

Name Tatu Avola Memorial 2022
 Federation FPO
 Date 2022-12-03
 Country Finland
 State Pirkanmaa
 Town Tampere



Place	Name	Sex	Age	Equipment	Division	BW	Class	Event	Squat					Bench					Deadlift					Total	ReshelCoef	Reshel	AgeCoef	Reshel*AgeCoef	Squatkg	SquatReshel
									1	2	3	4	Best3	1	2	3	4	Best3	1	2	3	4	Best3							
1	Sari Mihailov	F	41	Sleeves	M40-44	68.9	75	SBD	115	-121	121		121	57.5	61	-62.5	61	155	162.5	-165	162.5	344.5	1.618	557.40	1.010	562.98	121.00	195.78		
1	Emma Lahti	F	25	Sleeves	Open	71.1	75	SBD	162.5	173	178		178	112.5	117.5	120	120	185	200	-210	200	498	1.589	791.32	1	791.32	178.00	282.84		
2	Sari Mihailov	F	41	Sleeves	Open	68.9	75	SBD	115	-121	121		121	57.5	61	-62.5	61	155	162.5	-165	162.5	344.5	1.618	557.40	1.010	562.98	121.00	195.78		
1	Sofia Valkama	F	17	Sleeves	T16-17	73.7	75	SBD	90	100	105		105	65	-70	-70	65	145	-152.5		145	315	1.558	490.77	1.08	530.03	105.00	163.59		
1	Elli Peromaa	F	22	Wraps	J20-23	73.8	75	SBD	120	130	135		135	65	70	72.5	72.5	130	140	-150	140	347.5	1.555	540.36	1.01	545.77	135.00	209.93		
1	Hanna Luukkonen	F	21	Wraps	Open	74.1	75	SBD	220	-236	236		236	117.5	125.5	130	130	230	241.5	-247.5	241.5	607.5	1.552	942.84	1.02	961.70	236.00	366.27		
1	Auli Sakko	F	42	Sleeves	M40-44	65.9	67.5	B						80	85	87.5	87.5					87.5	1.664	145.60	1.020	148.51				
1	Elisa Hyytinen	F	42	Sleeves	M40-44	81.3	82.5	B						80	85	-90	85					85	1.483	126.06	1.020	128.58				
1	Virpi Pukkila	F	55	Sleeves	M55-59	67.3	67.5	B						80	90	95	95					95	1.639	155.71	1.225	190.74				
1	Virpi Pukkila	F	55	Sleeves	Open	67.3	67.5	B						80	90	95	95					95	1.639	155.71	1.225	190.74				
2	Auli Sakko	F	42	Sleeves	Open	65.9	67.5	B						80	85	87.5	87.5					87.5	1.664	145.60	1.020	148.51				
3	Riina Mikkonen	F	34	Sleeves	Open	66.1	67.5	B						65	72.5	77.5	77.5					77.5	1.660	128.65	1	128.65				
4	Anu Holopainen	F	37	Sleeves	Open	65.2	67.5	B						50	-57.5		50					50	1.676	83.80	1	83.80				
1	Elisa Hyytinen	F	42	Sleeves	Open	81.3	82.5	B						80	85	-90	85					85	1.483	126.06	1.020	128.58				
1	Elisa Hyytinen	F	42	Sleeves	M40-44	81.3	82.5	D										140	-150	150	150	150	1.483	222.45	1.020	226.90				
1	Petra Blomvall	F	44	Sleeves	M40-44	87.5	90	D										237.5	255	-260	255	255	1.436	366.18	1.043	381.93				
1	Anu Holopainen	F	37	Sleeves	Open	65.2	67.5	D										150	160	-165	160	160	1.676	268.16	1	268.16				
2	Riina Mikkonen	F	34	Sleeves	Open	66.1	67.5	D										130	137.5	140	140	140	1.660	232.40	1	232.40				
1	Elisa Hyytinen	F	42	Sleeves	Open	81.3	82.5	D										140	-150	150	150	150	1.483	222.45	1.020	226.90				
