

1RM RESULTS (Nordic Championship, Calisthenics, Copenhagen, 2021)

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
1st	Renatas Sulnius (Norway)	MUSCLE UP	10kg	20kg	15kg	20 pts
		PULL UP	50kg	65kg	70kg	70 pts
		DIPS	100kg	115kg	125kg	115 pts
		SQUAT	170kg	200kg	190kg	95 pts
					Final Score	300 pts

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
2nd	Peter Tolstrup (Norway)	MUSCLE UP	10kg	12,5kg	12,5kg	20 pts
		PULL UP	55kg	60kg	62,5kg	62,5 pts
		DIPS	80kg	90kg	100kg	100 pts
		SQUAT	125kg	130kg	140kg	70 pts
					Final Score	252,5 pts

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
3rd	Johan Hanehøj (Denmark)	MUSCLE UP	5kg	5kg	7,5kg	15 pts
		PULL UP	50kg	55kg	60kg	55 pts
		DIPS	80kg	90kg	85kg	85 pts
		SQUAT	160kg	180kg	190kg	95 pts
					Final Score	250 pts

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
4th	Måns Løfås (Sweden)	MUSCLE UP	5kg	5kg	7,5kg	10 pts
		PULL UP	55kg	62,5kg	67,5kg	67,5 pts
		DIPS	75kg	85kg	82,5kg	82,5 pts
		SQUAT	155kg	165kg	170kg	85 pts
					Final Score	245 pts

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
5th	Alfred Larsson (Sweden)	MUSCLE UP	5kg	2,5kg	2,5kg	5 pts
		PULL UP	35kg	45kg	47,5kg	47,5 pts
		DIPS	85kg	95kg	105kg	105 pts
		SQUAT	155kg	165kg	175kg	87,5 pts
					Final Score	245 pts

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
6th	Konsta Koivuranta (Finland)	MUSCLE UP	5kg	5kg	5kg	0 pts
		PULL UP	45kg	50kg	55kg	55 pts
		DIPS	75kg	80kg	85kg	85 pts
		SQUAT	140kg	150kg	160kg	80 pts
					Final Score	220 pts

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
7th	Thomas Jensen (Norway)	MUSCLE UP	7,5kg	10kg	12,5kg	20 pts
		PULL UP	50kg	60kg	60kg	50 pts
		DIPS	70kg	90kg	95kg	70 pts
		SQUAT	120kg	135kg	145kg	72,5 pts
					Final Score	212,5 pts

	ATHLETE	EXERCISE	Attempt 1	Attempt 2	Attempt 3	Score
8th	Casper Christiansen (Denmark)	MUSCLE UP	10kg	5kg	5kg	0 pts
		PULL UP	40kg	45kg	47,5kg	45 pts
		DIPS	70kg	75kg	75kg	75 pts
		SQUAT	120kg	130kg	135kg	65 pts
					Final Score	185 pts

Athletes completed:

Johan Hanehøj (Denmark)

Peter Tolstrup (Norway)

Måns Løfås (Sweden)

Konsta Koivuranta (Finland)

Thomas Jensen (Norway)

Renatas Sulnius (Norway)

Casper Christiansen (Denmark)

Alfred Larsson (Sweden)

DNF: (Did not finish)

- Jireh Andersen (Denmark)
- Michael Jepsen (Denmark)

(The statistics below are a representation of consistency from judging the athletes on their form.

The goal is to see if the judging was fair/unfair and/or neutral.)

Total amount of achievable reps in 4 exercises (Muscle-Up, Pull-Up, Dips, Squat) and 3 attempts on each exercise: **12**

Average approved reps: **8,5 of 12**

Athletes total in competition: **8**

Athletes above average: **5** (Athletes with more than 8,5 approved reps)

Athletes below average: **3** (Athletes with less than 8,5 approved reps)

Average failed reps: **3,5 of 12**

Athletes total in competition: **8**

Athletes above average: **3** (Athletes with more than 3,5 failed reps)

Athletes below average: **5** (Athletes with less than 3,5 failed reps)