

SPEAKERS-CARD POWERLIFTING PWFL IPF-EPF

Name, Firstname:				Birthdate:			
Nation:				Bodyweight:		Category:	
IPF GL formula				Lotnr		Squatrack R-In/L-In/Both-In OUT	
Benchrack/Securityrack				Liftoff center/side		Blocks yes/no height in cm	
Signature Lifter/coach							
Disciplines	1.	2.	3.	Best			
Squat							
Bench-press:							
Room to calculate the subtotal after 1 st two disciplines							
Deadlift:							
Name of the Championship				Chiefreferee signature		TOTAL	
				Grouping		Points	
				1 2 3 4		Place	

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