

RSM Rangliste point efter IPF GL formel

3-kamp

| # | Vægt | Navn | Squat | Bænk | Dødløft | Total | IPF-Point | Stævne | Klassisk |
|----|--------|------------------------|-------|-------|---------|-------|-----------|------------------------------|----------|
| 1 | 134,90 | Mads Olsen | 265,0 | 140,0 | 295,0 | 700,0 | 77,45 | RSM Julestævne 2023 | X |
| 2 | 57,00 | Camilla Johansen | 112,5 | 62,5 | 150,0 | 325,0 | 76,23 | RSM Julestævne 2023 | X |
| 3 | 82,60 | Glenn Jensen | 190,0 | 95,0 | 225,0 | 510,0 | 70,77 | RSM Sommerstævne 2023 | X |
| 4 | 87,25 | Rasmus Skovbo | 180,0 | 122,5 | 212,5 | 515,0 | 69,53 | RSM Julestævne 2023 | X |
| 5 | 113,50 | Emil Jensen | 200,0 | 125,0 | 247,5 | 572,5 | 68,21 | RSM Julestævne 2023 | X |
| 6 | 135,15 | Robert Nyborg | 200,0 | 135,0 | 235,0 | 570,0 | 63,02 | DM Masters 2024 | X |
| 7 | 101,20 | Stine Park | 132,5 | 65,0 | 147,5 | 345,0 | 61,33 | DM Masters 2024 | X |
| 8 | 82,30 | Bo Petersen | 110,0 | 143,5 | 185,0 | 438,5 | 60,96 | DM Styrkeløft, klassisk 2023 | X |
| 9 | 141,50 | Anders Kaag | 185,0 | 157,5 | 215,0 | 552,5 | 59,97 | RSM Sommerstævne 2023 | X |
| 10 | 118,30 | Mads Madsen | 190,0 | 120,0 | 200,0 | 510,0 | 59,66 | RSM Julestævne 2023 | X |
| 11 | 90,18 | Emil Karlsen | 147,5 | 105,0 | 177,5 | 430,0 | 57,11 | DM Junior 2024 | X |
| 12 | 65,10 | Jan Marek | 110,0 | 88,0 | 165,0 | 363,0 | 57,00 | DM Masters 2024 | X |
| 13 | 121,85 | Henning G. Thorsen | 150,0 | 115,0 | 160,0 | 425,0 | 49,08 | DM Masters 2024 | X |
| 14 | 95,30 | Morten Park | 120,0 | 90,0 | 140,0 | 350,0 | 45,25 | RSM Julestævne 2023 | X |
| 15 | 91,61 | Daniel Bundgaard Jæger | 105,0 | 107,5 | 130,0 | 342,5 | 45,14 | DM Junior 2024 | X |

Resultater fra 1.1.2023

Opdateret 13.04.2024