**VSK ZĒNI planks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Ansis Grišāns** | **11.a** | **5.49,77** | **1.** |
| **Matīss Līdaka** | **12.a** | **5.48,01** | **2.** |
| **Egils Milnis** | **12.b** | **2.51,17** | **3.** |

 **VSK ZĒNI hanteļu turēšana**

|  |  |  |  |
| --- | --- | --- | --- |
| **Edvards Balodis** | **10.a** | **1.18** | **1.** |
| **Egils Milnis** | **12.b** | **0.36** | **3.** |
| Ansis Grišāns | 11.a | 0.25 | 4. |
| **Matīss Līdaka** | **12.a** | **0.42** | **2.** |

 **VSK ZĒNI pumpēšanās**

|  |  |  |  |
| --- | --- | --- | --- |
| **Ansis Grišāns** | **11.a** | **74** | **1.** |
| **Egils Milnis** | **12.b** | **20** | **4.** |
| **Matīss Līdaka** | **12.a** | **37** | **3.** |
| **Edvards Balodis** | **10.a** | **50** | **2.** |

 **VSK MEITENES planks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dana Gakute** | **11.a** | **5.31,68** | **2.** |
| **Elīza Jekuma** | **12.b** | **5.38,56** | **1.** |

 **VSK MEITENES hanteļu turēšana**

|  |  |  |  |
| --- | --- | --- | --- |
| **Alvīne Paštore** | **12.b** | **1.12** | **2.** |
| **Dana Gakute** | **11.a** | **2.01** | **1.** |
| **Elīza Jekuma** | **12.b** | **1.07** | **3.** |

 **VSK MEITENES vēderprese**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dana Gakute** | **11.a** | **23** | **2.** |
| **Elīza Jekuma** | **12.b** | **28** | **1.** |

 **8.-9.kl. ZĒNI Pumpēšanās**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dainis Pikalovs** | **8.a** | **87** | **1.** |
| **Mareks Lapsenbergs** | **8.a** | **41** | **2.** |
| **Maksims Pavlušonoks** | **9.a** | **30** | **3.** |
| Atis Salmins | 9.a | 29 | 4. |

 **8.-9.kl. ZĒNI planks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Rainers Brasls** | **8.c** | **4.30,01** | **1.** |
| Atis Samins | 9.a | 2.00,42 | 5. |
| Ričards Strikauskis | 9.a | 2.01,57 | 4. |
| **Mareks Lapsenbergs** | **8.a** | **4.13,49** | **2.** |
| **Dainis Pikalovs** | **8.a** | **2.03,12** | **3.** |

**8.-9.kl. ZĒNI Hanteļu turēšana**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dainis Pikalovs** | **8.a** | **0.49** | **3.** |
| **Mareks Lapsenbergs** | **8.a** | **2.02** | **1.** |
| **Atis Salmins** | **9.a** | **0.50** | **2.** |

 **8.-9.kl. MEITENES planks**

|  |  |  |  |
| --- | --- | --- | --- |
| Elīna Ķezbere | 8.b | 1.01,74 | 6. |
| **Saulija Markaviča** | **8.b** | **1.41,48** | **2.** |
| Evelīna Šampiņa | 8.b | 1.17,59 | 4. |
| Lilija Birgere | 8.b | 1.14,18 | 5. |
| **Estere Zaķe** | **8.c** | **2.25,49** | **1.** |
| **Sonora Sergejeva** | **8.c** | **1.26,96** | **3.** |

 **8.-9.kl. MEITENES hanteļu turēšana**

|  |  |  |  |
| --- | --- | --- | --- |
| **Elīna Ķezbere** | **8.b** | **1.08,15** | **2.** |
| **Sonora Sergejeva** | **8.c** | **1.31,49** | **1.** |

 **8.-9.kl. MEITENES vēderprese**

|  |  |  |  |
| --- | --- | --- | --- |
| **Patrīcija Bruzinska** | **9.a** | **23** | **3.-4.** |
| Rūta | 9.a | 22 | 5.-6. |
| **Saulija Markaviča** | **8.b** | **23** | **3.-4.** |
| Elīna Ķezbere | 8.b | 22 | 5.-6. |
| **Evelīna Šampiņa** | **8.b** | **25** | **2.** |
| Lillija Birgere | 8.b | 19 | 9. |
| Linda | 8.c | 20 | 8. |
| Sonora | 8.a | 12 | 11. |
| Agija Goča | 8.a | 21 | 7. |
| **Sonora Sergejeva** | **8.c** | **26** | **1.** |
| Linda Dobele | 8.a | 18 | 10. |

 **5.-7.kl. ZĒNI pumpēšanās**

|  |  |  |  |
| --- | --- | --- | --- |
| Emīls Eglītis | 7.b | 13 | 9.-10. |
| Kristofers Sausis | 5.b | 35 | 4. |
| Dans Tepļenkovs | 5.b | 15 | 7. |
| Roberts Meija | 5.b | 25 | 5.-6. |
| Miķelis Topecs | 5.b | 15 | 8. |
| Roberts Strikauskis | 5.b | 13 | 9.-10. |
| **Gustavs Līcis-Līcītis** | **6.b** | **40** | **3.** |
| Klāvs Balsers | 6.a | 25 | 5.-6. |
| **Daniels Mežeckis** | **7.b** | **50** | **2.** |
| **Jānis Sproģis** | **7.a** | **100** | **1.** |

