

# European Fitness Challenge Competition 2024

Bronze men - Bronze - European Championship - final

		Modified Lying Pull Up	KB Squat Bronze	Push-Ups Bronze	DB Lunges Bronze	BW Sit Ups	KB Swing	Total
1	Tarmo hobe Estonia	33	103	49	82	49	62	378
2	Simon Forrai Slovakia	43	95	69	76	49	46	378
3	Jose antonio Lazaro Spain	33	83	65	55	42	53	331
4	Ken Ujamagi Estonia	22	96	32	62	45	52	309

# European Fitness Challenge Competition 2024

## Bronze women - Bronze - European Championship - final

		CHIN-UPS	KB Squat Bronze	Push-Ups Bronze	DB Lunges Bronze	BW Sit Ups	KB Swing	Total
1	ALINA ASCHILEAN romania	53	94	57	88	62	77	431
2	Lacataru Delia Romania	45	97	63	85	51	67	408
3	Andrea Janeckova SLOVAKIKA	43	105	58	89	47	63	405
4	crisrina carmona Serrano Spain	36	96	27	50	43	52	304

# European Fitness Challenge Competition 2024

## GOLD MEN - Gold - European Championship - R1

		Pull-Up	Box Jump	Dips	Walking-Lunges	Situps	Devil Press	Total
1	MARTIN FORIS SLOVAKIKA	54	56	75	67	52	15	319
2	Lucian Constantin Popa Romania	40	58	61	68	62	20	309
3	Andrei Ionut Apetrei Romania	45	58	54	71	59	14	301
4	Miroslav Skadra Slovakia	44	50	55	65	66	19	299
5	Priit Meier Estonia	43	58	61	68	48	13	291
6	Ciobanu Liviu Maldiv	34	61	54	63	47	18	277
7	Cosmin Marcuta Romania	44	49	57	55	49	17	271
8	Radusis Klaudijus lithuania	45	54	50	70	39	9	267
9	Georgios Evangelios Zervos Greece	34	54	48	54	56	8	254

# European Fitness Challenge Competition 2024

## SILVER MEN - Silver - European Championship - R1

		Lying Pull-up	Squat Jeferson	Bench Dip	Dumbbell Lunges	Situps	KB Snatch	Total
1	Lucian Constantin Popa Romania	67	85	113	78	76	81	500
2	Andrei Ionut Apetrei Romania	70	78	81	78	69	79	455
3	René Laane Estonia	64	94	78	68	76	75	455
4	Cosmin Marcuta Romania	82	57	81	65	59	74	418
5	Ciobanu Liviu Maldiv	65	69	70	69	67	65	405
6	Dimitris Christoudoolov Greece	57	70	59	63	48	43	340

# European Fitness Challenge Competition 2024

## SILVER MEN (Master) - Silver - European Championship - Final

		Lying Pull-up	Squat Jeferson	Bench Dip	Dumbbell Lunges	Situps	KB Snatch	Total
1	Kaasik Kaido Estonia	56	79	85	55	57	53	385
2	AGOSTON Moldovan Romania	40	72	73	54	66	60	365
3	Abdelmoutia yahya qui Spain	20	63	53	48	41	53	278

# European Fitness Challenge Competition 2024

## SILVER WOMEN - Silver - European Championship - R1

		Lying Pull-up	Squat Jeferson	Bench Dip	Dumbbell Lunges	Situps	KB Snatch	Total
1	NOVAC ELENA romania	69	94	91	76	69	87	486
2	VASILESCU OANA romania	51	76	96	80	66	78	447
3	Crisgel Berit Poljakov Estonia	32	78	61	62	55	72	360

# European Fitness Challenge Competition 2024

## SILVER WOMEN (Master) - Silver - European Championship - final

		Lying Pull-up	Squat Jeferson	Bench Dip	Dumbbell Lunges	Situps	KB Snatch	Total
1	Camelia Stefan Lacramioara Romania	50	80	68	64	53	81	396
2	Iliadou Androniki Greece	41	82	71	64	60	66	384
3	Oleysa sokoloua Spain	25	71	46	67	47	72	328

# European Fitness Challenge Competition 2024

## GOLD WOMEN (Master) - Gold - European Championship - R1

		Pull-Up	Box Jump	Dips	Walking-Lunges	Situps	Devil Press	Total
1	Camelia Stefan Lacramioara Romania	27	48	36	66	49	14	240
2	DOUKAKI MARIA - LAURA Greece	21	44	33	58	47	13	216
3	Diana Radaviciute lithuania	11	50	23	57	43	14	198



