



# SPUVI - Klubbrekorder

## Ungdom kvinner



### Knebøy

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Markløft

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0	Elise Novum	29.01.2011	27,5
63,0			
72,0			
84,0			
+84,0			



# SPUVI - Klubbrekorder



## Junior kvinner

### Knebøy

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	100,0
72,0			
84,0			
+84,0			

### Markløft

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	110,0
72,0			
84,0			
+84,0			

### Benkpress

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	60,0
72,0			
84,0			
+84,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	270,0
72,0			
84,0			
+84,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
43,0			
47,0			
52,0			
57,0	Elise Novum	29.01.2011	27,5
63,0	Ida-Mari Torgersen	12.02.2011	60,0
72,0			
84,0			
+84,0			



# SPUVI - Klubbrekorder

## Åpen klasse kvinner



### Knebøy

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	100,0
72,0			
84,0			
+84,0			

### Markløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	110,0
72,0			
84,0			
+84,0			

### Benkpress

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	60,0
72,0			
84,0			
+84,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0	Ida-Mari Torgersen	12.02.2011	270,0
72,0			
84,0			
+84,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0	Elise Novum	29.01.2011	27,5
63,0	Ida-Mari Torgersen	12.02.2011	60,0
72,0			
84,0	Gina H. Øyahals	12.02.2011	62,5
+84,0			



# SPUVI - Klubbrekorder

## Yngre veteran kvinner



### Knebøy

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Markløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0	Gina H. Øyahals	12.02.2011	62,5
+84,0			



# SPUVI - Klubbrekorder

## Eldre veteran kvinner



### Knebøy

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Markløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0	Gina H. Øyahals	12.02.2011	62,5
+84,0			



# SPUVI - Klubbrekorder

## Super veteran kvinner



### Knebøy

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Markløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
47,0			
52,0			
57,0			
63,0			
72,0			
84,0			
+84,0			



# SPUVI - Klubbrekorder

## Ungdom herrer



### Knebøy

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	105,0
83,0			
93,0			
105,0			
120,0			
+120,0			

### Markløft

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	127,5
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	70,0
83,0			
93,0			
105,0			
120,0			
+120,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	302,5
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
53,0			
59,0	Eirik Bratlie	29.01.2011	50,0
66,0			
74,0	Ole Henrik Sandbo	29.01.2011	70,0
83,0	Sondre Aksnes Yggeseth	29.01.2011	50,0
93,0			
105,0			
120,0			
+120,0			



# SPUVI - Klubbrekorder

## Junior herrer



### Knebøy

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	105,0
83,0			
93,0			
105,0			
120,0			
+120,0			

### Markløft

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	127,5
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	70,0
83,0			
93,0			
105,0			
120,0			
+120,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
53,0			
59,0			
66,0			
74,0	Ole Henrik Sandbo	12.02.2011	302,5
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
53,0			
59,0	Eirik Bratlie	29.01.2011	50,0
66,0			
74,0	Ole Henrik Sandbo	29.01.2011	70,0
83,0	Sondre Aksnes Yggeseth	29.01.2011	50,0
93,0	Jonas Sætre	26.03.2011	152,5
105,0			
120,0	Per Marius Hole	26.03.2011	260,0
+120,0			



# SPUVI - Klubbrekorder

## Åpen klasse herrer



### Knebøy

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	205,0
83,0			
93,0	Jon Ramstad	12.02.2011	200,0
105,0			
120,0			
+120,0			

### Markløft

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	200,0
83,0			
93,0	Jon Ramstad	12.02.2011	220,0
105,0			
120,0			
+120,0			

### Benkpress

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	142,5
83,0			
93,0	Jon Ramstad	12.02.2011	170,0
105,0			
120,0			
+120,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	547,5
83,0			
93,0	Jon Ramstad	12.02.2011	590,0
105,0			
120,0			
+120,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
59,0	Eirik Bratlie	29.01.2011	50,0
66,0			
74,0	Viggo Torgersen	26.03.2011	152,5
83,0	Sondre Aksnes Yggeseth	29.01.2011	50,0
93,0	Jon Ramstad	12.02.2011	170,0
105,0	Kjell Bakken	26.03.2011	165,0
120,0	Per Marius Hole	26.03.2011	260,0
+120,0			