1	Petra Blomvall	F	44	Sleeves	Open	87.5	90	D										237.5	255	-260	255	255	1.436	366.18	1.043	381.93				
1	Reko Sivonen	M	23	Sleeves	J20-23	70	75	SBD	-170	170	175.5	177.5	175	105	110	-112.5	110	-170	170	-180	170	455	1.194	543.27	1	543.27	177.50	211.94		
1	Alex Gyursanszky	M	21	Sleeves	J20-23	81.3	82.5	SBD	155	-165	165		165	95	100	102.5	102.5	215	-222.5	-222.5	215	482.5	1.039	501.32	1.02	511.34	165.00	171.44		
1	Ville Saranpää	M	23	Sleeves	J20-23	88.4	90	SBD	-195	195	210		210	125	132.5	-135	132.5	210	225	-232.5	225	567.5	0.979	555.58	1	555.58	210.00	205.59		
1	Aaro Mäki-Jouppila	M	23	Sleeves	J20-23	107.5	110	SBD	190	200	-210		200	120	130	-135	130	210	225	-230	225	555	0.891	494.51	1	494.51	200.00	178.20		
1	Jarkko Mihailov	M	43	Sleeves	M40-44	108.7	110	SBD	250	265	275		275	-175	180	-185	180	270	280	-285	280	735	0.888	652.68	1.031	672.91	275.00	244.20		
1	Olavi Nieminen	M	25	Sleeves	Open	82.3	82.5	SBD	-155	160	170		170	115	120	-125	120	190	200	-207.5	200	490	1.029	504.21	1	504.21	170.00	174.93		
DQ	Jussi Jaakkola	M	34	Sleeves	Open	81.8	82.5	SBD	-220	-230	-230												1.034	0.00	1	0.00				
1	Marko Hyytinen	M	36	Sleeves	Open	99.6	100	SBD	-210	220	235		235	150	-157.5	-157.5	150	200	-215		200	585	0.916	535.86	1	535.86	235.00	215.26		
1	Jarkko Mihailov	M	43	Sleeves	Open	108.7	110	SBD	250	265	275		275	-175	180	-185	180	270	280	-285	280	735	0.888	652.68	1.031	672.91	275.00	244.20		
2	Lauri Lindholm	M	37	Sleeves	Open	105.1	110	SBD	205	215	225		225	147.5	-157.5	-157.5	147.5	270	290	-300	290	662.5	0.898	594.93	1	594.93	225.00	202.05		
1	Sami Läpikivi	M	31	Sleeves	Open	141.4	140+	SBD	280	300	310		310	175	185		185	300	315	-325	315	810	0.839	679.59	1	679.59	310.00	260.09		
1	Julius Korpela	M	19	Sleeves	T18-19	123	125	SBD	-240	250	265		265	160	170	-175	170	250	270	-280.5	270	705	0.860	606.30	1.04	630.55	265.00	227.90		
1	Emil Karjalainen	M	23	Wraps	J20-23	81.7	82.5	SBD	250	265	272.5	280.5	272.5	150	160	165	165	250	262.5	272.5	272.5	710	1.036	735.56	1	735.56	280.50	290.60		
1	Mikko Hautamäki	M	41	Wraps	M40-44	136.6	140	SBD	-300	320	340		340	150			150	300	315	325	325	815	0.844	687.86	1.010	694.74	340.00	286.96		
1	Jorma Mäkeläinen	M	46	Wraps	M45-49	98	100	SBD	215	225	-237.5		225	160	-165		160	225	235.5	-240	235	620	0.923	572.26	1.068	611.17	225.00	207.68		
DQ	Jan Lindqvist	M	52	Wraps	M50-54	85.8	90	SBD	200	-215			200										0.998	0.00	1.165	0.00	200.00	199.60		
DQ	Petri Lindholm	M	52	Wraps	M50-54	128.4	140	SBD	300	-330			300	-180	190	-195	190	-305	-305					0.853	0.00	1.165	0.00	300.00	255.90	

