CPF BENCH PRESS NATIONALS 2024
RESULTS

Date: 19.05.2024

CPF Benchpress 2024 - Final

Results Ranking

	Women	Lot	Weight	Team	BP			Total	Points
	47 Open								
1	Elena Gerolemou*	11	44.70		45.0	47.5	47.5	**47.5**	**53.47**
	52 Open								
1	Elli Maria Fountoukidou	4	51.60		67.5	70.0	~~72.5~~	**70.0**	**67.48**
	57 Open								
1	Hansel Kaethe Kourtoulou*	8	56.45		55.0	~~60.0~~	~~60.0~~	**55.0**	**49.26**
	63 Open								
1	Eleni Chimonide*	14	61.65		57.5	62.5	65.0	**65.0**	**54.92**
	69 Open								
1	Katerina Eleni Marangou*	9	68.40		65.0	67.5	70.0	**70.0**	**56.04**
	76 Open								
1	Androulla Papakonstantinou	3	73.95		100.0	105.0	~~107.5~~	**105.0**	**81.43**
	84 Open								
1	Artemis Kyriacou	12	80.70		47.5	50.0	~~55.0~~	**50.0**	**37.70**
	84+ Open								
1	Michelle Krystallis*	2	105.10		95.0	~~100.0~~	100.0	**100.0**	**71.78**
	Men	Lot	Weight	Team	BP			Total	Points
	59 Open								
1	Aref Bahrami Gahrouei*	33	58.70		87.5	92.5	~~95.0~~	**92.5**	**55.97**
	66 Open								
1	Panayiotis Gabriel*	5	65.10		137.5	142.5	~~145.0~~	**142.5**	**81.44**
	74 Open								
1	Marios Stylianou*	6	73.15		130.0	~~137.5~~	~~140.0~~	**130.0**	**69.76**
2	Stavros Christoudias*	13	73.95		100.0	~~110.0~~	~~110.0~~	**100.0**	**53.35**
3	Alexandros Demosthenous	1	73.75		90.0	100.0	~~105.0~~	**100.0**	**53.43**
4	Christos Constantinou	7	0.00					**0**	**0.00**
5	Alexandros Proestos*	10	74.60		102.5	107.5	110.0	**0**	**0.00**
	83 Open								
1	Giannos Gewrgiou*	15	82.50		152.5	165.0	~~167.5~~	**165.0**	**83.14**
2	Alexandros Pelekanos	22	79.60		150.0	157.5	~~165.0~~	**157.5**	**80.84**
3	Nikolas Andreou	19	80.60		117.5	125.0	~~130.0~~	**125.0**	**63.74**
4	Artem Dalkarov*	18	81.50		~~110.0~~	~~110.0~~	~~110.0~~	**0.0**	**0.00**
5	Konstandinos Dimitriou*	17	82.85		~~160.0~~	~~160.0~~	~~165.0~~	**0.0**	**0.00**
	93 Open								
1	George Stylianoudes*	16	91.80		120.0	130.0	137.5	**137.5**	**65.65**
2	Konstantinos Karagiannidis*	21	93.00		115.0	117.5	130.0	**130.0**	**61.68**
3	Michael Ougnitch	20	87.20		125.0	~~135.0~~	~~135.0~~	**125.0**	**61.23**
4	Marios Sianios	35	91.95		105.0	~~110.0~~	~~110.0~~	**105.0**	**50.09**
	105 Open								
1	Rafail Christou*	25	98.10		175.0	185.0	190.0	**190.0**	**87.84**
2	Alexandros Savva	30	96.90		140.0	150.0	160.0	**160.0**	**74.41**
3	Maxim Kalachev*	34	103.80		160.0	~~165.0~~	~~165.0~~	**160.0**	**72.03**
4	Odysseas Odysseos*	27	103.60		160.0	~~167.5~~	~~167.5~~	**160.0**	**72.09**
5	Andreas Christodoulou*	31	102.70		147.5	155.0	~~160.0~~	**155.0**	**70.12**
6	Panayiotis Koutentis*	28	100.90		140.0	147.5	152.5	**152.5**	**69.57**
7	Savvas Pourpourides	32	103.00		115.0	125.0	~~132.5~~	**125.0**	**56.47**
8	Andreas Nikolaos Fountoulis	24	103.80		85.0	92.5	~~100.0~~	**92.5**	**41.64**