# SPUVI - Klubbrekorder

## Yngre veteran herrer



### Knebøy

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	205,0
83,0			
93,0			
105,0			
120,0			
+120,0			

### Markløft

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	200,0
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	142,5
83,0			
93,0			
105,0			
120,0			
+120,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	12.02.2011	547,5
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0	Viggo Torgersen	26.03.2011	152,5
83,0			
93,0			
105,0	Kjell Bakken	26.03.2011	165,0
120,0	Morten Novum	26.03.2011	190,0
+120,0			



# SPUVI - Klubbrekorder



## Eldre veteran herrer

### Knebøy

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Markløft

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			



# SPUVI - Klubbrekorder

## Superveteran herrer



### Knebøy

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Markløft

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Sammenlagt

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			

### Benkpress - enkeltløft

Klasse	Navn	Dato	Vekt
59,0			
66,0			
74,0			
83,0			
93,0			
105,0			
120,0			
+120,0			



# SPUVI - Klubbrekorder

## Nye rekorder i 2011



Klasse	Kategori	Navn	Øvelse	Dato	Vekt
57,0	Ungdom	Elise Novum	Benkpress enkeltløft	29.01.2011	27,5
57,0	Junior	Elise Novum	Benkpress enkeltløft	29.01.2011	27,5
57,0	Åpen klasse	Elise Novum	Benkpress enkeltløft	29.01.2011	27,5
84,0	Eldre veteran	Gina H. Øyahals	Benkpress enkeltløft	29.01.2011	60,0
84,0	Yngre veteran	Gina H. Øyahals	Benkpress enkeltløft	29.01.2011	60,0
84,0	Åpen klasse	Gina H. Øyahals	Benkpress enkeltløft	29.01.2011	60,0
59,0	Ungdom	Eirik Bratlie	Benkpress enkeltløft	29.01.2011	50,0
59,0	Junior	Eirik Bratlie	Benkpress enkeltløft	29.01.2011	50,0
59,0	Åpen klasse	Eirik Bratlie	Benkpress enkeltløft	29.01.2011	50,0
74,0	Ungdom	Ole Henrik Sandbo	Benkpress enkeltløft	29.01.2011	70,0
74,0	Junior	Ole Henrik Sandbo	Benkpress enkeltløft	29.01.2011	70,0
74,0	Åpen klasse	Ole Henrik Sandbo	Benkpress enkeltløft	29.01.2011	70,0
83,0	Ungdom	Sondre Aksnes Yggeseth	Benkpress enkeltløft	29.01.2011	50,0
83,0	Junior	Sondre Aksnes Yggeseth	Benkpress enkeltløft	29.01.2011	50,0
83,0	Åpen klasse	Sondre Aksnes Yggeseth	Benkpress enkeltløft	29.01.2011	50,0
120,0	Junior	Per Marius Hole	Benkpress enkeltløft	29.01.2011	230,0
120,0	Åpen klasse	Per Marius Hole	Benkpress enkeltløft	29.01.2011	230,0
105,0	Yngre veteran	Kjell Bakken	Benkpress enkeltløft	29.01.2011	135,0
105,0	Åpen klasse	Kjell Bakken	Benkpress enkeltløft	29.01.2011	135,0
63,0	Junior	Ida-Mari Torgersen	Knebøy	12.02.2011	100,0
63,0	Junior	Ida-Mari Torgersen	benkpress	12.02.2011	60,0
63,0	Junior	Ida-Mari Torgersen	Markløft	12.02.2011	110,0
63,0	Junior	Ida-Mari Torgersen	Sammenlagt	12.02.2011	270,0
63,0	Junior	Ida-Mari Torgersen	Benkpress enkeltløft	12.02.2011	60,0
63,0	Åpen klasse	Ida-Mari Torgersen	Knebøy	12.02.2011	100,0
63,0	Åpen klasse	Ida-Mari Torgersen	benkpress	12.02.2011	60,0
63,0	Åpen klasse	Ida-Mari Torgersen	Markløft	12.02.2011	110,0
63,0	Åpen klasse	Ida-Mari Torgersen	Sammenlagt	12.02.2011	270,0
63,0	Åpen klasse	Ida-Mari Torgersen	Benkpress enkeltløft	12.02.2011	60,0
84,0	Eldre veteran	Gina H. Øyahals	Benkpress enkeltløft	12.02.2011	62,5
84,0	Yngre veteran	Gina H. Øyahals	Benkpress enkeltløft	12.02.2011	62,5
84,0	Åpen klasse	Gina H. Øyahals	Benkpress enkeltløft	12.02.2011	62,5
74,0	Ungdom	Ole Henrik Sandbo	Knebøy	12.02.2011	105,0
74,0	Ungdom	Ole Henrik Sandbo	benkpress	12.02.2011	70,0
74,0	Ungdom	Ole Henrik Sandbo	Markløft	12.02.2011	127,5
74,0	Ungdom	Ole Henrik Sandbo	Sammenlagt	12.02.2011	302,5
74,0	Junior	Ole Henrik Sandbo	Knebøy	12.02.2011	105,0
74,0	Junior	Ole Henrik Sandbo	benkpress	12.02.2011	70,0
74,0	Junior	Ole Henrik Sandbo	Markløft	12.02.2011	127,5
74,0	Junior	Ole Henrik Sandbo	Sammenlagt	12.02.2011	302,5
120,0	Junior	Per Marius Hole	Benkpress enkeltløft	12.02.2011	240,0
120,0	Åpen klasse	Per Marius Hole	Benkpress enkeltløft	12.02.2011	240,0
93,0	Åpen klasse	Jon Ramstad	Knebøy	12.02.2011	200,0
93,0	Åpen klasse	Jon Ramstad	benkpress	12.02.2011	170,0
93,0	Åpen klasse	Jon Ramstad	Markløft	12.02.2011	220,0
93,0	Åpen klasse	Jon Ramstad	Sammenlagt	12.02.2011	590,0
93,0	Åpen klasse	Jon Ramstad	Benkpress enkeltløft	12.02.2011	170,0

