

Powerlifting & Weightlifting Federation Luxembourg
2025 European Small Nations Championship
Hamm, Luxembourg - 28-02-2025 to 02-03-2025
Final Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Men																						
Open - 66kg																						
1	PANAGIOTIS GAVRIEL	01-01-1996	CYP	3	64.67	0.157574	165.0	165.0	165.0	165.0 [1]	130.0	137.5	140.0	140.0 [1]	205.0	215.0	225.0	215.0 [1]	520.0	12	81.938480	5
Open - 74kg																						
1	NEOFYTOS HADJIKYRIAKOU	01-01-2002	CYP	7	72.50	0.148381	205.0	217.5	227.5	217.5 [1]	122.5	127.5	127.5	122.5 [1]	220.0	232.5	232.5	220.0 [2]	560.0	12	83.093360	3
2	KEVIN NILLES	01-01-1998	LUX	9	71.44	0.149526	172.5	180.0	192.5	180.0 [2]	100.0	100.0	105.0	105.0 [2]	225.0	232.5	237.5	237.5 [1]	522.5	9	78.127335	7
Open - 83kg																						
1	SANTANA TOMAS VICENTE	01-01-2006	LUX	14	80.78	0.140342	210.0	225.0	237.5	237.5 [1]	137.5	145.0	150.0	150.0 [1]	235.0	255.0	270.0	270.0 [1]	657.5	12	92.274865	1
Open - 93kg																						
1	ALESSIO PIZZUTILO	01-01-1997	LUX	27	91.72	0.131711	200.0	210.0	217.5	217.5 [1]	157.5	165.0	167.5	165.0 [1]	225.0	235.0	242.5	242.5 [3]	625.0	12	82.319375	4
2	DYLAN TAVARES	01-01-1995	LUX	30	89.50	0.133308	180.0	190.0	200.0	200.0 [3]	110.0	117.5	122.5	122.5 [3]	240.0	260.0	270.0	260.0 [1]	582.5	9	77.651910	8
3	KOSTAS LEONIDA	01-01-1993	CYP	31	89.45	0.133345	160.0	172.5	185.0	185.0 [4]	115.0	127.5	135.0	135.0 [2]	200.0	230.0	245.0	245.0 [2]	565.0	8	75.339925	11
-	SAVVAS POURPOURIDES	01-01-1997	CYP	29	91.52	0.131852	240.0	210.0	222.5	210.0 [2]	125.0	130.0	130.0	-	215.0	230.0	240.0	230.0 [4]	-	-	-	-
Open - 105kg																						
1	TRYFON STRATI	01-01-1998	CYP	39	102.87	0.124653	210.0	220.0	235.0	235.0 [1]	125.0	127.5	135.0	127.5 [1]	235.0	235.0	250.0	250.0 [1]	612.5	12	76.349963	9
2	KONSTANTINOS VALANIDES	01-01-1997	CYP	40	99.08	0.126886	195.0	210.0	222.5	222.5 [2]	110.0	112.5	117.5	117.5 [2]	220.0	230.0	240.0	240.0 [2]	580.0	9	73.593880	12
Open - 120kg																						
1	CALVIN SAMMUT	01-01-2002	MLT	45	105.35	0.123273	220.0	230.0	230.0	230.0 [2]	130.0	132.5	135.0	132.5 [3]	265.0	275.0	287.5	275.0 [1]	637.5	12	78.586538	6
2	FERREIRA AARON	01-01-2006	LUX	48	110.19	0.120752	220.0	230.0	235.0	235.0 [1]	135.0	145.0	152.5	145.0 [2]	230.0	250.0	265.0	250.0 [2]	630.0	9	76.073760	10
3	TARAS GRYSKO	01-01-1979	AND	41	105.78	0.123040	100.0	X	X	100.0 [3]	150.0	150.0	152.5	152.5 [1]	100.0	X	X	100.0 [3]	352.5	8	43.371600	13
Open - 120+Kg																						
1	PHILIPPE PARAGE	01-01-2001	LUX	51	125.25	0.114120	282.5	295.0	307.5	295.0 [1]	162.5	170.0	175.0	175.0 [1]	270.0	280.0	290.0	280.0 [1]	750.0	12	85.590000	2

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SANTANA TOMAS VICENTE	LUX	83kg	80.78	0.140342	657.5	92.274865
2	PHILIPPE PARAGE	LUX	120+kg	125.25	0.114120	750.0	85.590000
3	NEOFYTOS HADJIKYRIAKOU	CYP	74kg	72.50	0.148381	560.0	83.093360

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	LUXEMBOURG	54	12+12+12+9+9	415.963485
2	CYPRUS	53	12+12+12+9+8	390.315608

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
3	MALTA	12	12	78.586538
4	ANDORRA	8	8	43.371600

