5	137.5	215	227.5	232.5	232.5	570	358.68
4	Fridolin Hauser	M	95.1	105	195	207.5	-220	207.5	115	122.5	127.5	127.5	190	205	222.5	222.5	557.5	350.98
5	Destan Huynh	M	97.3	105	175	185	195	195	100	110	-115	110	190	205	217.5	217.5	522.5	325.52
6	Korbinian Kreissl	M	102.4	105	175	185	190	190	95	102.5	-105	102.5	195	210	220	220	512.5	312.28
7	Tobias Nager	M	104.1	105	165	175	185	185	102.5	107.5	-110	107.5	190	205	-210	205	497.5	301.09
DQ	Silvano Senn	M	100	105	200	207.5	-215	207.5	-115									
Männer -120 Kg																		
Rang	Name	Geschlecht	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)
1	Daniele Pola	M	117.2	120	280	300	310	310	190	200	205	205	260	285	300	300	815	471.81

\* Best Lifter Overall