

**Kraftlyftingafélag Akraness**  
**Women's Icelandic National Bench Press Championships 2011, Iceland, Akranes, 29.01.2011**

**SCORESHEET**

| PL.            | Name                         | BY   | Club | Weight | WF     | Lot | 1 Att.          | 2 Att.           | 3 Att.           | RESULT | W.pts. | Pts. |
|----------------|------------------------------|------|------|--------|--------|-----|-----------------|------------------|------------------|--------|--------|------|
| <b>- 52 kg</b> |                              |      |      |        |        |     |                 |                  |                  |        |        |      |
| 1              | Adalsteinsdottir Hildur Sess | 1977 | ARM  | 51,85  | 0,9843 | 7   | 42,5            | 45,0             | 47,5             | 45,0   | 44,29  | 12   |
| <b>- 57 kg</b> |                              |      |      |        |        |     |                 |                  |                  |        |        |      |
| 1              | Hardardottir Signy           | 1980 | MAS  | 56,05  | 0,9096 | 8   | 55,0            | 60,0             | 62,5             | 62,5   | 56,84  | 12   |
| <b>- 63 kg</b> |                              |      |      |        |        |     |                 |                  |                  |        |        |      |
| 1              | Ragnarsdottir Erla           | 1981 | ARM  | 61,45  | 0,8347 | 4   | <del>75,0</del> | 75,0             | 80,5             | 80,5   | 67,19  | 12   |
| 2              | Arnadottir Erla Kristin      | 1986 | ARM  | 61,75  | 0,8311 | 5   | 60,0            | <del>65,0</del>  | <del>65,0</del>  | 60,0   | 49,86  | 9    |
| <b>- 72 kg</b> |                              |      |      |        |        |     |                 |                  |                  |        |        |      |
| 1              | Gudsteinsdottir Maria        | 1970 | ARM  | 65,20  | 1,0467 | 3   | <del>95,0</del> | 95,0             | <del>102,5</del> | 95,0   | 99,43  | 12   |
| 2              | Jonsdottir Audur A.          | 1979 | ARM  | 69,55  | 0,7531 | 2   | 70,0            | 75,0             | 77,5             | 77,5   | 58,36  | 9    |
| <b>- 84 kg</b> |                              |      |      |        |        |     |                 |                  |                  |        |        |      |
| 1              | Thorsteinsdottir Gudrun Gr   | 1989 | ARM  | 72,50  | 0,7300 | 1   | 65,0            | 72,5             | <del>75,0</del>  | 72,5   | 52,92  | 12   |
| <b>84+ kg</b>  |                              |      |      |        |        |     |                 |                  |                  |        |        |      |
| —              | Finnbogadottir Lara Bogey    | 1984 | AKR  | 119,70 | 0,8000 | 9   | <del>95,0</del> | <del>100,0</del> | <del>100,0</del> | —      | Out    | 0    |

**Club (points)**

|   |              |    |                   |
|---|--------------|----|-------------------|
| 1 | Ármann       | 66 | [12+12+12+12+9+9] |
| 2 | UMFN - Massi | 12 | [12]              |
| — | Akranes      | —  |                   |

**Best Lifters**

| PL. | Lifter                | Club   | B.Weight | WF     | Result | W. points |
|-----|-----------------------|--------|----------|--------|--------|-----------|
| 1   | Gudsteinsdottir Maria | Ármann | 65,20    | 1,0467 | 95,0   | 99,43     |
| 2   | Ragnarsdottir Erla    | Ármann | 61,45    | 0,8347 | 80,5   | 67,19     |
| 3   | Jonsdottir Audur A.   | Ármann | 69,55    | 0,7531 | 77,5   | 58,36     |

**Abbreviations:**

AKR = Akranes  
 ARM = Ármann

MAS = UMFN - Massi

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**RATING OF LIFTERS BY THE WILKS FORMULA**

