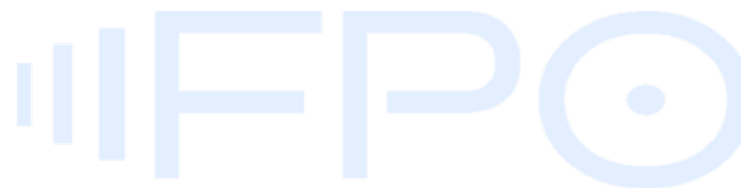


Name Power Fit Open! Voimanoston SM
 Federation FPO
 Date 2022-04-23
 Country Finland
 State Uusimaa
 Town Vantaa



Place	Name	Sex	Age	Equipment	Division	BW	Class	Event	Squat					Bench					Deadlift					Total	Reshe/Coef	Reshel
									1	2	3	4	Best3	1	2	3	4	Best3	1	2	3	4	Best3			
1	Anni Husu	F	42	Raw	M40-44	73.9	75	SBD	110	-120	120		120	47.5	52.5	55		55	130	137.5	142.5		142.5	317.5	1.555	493.71
1	Elisa Hyytinen	F	41	Raw	M40-44	76	82.5	SBD	110	120	130		130	80	87.5	-90		87.5	145	155	-165		155	372.5	1.534	571.42
1	Päivi Kaarto	F	45	Raw	M45-49	97.2	90+	SBD	185	205	212.5		212.5	115	-125	127.5		127.5	225	235	-245		235	575	1.377	791.78
DQ	Maiju Hilander	F	64	Raw	M60-64	71.1	75	SBD	80	90	-100		90	50	-55	-55		50	-150	-150	-150					1.589
1	Krista Pellikka	F	34	Raw	Open	73.8	75	SBD	160	172.5	-177.5		172.5	115	-122.5	-122.5		115	-165	180	190		190	477.5	1.555	742.51
2	Riikka Hannula	F	32	Raw	Open	68.4	75	SBD	115	125	135		135	60	65	70		70	125	135	145		145	350	1.623	568.05
1	Jenni Hulkko	F	36	Raw	Open	81.5	82.5	SBD	120	125	130		130	75	-80	-80		75	145	155	162.5		162.5	367.5	1.483	545.00
2	Elisa Bergman	F	29	Raw	Open	80.2	82.5	SBD	90	-100	-100		90	50	52.5	-55		52.5	115	120	125		125	267.5	1.494	399.65
1	Emma Huhta	F	29	Raw	Open	88.9	90	SBD	140	155	172.5		172.5	90	100	-110		100	160	180	195		195	467.5	1.427	667.12
1	Päivi Kaarto	F	45	Raw	Open	97.2	90+	SBD	185	205	212.5		212.5	115	-125	127.5		127.5	225	235	-245		235	575	1.377	791.78
1	Sofia Valkama	F	17	Raw	T16-17	74.2	75	SBD	105	112.5	-117.5	117.5	112.5	62.5	67.5	-70		67.5	145	-155	-155		145	325	1.552	504.40
1	Kätlin Nurk	F	19	Raw	T18-19	66.4	67.5	SBD	95	105	112.5	-115	112.5	45	50	-55		50	110	120	130		130	292.5	1.655	484.09
1	Elli Peromaa	F	21	Wraps	J20-23	73.4	75	SBD	105	115	125		125	60	65	-70		65	125	135	-145		135	325	1.561	507.33
DQ	Hanna Luukkonen	F	21	Wraps	J20-23	73.3	75	SBD	-227.5	-237.5	-237.5															1.561
1	Leena Stålstedt	F	53	Wraps	M50-54	70.5	75	SBD	90	105	115		115	60	70	-80		70	100	115	125		125	310	1.598	495.38
1	Vilhelmiina Sillanpää	F	26	Wraps	Open	63.5	67.5	SBD	-147.5	147.5	157.5		157.5	65	70	-72.5		70	135	145	157.5		157.5	385	1.707	657.20
2	Jenna Peltola	F	25	Wraps	Open	64.6	67.5	SBD	140	-155			140	60	65	-70		65	120	-140	140		140	345	1.686	581.67
DQ	Hanna Luukkonen	F	21	Wraps	Open	73.3	75	SBD	-227.5	-237.5	-237.5															1.561
1	Reko Sivonen	M	22	Raw	J20-23	72.8	75	SBD	165	175	-180		175	107.5	-112.5	-112.5		107.5	170	-182.5	-182.5		170	452.5	1.147	519.02
1	Rene Makarenko	M	22	Raw	J20-23	77.4	82.5	SBD	220	230	240		240	130	140	145		145	255	270	280		280	665	1.084	720.86
1	Oskari Simonen	M	23	Raw	J20-23	96.2	100	SBD	230	250	-260		250	-130	150	-155		150	300	310			310	710	0.931	661.01
1	Aaro Mäki-Jouppila	M	22	Raw	J20-23	104.9	110	SBD	180	187.5	195		195	120	-125	125		125	200	210	-220		210	530	0.898	475.94
1	Mikko Silvennoinen	M	40	Raw	M40-44	95.4	100	SBD	210	225	-235		225	150	157.5	-160		157.5	217.5	225	-232.5		225	607.5	0.934	567.41
1	Olli Myöhänen	M	40	Raw	M40-44	123.4	125	SBD	260	275	295		295	200	210	215		215	280	300	320		320	830	0.860	713.80
1	Valeri Astaptsev	M	49	Raw	M45-49	87.1	90	SBD	160	165	170		170	100	105	-107.5		105	190	200	205		205	480	0.988	474.24
1	Rami Eerikäinen	M	48	Raw	M45-49	99	100	SBD	165	185	205		205	140	150	-160		150	200	225	235		235	590	0.919	542.21
2	Klaus Renfors	M	49	Raw	M45-49	98.7	100	SBD	177.5	195	200		200	152.5	162.5	-165		162.5	190	210	220		220	582.5	0.920	535.90
1	Juha-Pekka Kinnunen	M	48	Raw	M45-49	116.2	125	SBD	230	240	-250		240	135	-142.5	142.5		142.5	160	180	200		200	582.5	0.870	506.78
1	Juhani Kärkkäinen	M	62	Raw	M60-64	98.5	100	SBD	180	190	200		200	135	140	145		145	225	245	-255		245	590	0.921	543.39
1	Raimo Lehtimäki	M	72	Raw	M70-74	96.2	100	SBD	145	152.5	160	-165	160	80	85			85	190	202.5	210		210	455	0.931	423.61
1	Alex Patronen	M	31	Raw	Open	66.2	67.5	SBD	125	132.5	140		140	100	107.5	-120		107.5	160	170	180		180	427.5	1.263	539.93
1	Henri Toukometsä	M	28	Raw	Open	73.9	75	SBD	190	197.5	205		205	130	137.5	145		145	210	220	230		230	580	1.132	656.56
2	Tarmo Rönkkö	M	24	Raw	Open	73.2	75	SBD	155	165	170		170	115	125	-127.5		125	195	205	210		210	505	1.143	577.22

