

4th International German Masters Weightlifting Open, Potsdam
START LIST and COMPETITION SCHEDULE
per 20 January 2025

4th International German Masters Weightlifting Open

Potsdam / 31 Jan - 02 Feb, 2025

Startlist and Schedule

Sunday, 26 January 2025

18:00 Technical Official Meeting (online)

Friday, 31 January 2025

12:40 Opening Ceremony

Group 1, M80 - M65, all 11 lifters

11:00-12:00 Weigh-In
12:45 Introduction
13:00 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Jacob	Gimmelshtein	ISR	m	1941	M80	-81	100
Martin	Grigoryan	ISR	m	1942	M80	-89	125
Ihar	Vayman	ISR	m	1954	M70	-81	120
Vahram	Khudoyan	ARM	m	1955	M70	+109	145
Michael	Pagels	GER	m	1959	M65	-73	160
Colm	Brown	IRL	m	1956	M65	-81	100
Markus	Pahlow	GER	m	1958	M65	-81	129
Waldemar	Altvater	GER	m	1957	M65	-89	
Peter	Immesberger	GER	m	1960	M65	-96	150
Karsten	Hiehle	GER	m	1959	M65	-102	125
Uwe	Dämmig	GER	m	1957	M65	-109	135

10 minutes break between snatches and clean and jerks

Group 2, M60, all 11 lifters

13:30-14:30 Weigh-In
15:15 Introduction
15:30 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Tomasz	Miklasz	POL	m	1962	M60	-61	150
Joachim	Rohland	GER	m	1965	M60	-73	150
Toni	Resch	GER	m	1963	M60	-73	143
Volker	Beuthling	GER	m	1965	M60	-81	160
Michael	Branke	GER	m	1965	M60	-81	189
Bernd	Schneider	GER	m	1962	M60	-89	143
Holger	Worm	GER	m	1961	M60	-89	180
Volker	Seyffer	GER	m	1961	M60	-89	130
Prasanna	Kulkarni	IND	m	1963	M60	-96	145
Ralf	Buschan	GER	m	1965	M60	+109	140
Andreas	Köhler	GER	m	1961	M60	+109	

15 minutes break between snatches and clean and jerks / Awards Group 1

4th International German Masters Weightlifting Open, Potsdam
START LIST and COMPETITION SCHEDULE
per 20 January 2025

Group 3, M55, all 14 lifters

16:00-17:00 Weigh-In
17:45 Introduction
18:00 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Sebastian	Schmidt	GER	m	1968	M55	-61	115
Andreas	Riedl	GER	m	1966	M55	-67	88
Keat	Siew See	MAL	m	1967	M55	-73	195
Heiko	Wirth	GER	m	1969	M55	-73	151
René	Rüdiger	GER	m	1967	M55	-73	180
Stefan	Ullmann	GER	m	1970	M55	-81	190
Michael	Braun	GER	m	1966	M55	-81	136
Andree	Kolschmann	GER	m	1970	M55	-81	170
Tomasz	Stromski	POL	m	1969	M55	-81	190
Dino	Schlamp	GER	m	1967	M55	-89	127
Yves	Neitzel	GER	m	1970	M55	-89	190
Guiseppe	Palermo	GER	m	1970	M55	-96	235
Oliver	Kaiser	GER	m	1966	M55	+109	170
Maik	Becker	GER	m	1970	M55	+109	160

15 minutes break between snatches and clean and jerks. / Awards Group 2

Awards ceremony for Group 3 will be after the completion of the lifting.

Saturday, 1 February 2025

Group 4, M50, all 12 lifters

08:00-09:00 Weigh-In
09:45 Introduction
10:00 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Alexandros	Mouskafidis	GRE	m	1974	M50	-73	190
Stefan	Bögl	GER	m	1975	M50	-73	138
René	Kottlorz	GER	m	1972	M55	-73	135
Patrick	Befeldt	GER	m	1972	M50	-81	140
Andreas	Leininger	GER	m	1974	M50	-81	170
Marco	Stehwin	GER	m	1974	M50	-89	215
Veaceslav	Cazacu	RUM	m	1975	M50	-96	200
Szczepan	Reiss	POL	m	1974	M50	-96	180
Gerard	Falsey	IRL	m	1972	M50	-96	165
Hans-Dieter	Gebhardt	GER	m	1971	M50	-96	191
Christos	Moraitis	GRE	m	1973	M50	-102	185
Frank	Pallaske	GER	m	1975	M50	-102	220

10 minutes break between snatches and clean and jerks.