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total Points	IPF GL Points	Place	
Women																						
Open - 57kg																						
1	EMMA WEYDERT	01-01-2004	LUX	10	56.31	0.236737	120.0	125.0	427.5	125.0 [1]	67.5	70.0	70.0	67.5 [2]	155.0	162.5	162.5	162.5 [1]	355.0	12	84.041635	4
2	LARA FISCHBACH	01-01-1993	LUX	11	55.26	0.240213	107.5	112.5	112.5	112.5 [2]	67.5	72.5	72.5	67.5 [1]	122.5	127.5	130.0	130.0 [2]	310.0	9	74.466030	6
3	HANSEL KAETHE KOURTOULOU	01-01-1999	CYP	12	56.50	0.236131	105.0	112.5	120.0	112.5 [3]	65.0	65.0	70.0	65.0 [3]	120.0	127.5	127.5	127.5 [3]	305.0	8	72.019955	7
Open - 63kg																						
1	ALBA JURADO	01-01-1993	LUX	16	61.69	0.221813	122.5	127.5	132.5	132.5 [1]	75.0	80.0	82.5	82.5 [1]	165.0	172.5	177.5	177.5 [1]	392.5	12	87.061603	2 <u>☺</u>
2	MARGARITA MARCOU	01-01-2002	CYP	18	62.04	0.220983	95.0	100.0	102.5	100.0 [2]	50.0	57.5	60.0	57.5 [2]	140.0	150.0	152.5	140.0 [2]	297.5	9	65.742443	9
Open - 69kg																						
1	ELIN MELGAR ADALHEIDARDOTTIR	01-01-1992	ISL	20	68.90	0.207341	140.0	150.0	160.0	160.0 [1]	95.0	100.0	102.5	100.0 [1]	137.5	147.5	157.5	147.5 [1]	407.5	12	84.491458	3 <u>☺</u>
2	MARINA ALEXANDREAS	01-01-2000	LUX	19	65.23	0.214067	100.0	107.5	112.5	112.5 [2]	57.5	62.5	65.0	65.0 [2]	115.0	122.5	127.5	122.5 [2]	300.0	9	64.220100	10
Open - 76kg																						
1	ANDROULLA PAPAKONSTANTINO	01-01-1982	CYP	1	74.26	0.199364	145.0	152.5	157.5	157.5 [1]	90.0	97.5	100.0	97.5 [1]	170.0	185.0	195.0	185.0 [1]	440.0	12	87.720160	1 <u>☺</u>
2	MARGAULT SACRE	01-01-1992	LUX	33	71.97	0.202538	130.0	135.0	140.0	135.0 [2]	70.0	72.5	72.5	70.0 [2]	125.0	130.0	130.0	125.0 [2]	330.0	9	66.837540	8
Open - 84kg																						
1	ARTEMIS KYRIACO	01-01-2002	CYP	40	81.62	0.191042	90.0	100.0	105.0	105.0 [1]	50.0	55.0	55.0	50.0 [1]	107.5	115.0	127.5	115.0 [1]	270.0	12	51.581340	13
Open - 84+Kg																						
1	NAJIA BENNAOUI	01-01-1994	LUX	47	84.30	0.188587	155.0	162.5	167.5	167.5 [1]	80.0	85.0	87.5	87.5 [1]	160.0	167.5	172.5	172.5 [1]	427.5	12	80.620943	5
2	LAURA GIACOMINI	01-01-1990	LUX	50	84.35	0.188543	115.0	122.5	127.5	127.5 [2]	57.5	60.0	62.5	60.0 [3]	130.0	137.5	137.5	137.5 [2]	325.0	9	61.276475	11
3	MARIA SOBOLEVA	01-01-1986	CYP	51	92.22	0.182671	90.0	100.0	107.5	107.5 [3]	65.0	70.0	72.5	72.5 [2]	120.0	127.5	132.5	132.5 [3]	312.5	8	57.084688	12

Best Lifter - Open							
Place	Name	Team	Wt. Cat.	Bd. Wt.	Coeff.	Total	IPF GL Points
1	ANDROULLA PAPAKONSTANTINO	CYP	76kg	74.26	0.199364	440.0	87.720160
2	ALBA JURADO	LUX	63kg	61.69	0.221813	392.5	87.061603
3	ELIN MELGAR ADALHEIDARDOTTIR	ISL	69kg	68.90	0.207341	407.5	84.491458

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	LUXEMBOURG	54	12+12+12+9+9	393.027751
2	CYPRUS	49	12+12+9+8+8	334.148586
3	ICELAND	12	12	84.491458

Abbreviations:

AND = Andorra CYP = Cyprus ISL = Iceland LUX = Luxembourg MLT = Malta