1	Rene Makarenko	M	22	Raw	Open	77.4	82.5	SBD	220	230	240	240	130	140	145	145	255	270	280	280	665	1.084	720.86	
2	Jussi Jaakkola	M	33	Raw	Open	82.2	82.5	SBD	210	-225	-230	210	150	-155	-155	150	240	250	255	255	615	1.031	634.07	
3	Jesse Ahvenkoski	M	25	Raw	Open	79.4	82.5	SBD	180	200	210	210	-130	140	-150	140	240	255	-260	255	605	1.060	641.30	
4	Olavi Nieminen	M	25	Raw	Open	81.8	82.5	SBD	150	160	-170	160	115	122.5	-130	122.5	185	202.5	205	205	487.5	1.034	504.08	
1	Valeri Astaptev	M	49	Raw	Open	87.1	90	SBD	160	165	170	170	100	105	-107.5	105	190	200	205	205	480	0.988	474.24	
1	Oskari Simonen	M	23	Raw	Open	96.2	100	SBD	230	250	-260	250	-130	150	-155	150	300	310		310	710	0.931	661.01	
2	Mikko Silvennoinen	M	40	Raw	Open	95.4	100	SBD	210	225	-235	225	150	157.5	-160	157.5	217.5	225	-232.5	225	607.5	0.934	567.41	
3	Rami Eerikäinen	M	48	Raw	Open	99	100	SBD	165	185	205	205	140	150	-160	150	200	225	235	235	590	0.919	542.21	
1	Jani-Pekka Eirala	M	34	Raw	Open	109.4	110	SBD	305	-325	-325	305	215	222.5	-227.5	222.5	330	-350		330	857.5	0.886	759.75	
2	Tatu Kuusinen	M	34	Raw	Open	106	110	SBD	285	300		300	180	190	-200	190	280	290	300	300	790	0.895	707.05	
3	Iiro Jokipalo	M	30	Raw	Open	108.5	110	SBD	290	302.5	-310	302.5	180	-187.5	-187.5	180	290		-305	290	772.5	0.889	686.75	
4	Mika Kallio	M	35	Raw	Open	101	110	SBD	260	-275	-275	260	165	175	-180	175	250	265	-275	265	700	0.911	637.70	
5	Otto Selin	M	29	Raw	Open	108.7	110	SBD	210	230		230	140	150	-162.5	150	260	-285	-285	260	640	0.888	568.32	
6	Santeri Ahola	M	32	Raw	Open	108.8	110	SBD	200	210	217.5	217.5	-110	-110	110	110	200	220	-235	220	547.5	0.887	485.63	
1	Olli Myöhänen	M	40	Raw	Open	123.4	125	SBD	260	275	295	295	200	210	215	215	280	300	320	320	830	0.860	713.80	
1	Lauri Härkä-Laaksonen	M	38	Raw	Open	133.8	140	SBD	270	285	-300	285	210	220	-230	220	280	300	-312.5	300	805	0.847	681.84	
2	Sami Läpikivi	M	31	Raw	Open	128.7	140	SBD	250	275	-290	275	160	175		175	290	-315	-315	290	740	0.853	631.22	
1	Kalle Ahola	M	28	Raw	Open	152.4	140+	SBD	260	280	300	300	140	155	-165	155	260	280	-300	280	735	0.829	609.32	
1	Joonas Viitanen	M	15	Raw	T13-15	65.6	67.5	SBD	145	152.5	-157.5	152.5	-85	85	90	-95	90	180	190	-201.5	190	432.5	1.273	550.57
1	Eelis Lundberg	M	17	Raw	T16-17	79	82.5	SBD	155	160	165	165	100	-110	-110	100	175	190	-200	190	455	1.066	485.03	
1	Jaakko Haapasalmi	M	19	Raw	T18-19	93.6	100	SBD	180	-190	-190	180	140	-145	-145	140	225	235	240	240	560	0.944	528.64	
1	Ville Saranpää	M	23	Wraps	J20-23	87.6	90	SBD	180	200	210	210	120	-125	-125	120	190	210	220	220	550	0.985	541.75	