| # | Name                             | Club | BY   | B.Weight | FW     | RESULT | W.Points | Place | Remarks |
|---|----------------------------------|------|------|----------|--------|--------|----------|-------|---------|
| 1 | Gudsteinsdottir Maria            | ARM  | 1970 | 65,20    | 1,0467 | 95,0   | 99,43    | 1     |         |
| 2 | Ragnarsdottir Erla               | ARM  | 1981 | 61,45    | 0,8347 | 80,5   | 67,19    | 1     |         |
| 3 | Jonsdottir Audur A.              | ARM  | 1979 | 69,55    | 0,7531 | 77,5   | 58,36    | 2     |         |
| 4 | Hardardottir Signy               | MAS  | 1980 | 56,05    | 0,9096 | 62,5   | 56,84    | 1     |         |
| 5 | Thorsteinsdottir Gudrun Groa     | ARM  | 1989 | 72,50    | 0,7300 | 72,5   | 52,92    | 1     |         |
| 6 | Arnadottir Erla Kristin          | ARM  | 1986 | 61,75    | 0,8311 | 60,0   | 49,86    | 2     |         |
| 7 | Adalsteinsdottir Hildur Sesselja | ARM  | 1977 | 51,85    | 0,9843 | 45,0   | 44,29    | 1     |         |
| — | Finnbogadottir Lara Bogey        | AKR  | 1984 | 119,70   | 0,8000 | —      | —        | —     | OUT     |

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| PL.             | Name                        | BY   | Club | Weight | WF     | Lot | 1 Att.           | 2 Att.           | 3 Att.           | RESULT | W.pts. | Pts. |   |
|-----------------|-----------------------------|------|------|--------|--------|-----|------------------|------------------|------------------|--------|--------|------|---|
| <b>- 66 kg</b>  |                             |      |      |        |        |     |                  |                  |                  |        |        |      |   |
| 1               | Ludviksson Arnthor          | 1990 | MAS  | 64,60  | 0,7993 | 7   | <del>420,0</del> | 120,0            | <del>430,0</del> | 120,0  | 95,91  | 12   |   |
| 2               | Eythorsson Robert           | 1991 | MOS  | 65,70  | 0,7881 | 1   | 75,0             | 82,5             | 87,5             | 87,5   | 68,95  | 9    |   |
| <b>- 74 kg</b>  |                             |      |      |        |        |     |                  |                  |                  |        |        |      |   |
| 1               | Kristjansson Dyri           | 1980 | ZET  | 70,40  | 0,7461 | 10  | 125,0            | 130,0            | <del>132,5</del> | 130,0  | 96,99  | 12   |   |
| 2               | Birkisson Hordur            | 1958 | MAS  | 72,30  | 0,7315 | 3   | 120,0            | <del>125,0</del> | #                | 120,0  | 87,78  | 9    |   |
| 3               | Gudmundsson Agnar Thor      | 1982 | ZET  | 71,70  | 0,7360 | 8   | <del>400,0</del> | 100,0            | <del>105,0</del> | 100,0  | 73,60  | 8    |   |
| 4               | Hafsteinsson Steinar Freyr  | 1994 | MAS  | 72,45  | 0,7304 | 4   | 85,0             | 90,0             | <del>95,0</del>  | 90,0   | 65,73  | 7    |   |
| —               | Harrysson Harry Agust       | 1969 | BRE  | 72,45  | 0,7304 | 2   | <del>130,0</del> | <del>130,0</del> | <del>130,0</del> | —      | Out    | —    | 0 |
| <b>- 83 kg</b>  |                             |      |      |        |        |     |                  |                  |                  |        |        |      |   |
| 1               | Sigurbjornsson Skirnir      | 1979 | ARM  | 82,50  | 0,6699 | 14  | 150,0            | 160,0            | <del>170,0</del> | 160,0  | 107,18 | 12   |   |