# European Fitness Challenge Competition 2024

## GOLD WOMEN - Gold - European Championship - R1

		Pull-Up	Box Jump	Dips	Walking-Lunges	Situps	Devil Press	Total
1	Elena Novac Romania	36	62	34	72	53	16	273
2	mari oks Estonia	26	62	36	80	40	16	260
3	Elena Masarikova Slovakia	33	52	41	63	50	18	257
4	Edita Lapinskiene lithuania	23	57	33	68	43	18	242

# European Fitness Challenge Competition 2024

GOLD Couple:men - Gold - European Championship - final

		Pull-Up	Box Jump	Dips	Walking-Lunges	Situps	Devil Press	Total
1	Lucian Constantin Popa Romania Andrei Ionut Apetrei Romania	80	73	110	90	96	34	483
2	Michal Barbier Slovakia MARTIN FORIS SLOVAKIKA	84	70	115	97	85	31	482
3	Priit Meier Estonia René Laane Estonia	69	66	121	90	84	31	461
4	Ciobanu Liviu Maldiv Cosmin Marcuta Romania	73	65	115	84	80	32	449
5	Sebastian Zivcak Slovakia Miroslav Skadra Slovakia	68	56	114	81	85	27	431

# European Fitness Challenge Competition 2024

GOLD Couple:mix - Gold - European Championship - final

		Pull-Up	Box Jump	Dips	Walking-Lunges	Situps	Devil Press	Total
1	NOVAC ELENA romania Lucian Constantin Popa Romania	75	72	99	115	86	33	480
2	Elena Masarikova Slovakia Miroslav Skadra Slovakia	68	65	102	99	83	31	448
3	mari oks Estonia Priit Meier Estonia	63	68	98	104	78	31	442
4	Camelia Stefan Lacramioara Romania Andrei Ionut Apetrei Romania	63	69	92	98	87	30	439
5	Andrea Janeckova SLOVAKIKA Martin Foris Slovakia	62	64	95	97	76	29	423
6	DOUKAKI MARIA - Louisa Greece Dimitris Christoudoolov Greece	48	51	73	83	74	21	350

# European Fitness Challenge Competition 2024

GOLD Couple:Women - Gold - European Championship - final

		Pull-Up	Box Jump	Dips	Walking-Lunges	Situps	Devil Press	Total
1	NOVAC ELENA romania Camelia Stefan Lacramioara Romania	53	70	85	96	86	30	420
2	ALINA ASCHILEAN romania VASILESCU OANA romania	41	67	64	88	72	25	357
3	Diana Radaviciute lithuania Edita Lapinskiene lithuania	35	67	44	96	79	25	346

# European Fitness Challenge Competition 2024

Mixed Master Couple - Silver - European Championship - Final

		Lying Pull-up	Squat Jeferson	Bench Dip	Dumbbell Lunges	Situps	KB Snatch	Total
1	AGOSTON Moldovan Romania VASILESCU OANA romania	76	104	129	97	82	87	575
2	Camelia Stefan Lacramioara Romania Barzila Laurentiu Stefan Romania	63	103	125	82	73	84	530
3	Abdelmoutia yahya qui Spain Oleysa sokoloua Spain	48	89	109	60	80	76	462

# European Fitness Challenge Competition 2024

SILVER Couple-men - Silver - European Championship - final

		Lying Pull-up	Squat Jeferson	Bench Dip	DB Lunges Bronze	Situps	KB Snatch	Total
1	Andrei Ionut Apetrei Romania Lucian Constantin Popa Romania	109	124	154	101	91	91	670
2	Cosmin Marcuta Romania CIOBANU MADALIN Romania	111	111	148	80	92	91	633
3	René Laane Estonia Kaasik Kaido Estonia	96	119	139	98	84	93	629
4	Simon Forrai Slovakia MARTIN FORIS SLOVAKIKA	107	100	140	97	83	87	614
5	Ricard Muriel Gibernao Spain Eloy Garcia Jimenez Spain	61	78	116	76	56	74	461
6	Jose antonio Lazaro Spain Ignasi Esteban Valverde Spain	55	90	104	62	65	52	428

