



Top 25 - Supino Wilks

Prof.: Diego Fernando

<u>Atleta</u>	<u>Equipe</u>	<u>Ano</u>	<u>Peso</u>	<u>Total</u>	<u>Wilk's</u>	
<u>1</u>	Leonardo Negri	Negri Team	<u>2011</u>	114,70	305,0	<u>177.36</u>
<u>2</u>	Thiago Grahl	Associação SBS	<u>2010</u>	90,00	250,0	<u>159.60</u>
<u>3</u>	Rudi Vieira	Rudi Bambam	<u>2010</u>	90,00	240,0	<u>153.22</u>
<u>4</u>	Diego Fernando	Universe Fitness	<u>2011</u>	93,00	240,0	<u>150.77</u>
<u>5</u>	Alexandre Vaz	Budokan	<u>2011</u>	82,90	220,0	<u>146.96</u>
<u>6</u>	Sidnei Ribas	Bio Fitness	<u>2010</u>	108,90	240,0	<u>141.67</u>
<u>7</u>	Mauro Sergio da Silva	Budokan	<u>2011</u>	81,70	210,0	<u>141.52</u>
<u>8</u>	Jose Maia Jr	Corpo Ideal	<u>2005</u>	105,30	230,0	<u>137.31</u>
<u>9</u>	Adalmir Bonomini Jr	Brusque Altivo	<u>2009</u>	85,10	207,5	<u>136.51</u>
<u>10</u>	Eduardo Thives	Iron Up	<u>2008</u>	82,60	202,5	<u>135.55</u>
<u>11</u>	Rohmer Cavalheiro	Universe Fitness	<u>2011</u>	97,20	220,0	<u>135.48</u>
<u>12</u>	Daniel Antonio da Silva	Portofit	<u>2011</u>	82,00	197,5	<u>132.80</u>
<u>13</u>	Allan Daniel Ramos	Budokan	<u>2011</u>	83,20	192,5	<u>128.30</u>
<u>14</u>	Douglas A de Souza	Iron Up	<u>2005</u>	103,20	212,5	<u>127.78</u>
<u>15</u>	Rodrigo C Duarte	Iron Up	<u>2006</u>	67,50	165,0	<u>127.22</u>
<u>16</u>	Sílvio Padilha	Vital	<u>2006</u>	117,90	220,0	<u>127.03</u>
<u>17</u>	Everton Lourenço	Budokan	<u>2011</u>	102,50	210,0	<u>126.59</u>
<u>18</u>	Alexandre Hoffmann	Força e Garra	<u>2009</u>	123,00	220,0	<u>125.80</u>
<u>19</u>	Rudinei Marcelo Espindola	Iron Up	<u>2004</u>	98,30	205,0	<u>125.64</u>
<u>20</u>	André Leite	Os Bárbaros	<u>2009</u>	93,50	200,0	<u>125.32</u>
<u>21</u>	José Coelho Jr	Extreme	<u>2005</u>	110,10	210,0	<u>123.54</u>
<u>22</u>	Guilherme dos Santos	Associação SBS	<u>2011</u>	64,90	155,0	<u>123.41</u>
<u>23</u>	Alex Sandro Bertolini	Brusque Altivo	<u>2009</u>	112,20	210,0	<u>122.85</u>
<u>24</u>	Eleno J Dalcastagner	Body Active	<u>2008</u>	98,00	197,5	<u>121.19</u>
<u>25</u>	Leandro Maccari	Universe Fitness	<u>2010</u>	66,70	155,0	<u>120.67</u>



Top 25 - Supino Maior

Prof.: Diego Fernando

<u>Atleta</u>	<u>Equipe</u>	<u>Ano</u>	<u>Peso</u>	<u>Total</u>	
<u>1</u>	Leonardo Negri	Negri Team	<u>2011</u>	114,70	305.0
<u>2</u>	Thiago Grahl	Associação SBS	<u>2010</u>	90,00	250.0
<u>3</u>	Rudi Vieira	Rudi Bambam	<u>2010</u>	90,00	240.0
<u>4</u>	Diego Fernando	Universe Fitness	<u>2011</u>	93,00	240.0
<u>5</u>	Sidnei Ribas	Bio Fitness	<u>2010</u>	108,90	240.0
<u>6</u>	Jose Maia Jr	Corpo Ideal	<u>2005</u>	105,30	230.0
<u>7</u>	Alexandre Vaz	Budokan	<u>2011</u>	82,90	220.0
<u>8</u>	Rohmer Cavalheiro	Universe Fitness	<u>2011</u>	97,20	220.0
<u>9</u>	Sílvio Padilha	Vital	<u>2006</u>	117,90	220.0
<u>10</u>	Alexandre Hoffmann	Força e Garra	<u>2009</u>	123,00	220.0
<u>11</u>	Douglas A de Souza	Iron Up	<u>2005</u>	103,20	212.5
<u>12</u>	Mauro Sergio da Silva	Budokan	<u>2011</u>	81,70	210.0
<u>13</u>	Everton Lourenço	Budokan	<u>2011</u>	102,50	210.0
<u>14</u>	José Coelho Jr	Extreme	<u>2005</u>	110,10	210.0
<u>15</u>	Alex Sandro Bertolini	Brusque Altivo	<u>2009</u>	112,20	210.0
<u>16</u>	Adalmir Bonomini Jr	Brusque Altivo	<u>2009</u>	85,10	207.5
<u>17</u>	Rudinei Marcelo Espindola	Iron Up	<u>2004</u>	98,30	205.0
<u>18</u>	Eduardo Thives	Iron Up	<u>2008</u>	82,60	202.5
<u>19</u>	André Leite	Os Bárbaros	<u>2009</u>	93,50	200.0
<u>20</u>	Giancarlo Schoeder	Teles Fitness	<u>2008</u>	105,70	200.0
<u>21</u>	Daniel Antonio da Silva	Portofit	<u>2011</u>	82,00	197.5
<u>22</u>	Eleno J Dalcastagner	Body Active	<u>2008</u>	98,00	197.5
<u>23</u>	Allan Daniel Ramos	Budokan	<u>2011</u>	83,20	192.5
<u>24</u>	Eliel Mello	Bio Fitness	<u>2010</u>	92,60	190.0
<u>25</u>	Turnambey Delvons	ABP	<u>2011</u>	107,80	190.0