

FPO EQ Voimanoston SM, Kansallinen Penkki&Veto kisa FG/RAW 07.05.2016

EQ Powerlifting

Men															
num	name	country	class	weight	squat			bench press			deadlift			total kg	points
1	Sami Kaipio	FIN	110	107.3	400	415	415	200	210	235	290	300		950	847.4
2	Toni Haaparanta	FIN	75	74.8	290	310	317.5	170	175	180	220	235	242.5	732.5	820.4
3	Jonne Fräntilä	FIN	67.5	67.4	220	235	242.5	185	195	195	200	220	227.5	655	810.24
4	Marko Loponen	FIN	90	89.6	280	300	310	225	230	230	260	272.5	292.5	802.5	780.03
5	Nicky Norris	FIN	82.5	82.5	220	240	250	190	205	205	220	240	250	680	699.72
6	Juha Suomalainen	FIN	110	103.9	260	260	280	215	225	230	230	240	250	755	681.01
7	Janne Nissilä	FIN	90	90	220	240	250	175	185	195	200	210	225	650	629.85
8	Jarkko Holviala	FIN	110	104.8	260	270	280	170	180	190	220	230	230	680	611.32
9	Vesa Nissilä	FIN	110	106.4	240	260	265	160	165	170	210	227.5	235	670	598.98
10	Asko Kajanoja	FIN	90	90	200	220	240.5	125	140	140	200	220	240	600	581.4
11	Juuso Iivonen	FIN	100	92.5	140	160	185	95	100	100	200	220	225	485	461.23
-	Jani Lanttiainen	FIN	90	88.7	375	375	375	260	280	280	280	300	317.5		
-	Petri Salmela	FIN	90	89.5	300	300	300	210							
-	Antti Hämäläinen	FIN	90	89.8	280	300	315	180	180	185	270	285	300		
-	Pekka Rähkä	FIN	100	99.4	260	280	300	160	160	160	235	260	270		
-	Oskari Lehtinen	FIN	100	100	410	430	430	300			300				

Women														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Nina Tiivola	FIN	67.5	67.5	100	120	130	70	75	80	130	140	150	360

Men junior 100 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Juuso Iivonen	FIN	100	92.5	140	160	185	95	100	100	200	220	225	485

Men master 40-44 years 110 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Juha Suomalainen	FIN	110	103.9	260	260	280	215	225	230	230	240	250	755

Men master 45-49 years 110 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Jarkko Holviala	FIN	110	104.8	260	270	280	170	180	190	220	230	230	680

Men master 50-54 years 110 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Sami Kaipio	FIN	110	107.3	400	415	415	200	210	235	290	300		950
2	Vesa Nissilä	FIN	110	106.4	240	260	265	160	165	170	210	227.5	235	670

Men master 55-59 years 90 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Asko Kajanoja	FIN	90	90	200	220	240.5	125	140	140	200	220	240	600

Men open 67.5 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Jonne Fräntilä	FIN	67.5	67.4	220	235	242.5	185	195	195	200	220	227.5	655

Men open 75 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Toni Haaparanta	FIN	75	74.8	290	310	317.5	170	175	180	220	235	242.5	732.5

Men open 82.5 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Nicky Norris	FIN	82.5	82.5	220	240	250	190	205	205	220	240	250	680

Men open 90 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Marko Loponen	FIN	90	89.6	280	300	310	225	230	230	260	272.5	292.5	802.5
2	Janne Nissilä	FIN	90	90	220	240	250	175	185	195	200	210	225	650

Women open 67.5 kg														
num	name	country	class	weight	squat			bench press			deadlift			total kg
1	Nina Tiivola	FIN	67.5	67.5	100	120	130	70	75	80	130	140	150	360

EQ Bench Press

Men													
num	name	country	class	weight	bench press			points					
1	Niko Kaipainen	FIN	75	74.8	205	205	215	229.6					
-	Pekka Korhonen	FIN	100	94.2	150	150	150						
-	Ilkka Lukkarinen	FIN	125	124.6	390	402.5	402.5						

EQ Deadlift

Men													
num	name	country	class	weight	deadlift			points					
1	Antti Hämäläinen	FIN	90	89.8	270	285	300	291					

RAW Bench Press

Men													
num	name	country	class	weight	bench press			points					
1	Juha Tuomainen	FIN	100	99.9	215	222.5	227.5	208.39					
2	Marko Brusila	FIN	90	89.5	170	182.5	182.5	165.24					
3	Tero Vuorio	FIN	125	121.6	150	155	160	137.92					

Women													
num	name	country	class	weight	bench press			points					
1	Miisa Suhonen	FIN	67.5	63.7	70	77.5	80	131.98					
2	Satu Lampikariolli	FIN	75	71.9	77.5	80	80	126.64					
3	Krisse Tuominen	FIN	+90	101.9	80	82.5	85	111.87					
4	Tiina Jalkanen	FIN	67.5	62	52.5	55	55	91.09					

RAW Deadlift

Men													
num	name	country	class	weight	deadlift			points					
1	Samuli Vaittinen	FIN	100	99.5	240	260	270	247.59					
2	Tero Rouhiainen	FIN	125	123.7	235	250		201.87					

Women													
num	name	country	class	weight	deadlift			points					
1	Miisa Suhonen	FIN	67.5	63.7	110	120	130	204.36					