

RSM Rangliste point efter IPF GL formel

3-kamp

| # | Vægt | Navn | Squat | Bænk | Dødløft | Total | IPF-Point | Stævne | Klassisk |
|----|--------|---------------------------|-------|-------|---------|-------|-----------|------------------------|----------|
| 1 | 98,70 | Martin Faber | 225,0 | 170,0 | 280,0 | 675,0 | 85,81 | RSM Sommerstævne 2024 | X |
| 2 | 126,22 | Emil Jensen | 245,0 | 165,0 | 275,0 | 685,0 | 77,92 | DM Klassisk Open 2025 | X |
| 3 | 57,00 | Camilla Johansen | 112,5 | 62,5 | 150,0 | 325,0 | 76,23 | RSM Julestævne 2023 | X |
| 4 | 82,60 | Rasmus Skovbo | 185,0 | 135,0 | 225,0 | 545,0 | 75,63 | RSM Sommerstævne 2025 | X |
| 5 | 84,95 | Glenn Jensen | 195,0 | 107,5 | 250,0 | 552,5 | 75,59 | RSM Julestævne 2024 | X |
| 6 | 90,65 | Valdemar Dreier Kragelund | 200,0 | 130,0 | 225,0 | 555,0 | 73,52 | DM Sub-junior 2025 | X |
| 7 | 85,75 | Villiam Stender | 172,5 | 112,5 | 240,0 | 525,0 | 71,49 | RSM Sommerstævne 2025 | X |
| 8 | 57,75 | Natasja Nørskov | 110,0 | 60,0 | 125,0 | 295,0 | 68,53 | RSM Julestævne 2025 | X |
| 9 | 98,85 | Stine Park | 165,0 | 60,0 | 150,0 | 375,0 | 67,09 | DM Masters 2025 | X |
| 10 | 89,15 | Alexander Bertram | 180,0 | 110,0 | 190,0 | 480,0 | 64,11 | RSM Julestævne 2025 | X |
| 11 | 133,35 | Robert Stampe | 215,0 | 142,5 | 215,0 | 572,5 | 63,64 | RSM Julestævne 2025 | X |
| 12 | 82,29 | Bo Petersen | 170,0 | 157,5 | 216,0 | 543,5 | 63,08 | DM Masters udstyr 2025 | |
| 13 | 135,15 | Robert Nyborg Jæger | 200,0 | 135,0 | 235,0 | 570,0 | 63,02 | DM Masters 2024 | X |
| 14 | 141,50 | Anders Kaag | 185,0 | 157,5 | 215,0 | 552,5 | 59,97 | RSM Sommerstævne 2023 | X |
| 15 | 68,70 | Johan Vinter | 140,0 | 87,5 | 165,0 | 392,5 | 59,90 | RSM Sommerstævne 2025 | X |
| 16 | 118,30 | Mads Madsen | 190,0 | 120,0 | 200,0 | 510,0 | 59,66 | RSM Julestævne 2023 | X |
| 17 | 69,70 | Jeppe Andreasen | 120,0 | 95,0 | 165,0 | 380,0 | 57,56 | RSM Sommerstævne 2024 | X |
| 18 | 81,10 | Tristan Hjort Brandt | 140,0 | 85,0 | 185,0 | 410,0 | 57,42 | RSM Julestævne 2025 | X |
| 19 | 90,18 | Emil Karlsen | 147,5 | 105,0 | 177,5 | 430,0 | 57,11 | DM Junior 2024 | X |
| 20 | 65,10 | Jan Marek | 110,0 | 88,0 | 165,0 | 363,0 | 57,00 | DM Masters 2024 | X |
| 21 | 80,75 | Jannick Skoubo Leach | 120,0 | 105,0 | 160,0 | 385,0 | 54,04 | RSM Sommerstævne 2025 | X |
| 22 | 87,30 | Kristoffer Madsen | 140,0 | 100,0 | 160,0 | 400,0 | 53,99 | RSM Julestævne 2025 | X |
| 23 | 114,70 | Jan Fisker Knudsen | 185,0 | 160,0 | 175,0 | 520,0 | 51,16 | RSM Sommerstævne 2025 | |
| 24 | 60,80 | Rikke Klüver-Kristensen | 75,0 | 47,5 | 97,5 | 220,0 | 49,25 | RSM Sommerstævne 2025 | X |
| 25 | 121,85 | Henning G. Thorsen | 150,0 | 115,0 | 160,0 | 425,0 | 49,08 | DM Masters 2024 | X |
| 26 | 65,45 | Gert F. Karlson | 100,0 | 60,0 | 150,0 | 310,0 | 48,54 | RSM Julestævne 2025 | X |
| 27 | 93,35 | Eva Thomadsen | 95,0 | 51,0 | 112,5 | 258,5 | 47,04 | RSM Sommerstævne 2025 | X |
| 28 | 74,40 | Mathilde Rafn | 70,0 | 50,0 | 115,0 | 235,0 | 46,81 | RSM Sommerstævne 2024 | X |
| 29 | 92,85 | Daniel Bundgaard Jæger | 110,0 | 97,5 | 140,0 | 347,5 | 45,50 | RSM Sommerstævne 2024 | X |
| 30 | 95,30 | Morten Park | 120,0 | 90,0 | 140,0 | 350,0 | 45,25 | RSM Julestævne 2023 | X |
| 31 | 59,15 | Simone Møller | 62,5 | 30,0 | 72,5 | 165,0 | 37,67 | RSM Sommerstævne 2025 | X |
| 32 | 64,10 | Linus Hjort Brandt | 85,0 | 55,0 | 92,5 | 232,5 | 36,81 | RSM Sommerstævne 2025 | X |
| 33 | 67,65 | Mikkel Rafn | 67,5 | 55,0 | 115,0 | 237,5 | 36,54 | RSM Sommerstævne 2024 | X |

Resultater fra 1.1.2023 - opdateret 13.12.2025