4th International German Masters Weightlifting Open, Potsdam
START LIST and COMPETITION SCHEDULE
per 20 January 2025

Group 5, W65-W40, all

17 lifters

10:00-11:00 Weigh-In
11:45 Introduction
12:00 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Phil	Brown	IRL	w	1959	W65	-59	75
Sabina	Eschemann	GER	w	1964	W60	-76	93
Kathrin	Oehrich (Branke)	GER	w	1967	W55	-55	65
Ira	Philip	GER	w	1975	W50	-71	115
Nicole	Massel	GER	w	1976	W45	-55	75
Chanica	Nordh	SWE	w	1976	W45	-59	114
Anna Lucia	Benedetti	ITA	w	1980	W45	-64	110
Marianna	Bellon	ITA	w	1977	W45	-64	110
Rachele	Favero	ITA	w	1982	W45	-81	140
Tina	Meißner	GER	w	1983	W40	-64	113
Thi Viet Huong	Phan	GER	w	1980	W40	-64	135
Carina	Schelhase	GER	w	1982	W40	-71	135
Charikleia	Kiriakidou	GRE	w	1982	W40	-71	105
Christine	Kressmann	GER	w	1985	W40	-71	109
Franziska	Schilder	GER	w	1985	W40	-76	105
Jasmin	Eichhorn	GER	w	1985	W40	-76	127
Melanie	Fischer	GER	w	1984	W40	-87	116

15 minute break between the snatches and clean and jerks. / Awards Group 4

Group 6, M45-M40, all

19 lifters

13:00-14:00 Weigh-In
14:45 Introduction
15:00 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Oleksandr	Kocherzhenko	UKR	m	1980	M45	-67	160
Ron	Nicol	GER	m	1977	M45	-81	180
Jan	Carstensen	GER	m	1976	M45	-81	160
Paul	Dunne	IRL	m	1976	M45	-89	130
Maik	Rothe	GER	m	1979	M45	-89	175
Rajesh	Batra	IND	m	1978	M45	-89	160
Viktor	Letuchii	UKR	m	1979	M45	-89	250
Santokh	Kumar	IND	m	1980	M45	-96	180
Sargis	Isayan	GER	m	1985	M40	-67	170
Efsthathios	Diamantis	GRE	m	1984	M40	-73	200
Yair	Ehrenwald	ISR	m	1981	M40	-81	
Lovedeep	Singh	IND	m	1984	M40	-81	125
Charanjit	Charanjit	IND	m	1981	M40	-81	180
Dennis	Schmalz	GER	m	1983	M40	-81	150
Dominic	Patmore	GBR	m	1980	M40	-109	215
Nikolaos	Kokinakis	GRE	m	1982	M40	-109	220
Georgios	Antoniou	GRE	m	1980	M40	+109	231
Maksim	Svirsky	ISR	m	1984	M40	+109	250

15 minute break between the snatches and clean and jerks. / Awards Group 5

20:00 "Half-Time" Banquet @Venue

We would like to cordially invite everyone to this social event during our ongoing Open! The team has arranged for a splendid buffet, with vegan and vegetarian options available. If you would like to join us, please reserve your spot via email to info@ac-potsdam.de. Tickets will cost 40 EUR/person and will include drinks (incl. alcohol). Payment can be done at the accreditation.

4th International German Masters Weightlifting Open, Potsdam
START LIST and COMPETITION SCHEDULE
per 20 January 2025

Sunday, 2 February 2025

Group 7, W35 -W30, all

11 lifters

09:00-10:00 Weigh-In
10:45 Introduction
11:00 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Oleksandra	Lubinetska	UKR	w	1990	W35	-49	96
Viktoria	Rudkovskaya	GER	w	1987	W35	-55	135
Nadine	Pommerening	GER	w	1989	W35	-59	130
Stephanie	Knipping	GER	w	1986	W35	-76	135
Anna	Andreichenko	UKR	w	1986	W35	-76	140
Sarah	Steinhäuser	GER	w	1986	W35	-81	140
Lisa	Schröder	GER	w	1989	W35	-81	150
Afia-Joy	Adu-Sanyah	GER	w	1986	W35	-87	100
Vanessa	Imrock	GER	w	1993	W30	-64	160
Carlotta	Fiori	ITA	w	1993	W30	-71	160
Sandra	Timis	GER	w	1994	W35	-76	69

10 minutes break between snatches and clean and jerks.

Group 8, M35 -M30, all

16 lifters

11:30-12:30 Weigh-In
13:15 Introduction
13:30 Start

First Name	Family Name	Nat.	Gender	YoB	Age Group	BW Cat.	Entry Total
Garrett Michael	Dr. Smith	USA	m	1988	M35	-73	180
Robert	Mösche	GER	m	1986	M35	-89	220
Kevin	Cremer	GER	m	1989	M35	-89	213
Martin	Haberland	GER	m	1988	M35	-89	200
Áneas	Jurke	GER	m	1989	M35	-89	220
Edgar	Zimmer	GER	m	1986	M35	-89	240
Paul	Vallentin	GER	m	1989	M35	-96	240
Yuri	Bagni	ISR	m	1988	M35	-102	230
Kostiantyn	Ielezov	GER	m	1987	M35	-102	260
Alessandro	Bonetto	ITA	m	1987	M35	+109	205
Max	Schumann	GER	m	1994	M30	-81	140
Rajwinder	Singh Gill	IND	m	1993	M30	-89	180
Yaroslav	Cherkes	UKR	m	1994	M30	-96	265
Louis	Pflüger	GER	m	1993	M30	-102	213
Erik	Löwen	GER	m	1993	M30	-102	215
Eduard	Schenke	GER	m	1992	M30	-109	220

5 minutes break between snatches and clean and jerks.

16:30

Final Awards
Groups 7 and 8, Grand Master Male and Female