**5.-7.kl. ZĒNI planks**

|  |  |  |  |
| --- | --- | --- | --- |
| Toms Patriks Lūsēns | 6.b | 0.21,96 | 9. |
| **Gustavs Līcis-Līcītis** | **6.b** | **4.01,65** | **2.** |
| Emīls Eglītis | 7.b | 1.35,54 | 6. |
| Aleksandrs Puškerļovs | 7.b | 2.09,88 | 4. |
| Kristofers Sausis | 5.b | 1.24,77 | 7. |
| Miķelis Topecs | 5.b | 1.52,95 | 5. |
| **Klāvs Balsers** | **6.a** | **2.12,87** | **3.** |
| Dans Tepļenkovs | 5.b | 1.15,08 | 8. |
| **Nils Mednis** | **7.a** | **5.00,89** | **1.** |

 **5.-7.kl. ZĒNI hanteļu turēšana**

|  |  |  |  |
| --- | --- | --- | --- |
| **Kristofers Sausis** | **5.b** | **2.20,79** | **1.** |
| **Klāvs Balsers** | **6.a** | **1.08,78** | **2.** |

 **5.-7.kl. MEITENES planks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Roberta Laurinoviča** | **6.b** | **2.05,37** | **3.** |
| Endija Priediņa | 7.b | 1.59,00 | 5. |
| Nora Grišāne | 7.b | 1.58,32 | 6. |
| **Nikola Sāra Leperta** | **6.a** | **2.39,09** | **2.** |
| Rendija Fernesta | 6.a | 1.52,78 | 8. |
| Demija Burlakova | 6.b | 1.41,63 | 10.-11. |
| Kitija Cera | 5.b | 1.41,78 | 10.-11. |
| Elīza Ipoļitova | 5.b | 1.12,19 | 12. |
| **Linda Regeja** | **5.b** | **3.03,34** | **1.** |
| Marika Bumbiere | 5.b | 2.04,30 | 4. |
| Linda Sause | 7.a | 1.45,22 | 9. |
| Sanija Burlakova | 7.a | 1.57,26 | 7. |

 **5.-7.kl. MEITENES hanteļu turēšana**

|  |  |  |  |
| --- | --- | --- | --- |
| Nora Grišāne | 7.b | 2.37,76 | 10. |
| Nikola Sāra Leperta | 6.a | 3.11,13 | 6. |
| Rendija Fernesta | 6.a | 2.09,69 | 11. |
| Renāte Kalniņa | 5.b | 1.40,07 | 12. |
| Elīza Ipoļitova | 5.b | 1.15,60 | 13. |
| Roberta Laurinoviča | 6.b | 1.01,84 | 14. |
| Linda Regeja | 5.b | 0.56,84 | 15. |
| Paula Ņikiforova | 5.b | 2.48,88 | 9. |
| Samanta Taulīne | 5.b | 2.57,14 | 8. |
| Kitija Cera | 5.b | 3.26,66 | 4. |
| Ilze Lūka | 5.b | 2.59,71 | 7. |
| **Marika Bumbiere** | **5.b** | **3.30,69** | **3.** |
| Linda Sause | 7.a | 3.19,51 | 5. |
| **Sanija Burlakova** | **7.a** | **4.29,37** | **2.** |
| **Santa Sause** | **7.a** | **5.27,38** | **1.** |

**5.-7.kl. MEITENES vēderprese**

|  |  |  |  |
| --- | --- | --- | --- |
| Aleksa Ēķupe | 7.b | 22 | 6.-10. |
| Ksenija Sanduļaka | 7.b | 19 | 17. |
| Daniela Šulce | 7.b | 21 | 11.-12. |
| Amanda | 7.b | 15 | 20.-23. |
| Rēzija | 7.b | 17 | 17. |
| Daniela | 7.b | 15 | 20.-23. |
| Nikola Sāra Leperta | 6.a | 20 | 13.-16. |
| Rendija Fernesta | 6.a | 20 | 13.-16. |
| Vendija | 5.b | 15 | 20.-23. |
| Gabriela | 5.b | 16 | 18.-19. |
| Elīza Ipoļitova | 5.b | 22 | 6.-10. |
| Samanta Taulīne | 5.b | 23 | 4.-5. |
| **Paula Ņikiforova** | **5.b** | **24** | **2.-3.** |
| **Linda Regeja** | **5.b** | **24** | **2.-3.** |
| Kitija Cera | 5.b | 20 | 13.-16. |
| Renāte Kalniņa | 5.b | 22 | 6.-10. |
| Vivita Bumbiere | 5.b | 16 | 18.-19. |
| Roberta Laurinoviča | 6.b | 15 | 20.-23. |
| Nora Grišāne | 7.b | 23 | 4.-5. |
| Sanija | 5.a | 20 | 13.-16. |
| Marika Bumbiere | 5.b | 22 | 6.-10. |
| Santa Sause | 7.a | 21 | 11.-12. |
| **Sanija Burlakova** | **7.a** | **28** | **1.** |
| Linda Sause | 7.a | 22 | 6.-10. |

**KOPVĒRTĒJUMS
5.-7.kl zēni 1.vieta Gustavs Līcis-Līcītis
5.-7.kl meitenes 1.vieta Sanija Burlakova
8.-9.kl zēni 1.vieta Mareks Lapsenbergs
8.-9.kl meitenes 1.vieta Sonora Sergejeva
vsk zēni 1.vieta Ansis Grišāns
vsk meitenes 1.vieta Elīza Jekuma**