1	Santeri Kilkki	M	44	Wraps	M40-44	98.7	100	SBD	-210	220	-230	220	130	137.5	-142.5	137.5	210	220	230	230	587.5	0.920	540.50	
1	Jussi Valkama	M	40	Wraps	M40-44	116.3	125	SBD	-315	330	345	345	190	200		200	290	320	325	325	870	0.870	756.90	
DQ	Harri Pykälämäki	M	48	Wraps	M45-49	122.5	125	SBD	-270	-270	-270											0.861		
1	Jan Lindqvist	M	51	Wraps	M50-54	81.7	82.5	SBD	205	220	232.5	232.5	125	135	140	140	-260	-270	270	270	642.5	1.036	665.63	
1	Petri Lindholm	M	51	Wraps	M50-54	121.7	125	SBD	300	325		325	-180	190		190	290	-300		290	805	0.861	693.11	
1	Pekka Anttila	M	57	Wraps	M55-59	81.3	82.5	SBD	-180.5	180.5	190	200.5	190	85	90	92.5	92.5	185.5	195	200	200	482.5	1.039	501.32
1	Jukka-Pekka Kytölä	M	37	Wraps	Open	74.2	75	SBD	230	-245	250	250	140	-145	-145	140	265	-282.5		265	655	1.128	738.84	
1	Eetu Sieppi	M	27	Wraps	Open	89.1	90	SBD	315	-335	335	335	185	-202.5	-202.5	185	290	310	-317.5	310	830	0.974	808.42	
1	Harri Vakkänen-Huhta	M	37	Wraps	Open	90.4	100	SBD	320	-345	350	350	180	187.5	-192.5	187.5	250	270	285	285	822.5	0.965	793.71	
2	Johan Frisk	M	30	Wraps	Open	99.5	100	SBD	260	275	-290	275	200	-210.5	-210.5	200	285	300	310	310	785	0.917	719.85	
3	Sami Niittumaa	M	33	Wraps	Open	99.4	100	SBD	240	255	265	265	157.5	162.5	-170	162.5	260	280	-287.5	280	707.5	0.917	648.78	
1	Tuomas Virtaniemi	M	28	Wraps	Open	103.9	110	SBD	280	310	330	330	180	190	200	200	260	285	302.5	302.5	832.5	0.901	750.08	
1	Jussi Valkama	M	40	Wraps	Open	116.3	125	SBD	-315	330	345	345	190	200		200	290	320	325	325	870	0.870	756.90	
2	Petri Lindholm	M	51	Wraps	Open	121.7	125	SBD	300	325		325	-180	190		190	290	-300		290	805	0.861	693.11	
1	Perttu Sirkkilä	M	19	Wraps	T18-19	115.6	125	SBD	240	-260	260	260	-160	180	-190	180	250	270	280	280	720	0.871	627.12	
1	Julius Korpela	M	18	Wraps	T18-19	126.1	140	SBD	-250	260	275	275	160	167.5	170	170	250	272.5	-280	272.5	717.5	0.856	614.18	
DQ	Jorma Mononen	M	47	Single-ply	M45-49	78.2	82.5	SBD	145	155	175	175	-165	-165	-165							1.075		
DQ	Marko Loponen	M	40	Multi-ply	M40-44	105	110	SBD	-330	-355	-355											0.898		
DQ	Velimatti Karhu	M	50	Multi-ply	M50-54	106.6	110	SBD	310	335	350	350	-230	-240	-240							0.893		
1	Oskari Lehtinen	M	33	Multi-ply	Open	99.2	100	SBD	420	445	460	460	285	292.5	-297.5	292.5	310	330	337.5	337.5	1090	0.918	1000.62	
DQ	Velimatti Karhu	M	50	Multi-ply	Open	106.6	110	SBD	310	335	350	350	-230	-240	-240							0.893		
1	Emma Ylitalo-James	M	52	Unlimited	M50-54	88.4	90	B					245	260	-280	260					260	0.979	254.54	

1 Emma Ylitalo-James M 52 Unlimited Open 88.4 90 B |

| 245 260 -280 260 |

| 260 0.979 254.54