

Sacensību kārtība Latvijas čempionātā klasiskajā spiešanā gūlus

Competition schedule Latvian Classic Bench Press Championships

Jelgava, Mātera iela 44a, 16.12.2023.

| Svēršanās (Weigh-in) | | |
|----------------------|---------------|--------------------------|
| sākums start | beigas end | grupas groups |
| 09:00:00 | 10:30:00 | S, V59,66,74 |
| 10:30:00 | 12:00:00 | V 83, 93, 105, 120, 120+ |

| Plūsma Flight | Dzimums Gender | Kategorijas Categories | Starta sākums Start of flight | Dalībnieku skaits plūsmā No. of competitors in flight |
|------------------|-------------------|---------------------------|----------------------------------|--|
| 1 | S F | 52, 57, 63 | 11:00:00 | 9 |
| 2 | S F | 69, 76, 84, 84+ | 11:29:00 | 11 |
| 3 | V M | 59, 66 | 12:04:00 | 8 |
| 4 | V M | 74.0 | 12:30:00 | 9 |
| 5 | V M | 83.0 | 12:59:00 | 11 |
| 6 | V M | 93.0 | 13:52:00 | 7 |
| 7 | V M | 105.0 | 14:15:00 | 11 |
| 8 | V M | 120, 120+ | 14:50:00 | 12 |

| | | |
|----------|------------------------------|------------------|
| 10:40:00 | Atklāšana | Opening ceremony |
| 13:30:00 | Apbalvošana sievietes/ woman | Victory ceremony |
| 15:30:00 | Apbalvošana vīrieši/ man | Victory ceremony |