| <b>- 93 kg</b>  |                             |      |      |        |        |     |                  |                  |                  |        |        |      |   |
| 1               | Bjorgvinsson Ingimundur     | 1982 | ARM  | 91,40  | 0,6335 | 5   | 205,0            | 215,0            | 220,0            | 220,0  | 139,37 | 12   |   |
| 2               | Teitsson Aron Lee Du        | 1987 | ARM  | 90,00  | 0,6384 | 15  | 180,0            | 190,0            | 200,0            | 200,0  | 127,68 | 9    |   |
| 3               | Gudnason Einar Orn          | 1991 | AKR  | 90,10  | 0,6380 | 13  | 180,0            | <del>187,5</del> | <del>205,0</del> | 180,0  | 114,84 | 8    |   |
| 4               | Bragason Freyr              | 1967 | BRE  | 92,80  | 0,6288 | 16  | 160,0            | <del>165,0</del> | 165,0            | 165,0  | 103,75 | 7    |   |
| 5               | Ostrowski Andrzej           | 1974 | MAS  | 91,30  | 0,6338 | 17  | 150,0            | 155,0            | <del>167,5</del> | 155,0  | 98,23  | 6    |   |
| 6               | Gudmundsson Arni Thor       | 1980 | AKR  | 90,20  | 0,6377 | 18  | 130,0            | 140,0            | <del>142,5</del> | 140,0  | 89,27  | 5    |   |
| 7               | Gudmundsson Asmundur C      | 1967 | AKR  | 90,40  | 0,6370 | 11  | 125,0            | 130,0            | 135,0            | 135,0  | 85,99  | 4    |   |
| <b>- 105 kg</b> |                             |      |      |        |        |     |                  |                  |                  |        |        |      |   |
| 1               | Gudmundsson Ingi Stefan     | 1974 | SIN  | 103,90 | 0,5998 | 8   | 200,0            | 207,5            | 215,0            | 215,0  | 128,95 | 12   |   |
| 2               | Pokojski Krzysztof Stanisla | 1973 | BRE  | 103,20 | 0,6013 | 1   | 175,0            | <del>190,0</del> | <del>190,0</del> | 175,0  | 105,22 | 9    |   |
| 3               | Olafson Thorvardur          | 1992 | MAS  | 101,70 | 0,6046 | 5   | 150,0            | 160,0            | <del>170,0</del> | 160,0  | 96,73  | 8    |   |
| 4               | Sigurdsson Nikulas Runar    | 1992 | AKR  | 104,90 | 0,5978 | 3   | 140,0            | <del>145,0</del> | <del>145,0</del> | 140,0  | 83,69  | 7    |   |
| 5               | Olafsson Asmundur R.        | 1984 | MAS  | 97,30  | 0,6155 | 9   | 110,0            | 120,0            | 130,0            | 130,0  | 80,01  | 6    |   |
| <b>- 120 kg</b> |                             |      |      |        |        |     |                  |                  |                  |        |        |      |   |
| 1               | Dagbjartsson Fannar         | 1967 | ARM  | 118,20 | 0,5770 | 6   | 230,0            | 242,5            | 250,0            | 250,0  | 144,25 | 12   |   |
| 2               | Gunnarsson Ragnar Axel      | 1973 | MAS  | 117,40 | 0,5780 | 11  | 205,0            | <del>215,0</del> | <del>215,0</del> | 205,0  | 118,49 | 9    |   |
| 3               | Svavarsson Stefan S.        | 1961 | MAS  | 111,40 | 0,5863 | 2   | <del>480,0</del> | 185,0            | 190,0            | 190,0  | 111,39 | 8    |   |
| <b>120+kg</b>   |                             |      |      |        |        |     |                  |                  |                  |        |        |      |   |
| 1               | Kristinsson Sigfus Helgi    | 1989 | AKR  | 134,20 | 0,5625 | 7   | 205,0            | <del>212,5</del> | <del>212,5</del> | 205,0  | 115,31 | 12   |   |