# European Fitness Challenge Competition 2024

SILVER Couple:mix - Silver - European Championship - Final

		Lying Pull-up	Squat Jeferson	Bench Dip	DB Lunges Bronze	Situps	KB Snatch	Total
1	Lucian Constantin Popa Romania NOVAC ELENA romania	104	127	150	108	97	100	686
2	Andrei Ionut Apetrei Romania VASILESCU OANA romania	78	121	148	104	95	91	637
3	René Laane Estonia Crisgel Berit Poljakov Estonia	68	122	125	110	95	96	616
4	MARTIN FORIS SLOVAKIKA Andrea Janeckova SLOVAKIKA	74	103	149	100	73	88	587
5	Iliadou Androniki Greece Dimitris Christoudoolov Greece	82	113	129	96	80	83	583
6	crisrina carmona Serrano Spain Eloy Garcia Jimenez Spain	56	82	114	63	57	74	446
7	Ivan Sasevas Spain Puala Fernandez Spain	45	83	93	66	69	75	431

# European Fitness Challenge Competition 2024

SILVER Couple:Women - Silver - European Championship - Final

		Lying Pull-up	Squat Jeferson	Bench Dip	DB Lunges Bronze	Situps	KB Snatch	Total
1	VASILESCU OANA romania NOVAC ELENA romania	84	109	137	104	92	101	627
2	Camelia Stefan Lacramioara Romania ALINA ASCHILEAN romania	70	105	116	99	79	91	560
3	DOUKAKI MARIA - Louisa Greece Iliadou Androniki Greece	51	63	81	50	47	56	348



## European **Speedfit Team** Competition in Santa Susanna - May 2024

 Gold Medal: ro Romania (12:26:72)

1. Lucian Constantin Popa
2. Andrei Ionut Apetrei
3. Cosmin Marcuta
4. Ciobanu Liviu Madalin

 Silver Medal: sk Slovakia (13:38:46)

1. Michal Barbier
2. Martin Foris
3. Simon Forrai
4. Miroslav Skadra

 Bronze Medal: ee Estonia (19:21:08)

1. René Laane
2. Priit Meier
3. Kaido Kaasik
4. Tarmo Hobe

# European Fitness Challenge Competition 2024

## Team silver Mix - Silver - European Championship - Final

		Lying Pull-up	Squat Jeferson	Bench Dip	Dumbbell Lunges	Situps	KB Snatch	Total
1	Romania	<b>272</b>	<b>446</b>	<b>551</b>	<b>437</b>	<b>419</b>	<b>503</b>	<b>2628</b>
Romania	Lucian Constantin Popa	50	81	119	72	85	84	<b>491</b>
romania	VASILESCU OANA	34	81	96	72	69	85	<b>437</b>
Romania	Andrei Ionut Apetrei	45	69	81	72	83	86	<b>436</b>
romania	NOVAC ELENA	50	101	75	78	67	88	<b>459</b>
Romania	Cosmin Marcuta	59	52	100	64	58	76	<b>409</b>
Romania	Camelia Stefan Lacramioara	34	62	80	79	57	84	<b>396</b>
2	Spain	<b>124</b>	<b>307</b>	<b>347</b>	<b>292</b>	<b>296</b>	<b>392</b>	<b>1758</b>
Spain	Oleysa sokoloua	26	81	49	57	49	82	<b>344</b>
Spain	Abdelmoutia yahya qui	18	51	62	48	65	68	<b>312</b>
Spain	Alejandro Martin Botello	30	33	86	52	57	66	<b>324</b>
Spain	Monica Jurado Membrives	14	38	31	71	44	69	<b>267</b>
Spain	Manuel Jimenez Camino	11	69	68	36	44	42	<b>270</b>
Spain	Ivan Sasevas	25	35	51	28	37	65	<b>241</b>
3	Spain B	<b>185</b>	<b>255</b>	<b>344</b>	<b>229</b>	<b>272</b>	<b>366</b>	<b>1651</b>
Spain	Elisabet Pujol	27	53	53	46	40	80	<b>299</b>
Spain	Ricard Muriel Gibernao	31	59	60	43	41	51	<b>285</b>
Spain	Eloy Garcia Jimenez	34	23	90	36	44	48	<b>275</b>
Spain	Cristian Bernaldez Campos	31	30	45	23	65	65	<b>259</b>
Spain	crisrina carmona Serrano	36	50	53	31	28	63	<b>261</b>
Spain	Jesus Gonzalez Fernandez	26	40	43	50	54	59	<b>272</b>