**Påmeldingsliste/Puljeinndeling**

Julestevne 11. desember Innveiing kl. 09.00 Stevnestart kl. 11.00

Pulje 1 (alle som bare skal løfte Benkpress)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Navn** | **Klubb** | **Kat.** | **Vektkl.** | **Startnr.** |
| [Lena Sjøl](https://no.powerliftinglive.com/admin_editlifter.php?id=17757) | Sande KK | Åpen | 63 | 10 |
| [Ida Marie Sveen](https://no.powerliftinglive.com/admin_editlifter.php?id=17759) | Sande KK | Åpen | 84 | 4 |
| [Håkon Ludvigsen](https://no.powerliftinglive.com/admin_editlifter.php?id=17783) | Sande KK | Åpen | 105 | 6 |
| [Inga Werner Isaksen](https://no.powerliftinglive.com/admin_editlifter.php?id=17763) | Sande KK | Veteran 40-49 | 57 | 7 |
| [Erik Marius Egerdahl](https://no.powerliftinglive.com/admin_editlifter.php?id=17789) | Sande KK | Veteran 40-49 | 93 | 11 |
| [Bjørn Grønvold](https://no.powerliftinglive.com/admin_editlifter.php?id=17793) | Sande KK | Veteran 50-59 | 120+ | 5 |
| [Sverre Paulsen](https://no.powerliftinglive.com/admin_editlifter.php?id=17795) | Sande KK | Veteran 60-69 | 66 | 8 |
| [Morten Engnes](https://no.powerliftinglive.com/admin_editlifter.php?id=17797) | Sande KK | Veteran 60-69 | 93 | 12 |
| [Rune Larsen](https://no.powerliftinglive.com/admin_editlifter.php?id=17799) | Sande KK | Veteran 60-69 | 93 | 9 |

Pulje 2 (alle som skal løfte styrkeløft)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [Mathias Sebastian Berg](https://no.powerliftinglive.com/admin_editlifter.php?id=17769) | Sande KK | Ungdom 14-18 | 74 | 24 |
| [Oliver Masovn Ugulen](https://no.powerliftinglive.com/admin_editlifter.php?id=17771) | Sande KK | Ungdom 14-18 | 83 | 28 |
| [Michael Nielsen](https://no.powerliftinglive.com/admin_editlifter.php?id=17773) | Sande KK | Ungdom 14-18 | 83 | 17 |
| [Kristian Solberg](https://no.powerliftinglive.com/admin_editlifter.php?id=17775) | Sande KK | Ungdom 14-18 | 93 | 18 |
| [Kristoffer Olsen](https://no.powerliftinglive.com/admin_editlifter.php?id=17777) | Sande KK | Junior 19-23 | 83 | 22 |
| [Maren Njøs Kurdøl](https://no.powerliftinglive.com/admin_editlifter.php?id=17761) | Sande KK | Åpen | 84 | 29 |
| [Jostein Løvaas](https://no.powerliftinglive.com/admin_editlifter.php?id=17779) | Sande KK | Åpen | 83 | 23 |
| [Eivind Sjøl](https://no.powerliftinglive.com/admin_editlifter.php?id=17781) | Sande KK | Åpen | 83 | 19 |
| [Stian Engnes Horne](https://no.powerliftinglive.com/admin_editlifter.php?id=17785) | Sande KK | Åpen | 105 | 25 |
| [Lene Berven](https://no.powerliftinglive.com/admin_editlifter.php?id=17765) | Sande KK | Veteran 40-49 | 84 | 21 |
| [Lene Thorén](https://no.powerliftinglive.com/admin_editlifter.php?id=17767) | Sande KK | Veteran 40-49 | 84+ | 26 |
| [Jøran Langset](https://no.powerliftinglive.com/admin_editlifter.php?id=17787) | Sande KK | Veteran 40-49 | 74 | 20 |
| [Tommy Dybdal](https://no.powerliftinglive.com/admin_editlifter.php?id=17791) | Sande KK | Veteran 40-49 | 93 | 27 |
| [Jan Helge Rustan](https://no.powerliftinglive.com/admin_editlifter.php?id=17801) | Sande KK | Veteran 60-69 | 120+ | 16 |

Innveiingsrekkefølge

Innveiing - Pulje 01

11.12.2021 09:00

4 Ida Marie Sveen Sande KK

5 Bjørn Grønvold Sande KK

6 Håkon Ludvigsen Sande KK

7 Inga Werner Isaksen Sande KK

8 Sverre Paulsen Sande KK

9 Rune Larsen Sande KK

10 Lena Sjøl Sande KK

11 Erik Marius Egerdahl Sande KK

12 Morten Engnes Sande KK

Innveiing - Pulje 02

11.12.2021 09:00

16 Jan Helge Rustan Sande KK

17 Michael Nielsen Sande KK

18 Kristian Solberg Sande KK

19 Eivind Sjøl Sande KK

20 Jøran Langset Sande KK

21 Lene Berven Sande KK

22 Kristoffer Olsen Sande KK

23 Jostein Løvaas Sande KK

24 Mathias Sebastian Berg Sande KK

25 Stian Engnes Horne Sande KK

26 Lene Thorén Sande KK

27 Tommy Dybdal Sande KK

28 Oliver Masovn Ugulen Sande KK

29 Maren Njøs Kurdøl Sande KK