**Club (points)**

|   |              |    |                |
|---|--------------|----|----------------|
| 1 | UMFN - Massi | 53 | [12+9+9+8+8+7] |
| 2 | Árman        | 45 | [12+12+12+9]   |

|                           |    |              |
|---------------------------|----|--------------|
| 3 Akranes                 | 36 | [12+8+7+5+4] |
| 4 Seltjarnarnes - Zetorar | 20 | [12+8]       |
| 5 Breiðablik              | 16 | [9+7]        |
| 6 Sindri                  | 12 | [12]         |
| 7 Mosfellsbær             | 9  | [9]          |

### Best Lifters

| PL. | Lifter                  | Club   | B.Weight | WF     | Result | W. points |
|-----|-------------------------|--------|----------|--------|--------|-----------|
| 1   | Dagbjartsson Fannar     | Ármann | 118,20   | 0,5770 | 250,0  | 144,25    |
| 2   | Bjorgvinsson Ingimundur | Ármann | 91,40    | 0,6335 | 220,0  | 139,37    |
| 3   | Gudmundsson Ingi Stefan | Sindri | 103,90   | 0,5998 | 215,0  | 128,95    |

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### Abbreviations:

AKR = Akranes  
 ARM = Ármann  
 BRE = Breiðablik

MAS = UMFN - Massi  
 MOS = Mosfellsbær  
 SIN = Sindri

ZET = Seltjarnarnes - Zetorar

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| #  | Name                         | Club | BY   | B.Weight | FW     | RESULT | W.Points | Place | Remarks |
|----|------------------------------|------|------|----------|--------|--------|----------|-------|---------|
| 1  | Dagbjartsson Fannar          | ARM  | 1967 | 118,20   | 0,5770 | 250,0  | 144,25   | 1     |         |
| 2  | Bjorgvinsson Ingimundur      | ARM  | 1982 | 91,40    | 0,6335 | 220,0  | 139,37   | 1     |         |
| 3  | Gudmundsson Ingi Stefan      | SIN  | 1974 | 103,90   | 0,5998 | 215,0  | 128,95   | 1     |         |
| 4  | Teitsson Aron Lee Du         | ARM  | 1987 | 90,00    | 0,6384 | 200,0  | 127,68   | 2     |         |
| 5  | Gunnarsson Ragnar Axel       | MAS  | 1973 | 117,40   | 0,5780 | 205,0  | 118,49   | 2     |         |
| 6  | Kristinsson Sigfus Helgi     | AKR  | 1989 | 134,20   | 0,5625 | 205,0  | 115,31   | 1     |         |
| 7  | Gudnason Einar Orn           | AKR  | 1991 | 90,10    | 0,6380 | 180,0  | 114,84   | 3     |         |
| 8  | Svavarsson Stefan S.         | MAS  | 1961 | 111,40   | 0,5863 | 190,0  | 111,39   | 3     |         |
| 9  | Sigurbjornsson Skirnir       | ARM  | 1979 | 82,50    | 0,6699 | 160,0  | 107,18   | 1     |         |
| 10 | Pokojski Krzysztof Stanislaw | BRE  | 1973 | 103,20   | 0,6013 | 175,0  | 105,22   | 2     |         |
| 11 | Bragason Freyr               | BRE  | 1967 | 92,80    | 0,6288 | 165,0  | 103,75   | 4     |         |
| 12 | Ostrowski Andrzej            | MAS  | 1974 | 91,30    | 0,6338 | 155,0  | 98,23    | 5     |         |
| 13 | Kristjansson Dyri            | ZET  | 1980 | 70,40    | 0,7461 | 130,0  | 96,99    | 1     |         |
| 14 | Olafson Thorvardur           | MAS  | 1992 | 101,70   | 0,6046 | 160,0  | 96,73    | 3     |         |
| 15 | Ludviksson Arnthor           | MAS  | 1990 | 64,60    | 0,7993 | 120,0  | 95,91    | 1     |         |
| 16 | Gudmundsson Arni Thor        | AKR  | 1980 | 90,20    | 0,6377 | 140,0  | 89,27    | 6     |         |
| 17 | Birkisson Hordur             | MAS  | 1958 | 72,30    | 0,7315 | 120,0  | 87,78    | 2     |         |
| 18 | Gudmundsson Asmundur Orn     | AKR  | 1967 | 90,40    | 0,6370 | 135,0  | 85,99    | 7     |         |
| 19 | Sigurdsson Nikulas Runar     | AKR  | 1992 | 104,90   | 0,5978 | 140,0  | 83,69    | 4     |         |
| 20 | Olafsson Asmundur R.         | MAS  | 1984 | 97,30    | 0,6155 | 130,0  | 80,01    | 5     |         |
| 21 | Gudmundsson Agnar Thor       | ZET  | 1982 | 71,70    | 0,7360 | 100,0  | 73,60    | 3     |         |
| 22 | Eythorsson Robert            | MOS  | 1991 | 65,70    | 0,7881 | 87,5   | 68,95    | 2     |         |
| 23 | Hafsteinsson Steinar Freyr   | MAS  | 1994 | 72,45    | 0,7304 | 90,0   | 65,73    | 4     |         |
| —  | Harrysson Harry Agust        | BRE  | 1969 | 72,45    | 0,7304 | —      | —        | —     | OUT     |

## Íslandsmet sett á mótinu:

- Konur
  - Opinn flokkur
    - -63 kg Erla Ragnarsdóttir 80,5 kg
    - -72 kg María Guðsteinsdóttir 95,0 kg
- Karlar
  - Unglingaflokkur
    - -66 kg Arnþór Lúðvíksson 120,0 kg
    - -93 kg Einar Örn Guðnason 180,0 kg
    - -105 kg Þorvarður Ólafsson 160,0 kg
    - +120 kg Sigfús Helgi Kristinsson 205,0 kg
  - Opinn flokkur
    - -93 kg Ingimundur Björgvinsson 220,0 kg
    - -105 kg Ingi Stefán Guðmundsson 215,0 kg
    - -120 kg Fannar Dagbjartsson 250,0 kg
  - Öldungaflokkur 1
    - -120 kg Fannar Dagbjartsson 250,0 kg
  - Öldungaflokkur 2
    - -74 kg Hörður Birkisson 120,0 kg
    - -120 kg Stefán Sturla Svavarsson 190,0 kg