	120 Open								
1	Sergios Ugrinov*	29	111.00		155.0	~~165.0~~	~~165.0~~	**155.0**	**67.67**
2	Savvas Pavlanas*	26	110.60		110.0	120.0	~~130.0~~	**120.0**	**52.47**
	120+ Open								
1	Ireneusz Aletorowicz*	23	138.20		175.0	185.0	190.0	**190.0**	**75.67**

Overall

	Women	Lot	Weight	Team	BP			Total	Points
	Sub-Junior								
1	Michelle Krystallis*	2	105.10		95.0	~~100.0~~	100.0	**100.0**	**71.78**
2	Katerina Eleni Marangou*	9	68.40		65.0	67.5	70.0	**70.0**	**56.04**
	Open								
1	Androulla Papakonstantinou	3	73.95		100.0	105.0	~~107.5~~	**105.0**	**81.43**
2	Elli Maria Fountoukidou	4	51.60		67.5	70.0	~~72.5~~	**70.0**	**67.48**
3	Eleni Chimonide*	14	61.65		57.5	62.5	65.0	**65.0**	**54.92**
4	Hansel Kaethe Kourtoulou*	8	56.45		55.0	~~60.0~~	~~60.0~~	**55.0**	**49.26**
	Masters 1								
1	Elena Gerolemou*	11	44.70		45.0	47.5	47.5	**47.5**	**53.47**
	Junior								
1	Artemis Kyriacou	12	80.70		47.5	50.0	~~55.0~~	**50.0**	**37.70**
	Men	Lot	Weight	Team	BP			Total	Points
	Masters 1								
1	Maxim Kalachev*	34	103.80		160.0	~~165.0~~	~~165.0~~	**160.0**	**72.03**
2	Sergios Ugrinov*	29	111.00		155.0	~~165.0~~	~~165.0~~	**155.0**	**67.67**
	Masters 2								
1	Ireneusz Aletorowicz*	23	138.20		175.0	185.0	190.0	**190.0**	**75.67**
2	Panayiotis Koutentis*	28	100.90		140.0	147.5	152.5	**152.5**	**69.57**
	Open								
1	Rafail Christou*	25	98.10		175.0	185.0	190.0	**190.0**	**87.84**
2	Giannos Gewrgiou*	15	82.50		152.5	165.0	~~167.5~~	**165.0**	**83.14**
3	Panayiotis Gabriel*	5	65.10		137.5	142.5	~~145.0~~	**142.5**	**81.44**
4	Alexandros Savva	30	96.90		140.0	150.0	160.0	**160.0**	**74.41**
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7	George Stylianoudes*	16	91.80		120.0	130.0	137.5	**137.5**	**65.65**
8	Nikolas Andreou	19	80.60		117.5	125.0	~~130.0~~	**125.0**	**63.74**
9	Savvas Pourpourides	32	103.00		115.0	125.0	~~132.5~~	**125.0**	**56.47**
10	Aref Bahrami Gahrouei*	33	58.70		87.5	92.5	~~95.0~~	**92.5**	**55.97**
11	Alexandros Demosthenous	1	73.75		90.0	100.0	~~105.0~~	**100.0**	**53.43**
12	Stavros Christoudias*	13	73.95		100.0	~~110.0~~	~~110.0~~	**100.0**	**53.35**
13	Christos Constantinou	7	0.00					**0**	**0.00**
	Junior								
1	Alexandros Pelekanos	22	79.60		150.0	157.5	~~165.0~~	**157.5**	**80.84**
2	Andreas Christodoulou*	31	102.70		147.5	155.0	~~160.0~~	**155.0**	**70.12**
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5	Konstandinos Dimitriou*	17	82.85		~~160.0~~	~~160.0~~	~~165.0~~	**0.0**	**0.00**
	Sub-Junior								
1	Michael Ougnitch	20	87.20		125.0	~~135.0~~	~~135.0~~	**125.0**	**61.23**

2	Marios Sianios	35	91.95		105.0	~~110.0~~	~~110.0~~	**105.0**	**50.09**
3	Andreas Nikolaos Fountoulis	24	103.80		85.0	92.5	~~100.0~~	**92.5**	**41.64**
4	Artem Dalkarov*	18	81.50		~~110.0~~	~~110.0~~	~~110.0~~	**0.0**	**0.00**
5	Alexandros Proestos*	10	74.60		102.5	107.5	110.0	**0**	**0.00**