

## Resultate She Lifts Cup 2026 Olten

Frauen Bench Only																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Tamara Hadorn	F	27	68.3	69					57.5	60	62.5	62.5					62.5	64.09	Powerlifting Lausanne
Frauen -52 Kg																				
1	Cindy Cachin	F	27	49.6	52	82.5	90	92.5	92.5	40	-42.5	-42.5	40	100	107.5	115	115	247.5	311.90	
Frauen -57 Kg																				
1	Laura Angelica Toso	F	25	56	57	95	100	105	105	55	60	-65	60	147.5	160		160	325	376.71	ULTIMA
2	Lia Contreras Brunner	F	29	56	57	85	92.5	100	100	50	55	57.5	57.5	110	122.5	132.5	132.5	290	336.14	Powerlifting Winti
3	Cindy Vinzent	F	30	55.4	57	90	95	100	100	45	50	52.5	52.5	95	100	105	105	257.5	300.62	
4	Gingerlin Chatziandreou	F	34	52.5	57	75	82.5	90	90	37.5	42.5	45	45	85	95	105	105	240	290.60	
5	Joana Oliveira	F	25	56.8	57	70	80	-90	80	35	37.5	40	40	100	110	-105	110	230	264.12	
Frauen -63 Kg																				
1	Juliette Hadorn	F	27	61.1	63	-125	132.5	140	140	72.5	77.5	80	80	157.5	-170	180	180	400	438.40	ULTIMA Club
2	Stella Murray	F	23	63	63	135	-140	142.5	142.5	65	72.5	75	75	145	155	160	160	377.5	406.01	
3	Marie Ramelet	F	23	62.2	63	117.5	125	130	130	62.5	65	67.5	67.5	130	140	150	150	347.5	376.68	Powerlifting Lausanne
4	Lea Bosshard	F	21	61.8	63	102.5	107.5	-112.5	107.5	52.5	57.5	-60	57.5	100	110	117.5	117.5	282.5	307.44	Elemental Athletes
5	Coralie Evéquoz	F	37	59.9	63	92.5	100	-105	100	47.5	50	55	55	105	112.5	120	120	275	305.17	
6	Sina Weidmann	F	38	59.1	63	-90	100	-105	100	45	50	-55	50	100	110	115	115	265	296.60	
7	Seraina Hofmann	F	29	60.1	63	87.5	92.5	100	100	45	50	55	55	92.5	102.5	110	110	265	293.46	
8	Coralie Fanti	F	25	59.6	63	70	75	82.5	82.5	55	62.5	-67.5	62.5	90	105	117.5	117.5	262.5	292.23	Harmony Fitness
9	Sam Borgognon	F	24	58.6	63	85	-90	-90	85	40	42.5	-45	42.5	92.5	97.5	102.5	102.5	230	258.83	
10	Jessica Cassella	F	41	61.3	63	-45	50	55	55	25	27.5	30	30	75	82.5	85	85	170	185.94	
11	Andrea Zaugg	F	65	60.8	63	25	-27.5		25	30	37.5	-50	37.5	60	70	80	80	142.5	156.66	
Frauen -69 Kg																				
1	Larissa Bischof	F	26	66.2	69	145	-152.5	-152.5	145	80	85	-90	85	175	185	-195	185	415	433.32	Elemental Athletes
2	Marta Hernando Delgado	F	24	67.9	69	130	137.5	145	145	87.5	92.5	-97.5	92.5	155	167.5	175	175	412.5	424.42	ULTIMA Club
3	Meriem Manai	F	30	69	69	120	-130	135	135	60	-70	-70	60	140	150	-160	150	345	351.72	
4	Lili Keller	F	24	69	69	105	115	125	125	55	60	62.5	62.5	120	135	-150	135	322.5	337.03	
5	Sophie Frischnecht	F	35	65	69	107.5	115	120	120	60	62.5	-67.5	62.5	117.5	125	132.5	132.5	315	332.48	
6	Kim Schaller	F	23	67.6	69	97.5	100	110	110	62.5	-65	-65	62.5	130	140	-150	140	312.5	322.35	
7	Alessia D'Amario	F	24	67.5	69	92.5	100	105	105	55	60	-65	60	115	122.5	127.5	127.5	292.5	301.98	
8	Jeanine Kiser	F	37	66.2	69	90	92.5	-97.5	92.5	50	55	-57.5	55	112.5	115	120	120	267.5	279.31	Elemental Athletes
9	Sabrina Knöpfel	F	33	67	69	77.5	82.5	85	85	50	52.5	55	55	100	105	110	110	250	259.21	Elemental Athletes