Klasse	Kategori	Navn	Øvelse	Dato	Vekt
74,0	Yngre veteran	Viggo Torgersen	Knebøy	12.02.2011	205,0
74,0	Yngre veteran	Viggo Torgersen	benkpress	12.02.2011	142,5
74,0	Yngre veteran	Viggo Torgersen	Markløft	12.02.2011	200,0
74,0	Yngre veteran	Viggo Torgersen	Sammenlagt	12.02.2011	547,5
74,0	Yngre veteran	Viggo Torgersen	Benkpress enkeltløft	12.02.2011	142,5
74,0	Åpen klasse	Viggo Torgersen	Knebøy	12.02.2011	205,0
74,0	Åpen klasse	Viggo Torgersen	benkpress	12.02.2011	142,5
74,0	Åpen klasse	Viggo Torgersen	Markløft	12.02.2011	200,0
74,0	Åpen klasse	Viggo Torgersen	Sammenlagt	12.02.2011	547,5
74,0	Åpen klasse	Viggo Torgersen	Benkpress enkeltløft	12.02.2011	142,5
105,0	Yngre veteran	Kjell Bakken	Benkpress enkeltløft	12.02.2011	155,0
105,0	Åpen klasse	Kjell Bakken	Benkpress enkeltløft	12.02.2011	155,0
120,0	Yngre veteran	Morten Novum	Benkpress enkeltløft	12.02.2011	175,0
93,0	Junior	Jonas Sætre	Benkpress enkeltløft	26.03.2011	152,5
120,0	Junior	Per Marius Hole	Benkpress enkeltløft	26.03.2011	260,0
120,0	Åpen klasse	Per Marius Hole	Benkpress enkeltløft	26.03.2011	260,0
74,0	Yngre veteran	Viggo Torgersen	Benkpress enkeltløft	26.03.2011	152,5
74,0	Åpen klasse	Viggo Torgersen	Benkpress enkeltløft	26.03.2011	152,5
105,0	Yngre veteran	Kjell Bakken	Benkpress enkeltløft	26.03.2011	165,0
105,0	Åpen klasse	Kjell Bakken	Benkpress enkeltløft	26.03.2011	165,0
120,0	Yngre veteran	Morten Novum	Benkpress enkeltløft	26.03.2011	190,0