

1RM National Championship 2022
Judge and result sheet



MEN	MUSCLE-UP 2xkg			PULL-UP 1xkg			DIPS 1xkg			BACK SQUAT 0,5xkg			RESULTS
<u>ATTEMPTS</u>	1.	2.	3.	1.	2.	3.	1.	2.	3.	1.	2.	3.	
JAWAD SAED	15	20	22,5	55	65	75	80	90	100	140	155	165	282,5
	✓	✓	✓	✓	✓	X	✓	✓	X	✓	✓	✓	
JOHAN HANEHØJ	5	7,5	12,5	45	55	55	85	80	90	180	200	205	252,5
	✓	✓	✓	✓	X	X	X	✓	X	✓	✓	✓	
SIMON FRIIS	10	15	20	70	75	80	90	105	110	130	145	150	305
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
RINO KOSTIC	10	15	15	50	55	70	70	75	75	110	135	130	222,5
	✓	X	✓	X	✓	X	✓	X	✓	✓	✓	✓	
MICHAEL JEPPESEN	10	12,5	15	40	50	60	110	115	120	160	170	185,5	297,5
	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓	
MIKE KIRK	5	5	10	40	45	45	40	45	50	110	120	130	160
	X	✓	X	✓	X	X	✓	✓	X	✓	✓	✓	
WOMEN	PULL-UP 1xkg			DIPS 1xkg			PUSH-UP 1xkg			BACK SQUAT 0,5xkg			
AMALIE MORTENSEN	32,5	37,5	40	37,5	47,5	52,5	35	42,5	47,5	80	90	100	185
	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	

Men – 1. Plads Simon F., 2. Michael J., 3. Jawad S., 4. Johan H., 5. Rino K., 6. Mike K.

Women Kvalifikation – Amalie M. 185p/130p