10	Sandra Cox	F	38	65.1	69	75	80	-85	80	42.5	47.5	52.5	52.5	95	105	110	110	242.5	255.72	
11	Tessa Schmid	F	18	66.7	69	85	-90	-97.5	85	45	50	-55	50	90	95	100	100	235	244.30	
12	Elisa Rodriguez	F	47	68	69	60	62.5	-65	62.5	40	42.5	-45	42.5	77.5	80	82.5	82.5	187.5	192.75	
13	Priska Eberle	F	66	65.2	69	50	-55	55	55	32.5	35	37.5	37.5	70	77.5	82.5	82.5	175	184.37	
Frauen -76 Kg																				
1	Andrea Marx	F	33	75.1	76	142.5	150	155	155	87.5	92.5	-95	92.5	172.5	182.5	-200	182.5	430	418.52	Schwerathletik Nordwest
2	Laura Rettig	F	33	71.7	76	147.5	-157.5	-157.5	147.5	67.5	72.5	-77.5	72.5	180	190	200	200	420	419.11	Neuchatel Force
3	Livia Zaugg	F	34	72.2	76	102.5	112.5	120	120	50	55	60	60	130	140	150	150	330	328.05	Powerlifting Lausanne
4	Dana Geissbühler	F	25	70.8	76	95	100	105	105	80	85	90	90	100	110	120	120	315	316.53	Outcast Strength System
5	Melanie Walther	F	40	70.6	76	92.5	100	105	105	52.5	55	-57.5	55	130	140	147.5	147.5	307.5	309.48	Powerlifting Verein Cross Arena Glarnerland
6	Fabienne Buhölzer	F	20	71.6	76	107.5	115	120	120	50	55	57.5	57.5	117.5	122.5	-125	122.5	300	299.59	Elemental Athletes
7	Madeleine Isler	F	31	69.9	76	80	85	90	90	55	57.5	-60	57.5	105	112.5	117.5	117.5	265	268.20	
8	Alina Olesen	F	32	71.9	76	62.5	65	67.5	67.5	32.5	37.5	-40	37.5	85	90	95	95	200	199.27	
9	Palomina Zürcher	F	26	71.6	76	50	55	62.5	62.5	35	37.5	42.5	42.5	70	80	90	90	195	194.74	
Frauen -84 Kg																				
1	Kira Kölbl	F	31	82.4	84	130	135	137.5	137.5	70	75	-77.5	75	162.5	172.5	177.5	177.5	390	362.18	Powerlifting Winti
2	Edith Meszaros	F	33	81.1	84	100	110	115	115	-62.5	67.5	70	70	115	125	132.5	132.5	317.5	297.15	
3	Anna Kaufmann	F	25	82	84	95	102.5	110	110	55	60	65	65	100	112.5	122.5	122.5	297.5	276.93	Kraftdreikampfverein Basilea
4	Claire Mariot	F	40	83.2	84	100	110	120	120	45	52.5	-57.5	52.5	115	125	-132.5	125	297.5	275.00	
5	Bryony Fricker	F	25	81.7	84	90	95	-100	95	55	-57.5	57.5	57.5	110	117.5	125	125	277.5	258.78	Barbell Club Landquart
6	Maria Hänggi	F	58	76.5	84	50	55	-60	55	32.5	35	37.5	37.5	85	92.5	100	100	192.5	185.56	Schwerathletik Nordwest
Frauen 84+ Kg																				
1	Jasmin Gianferrari	F	39	111.9	84+	140	152.5	160	160	80	90	95	90	160	172.5	177.5	177.5	427.5	350.40	
2	Krytyma Waterhouse Berner	F	30	99.9	84+	165	-175	-175	165	90	97.5	-102.5	97.5	160	-175	-175	160	422.5	360.68	
3	Angie Clark	F	56	103.5	84+	130	140	147.5	147.5	80	85	90	85	150	160	170	170	402.5	339.01	Beo Barbell Club
4	Ina Vukalovic	F	29	98.6	84+	155	-170	175	175	55	57.5	60	60	140	147.5	-160	147.5	382.5	328.22	Schwerathletik Nordwest
5	Sarah Keller	F	31	108.4	84+	-85	90	97.5	97.5	70	75	80	80	140	150	160	160	337.5	279.60	Powerlifting Winti
6	Tanja Schmid	F	30	106.9	84+	105	110	-115	110	60	-65	-65	60	120	125	130	130	300	249.74	Crossfit Gleis 10
7	Beate Heizmann	F	47	86	84+	80	90	97.5	97.5	55	62.5	-70	62.5	100	115	130	130	290	263.92	
8	Sophia Kissling	F	30	92.1	84+	85	90	95	95	62.5	65	67.5	67.5	110	120	-130	120	282.5	249.34	

\* Best Pro  
 Best Newbie  
 Best Mum