1	Emil Karjalainen	M	23	Wraps	Open	81.7	82.5	SBD	250	265	272.5	280.5	272.5	150	160	165	165	250	262.5	272.5	272.5	710	1.036	735.56	1	735.56	280.50	290.60
1	Harri Vakkinen-Huhta	M	38	Wraps	Open	89.1	90	SBD	330	355	-370		355	180	187.5	-190	187.5	280	-295	-295	280	822.5	0.974	801.12	1	801.12	355.00	345.77
2	Ali Qodratollah Haidari	M	33	Wraps	Open	86.6	90	SBD	210	230	-250		230	145	155	-165	155	210	230	-240	230	615	0.992	610.08	1	610.08	230.00	228.16
1	Aleksi Halminen	M	26	Wraps	Open	93.1	100	SBD	190	200	-210		200	120	130	-140	130	240	250	255	255	585	0.947	554.00	1	554.00	200.00	189.40
1	Tuomas Hakala	M	31	Wraps	Open	109.2	110	SBD	220	240	255		255	140	150	-160	150	220	235	250	250	655	0.887	580.99	1	580.99	255.00	226.19
DQ	Petri Lindholm	M	52	Wraps	Open	128.4	140	SBD	300	-330			300	-180	190	-195	190	-305	-305				0.853	0.00	1.165	0.00	300.00	255.90
DQ	Pekka Riihämä	M	40	Multi-ply	M40-44	98.4	100	SBD	330	355	-375		355	-205	-205	-205		280	-310		280		0.921	0.00	1	0.00	355.00	326.96
1	Henri Kotkansalo	M	26	Single-ply	Open	108.9	110	SBD	230	250	260		260	-150	150	-170	150	240	250	260	260	670	0.887	594.29	1	594.29	260.00	230.62
1	Jarkko Ylä-Häkkinen	M	43	Sleeves	M40-44	94.6	100	B						165	175	-177.5	175					175	0.938	164.15	1.031	169.24		
1	Ville Sucksdorff	M	44	Sleeves	M40-44	120	125	B						170	-180	-180	170					170	0.864	146.88	1.043	153.20		
1	Markku Ketola	M	45	Sleeves	M45-49	105.6	110	B						170	177.5	182.5	182.5					182.5	0.896	163.52	1.055	172.51		
1	Ismo Koivisto	M	54	Sleeves	M50-54	99.4	100	B						135	140	145	145					145	0.917	132.97	1.204	160.09		
2	Jukka Aho	M	53	Sleeves	M50-54	91	100	B						135	140	-145	140					140	0.961	134.54	1.184	159.30		
1	Juha Pukkila	M	59	Sleeves	M55-59	96.5	100	B						120	130	-137.5	130					130	0.929	120.77	1.315	158.81		
1	Juhani Kärkkäinen	M	63	Sleeves	M60-64	98.5	100	B						135	140	-145	140					140	0.921	128.94	1.421	183.22		
1	Jukka-Pekka Kytölä	M	38	Sleeves	Open	74.4	75	B						140	145	-150	145					145	1.124	162.98	1	162.98		
1	Seppo Junntila	M	32	Sleeves	Open	99	100	B						185	-200		185					185	0.919	170.02	1	170.02		
1	Juha Tuomainen	M	39	Sleeves	Open	106.5	110	B						230	-240	-240	230					230	0.894	205.62	1	205.62		
2	Tero Kivinen	M	37	Sleeves	Open	106.3	110	B						-185	185	-195	185					185	0.894	165.39	1	165.39		
1	Topi Frifeldt	M	40	Sleeves	M40-44	106.7	110	B						-207.5	215	-218	215					215	0.893	192.00	1	192.00		
1	Jukka Hakala	M	45	Sleeves	M45-49	109.8	110	B						160	170	-175	170					170	0.885	150.45	1.055	158.72		
1	Joonas Asikainen	M	22	Multi-ply	J20-23	94.8	100	B						170	-175	175	175					175	0.937	163.98	1.01	165.61		
1	Dennis Riihimäki	M	39	Multi-ply	Open	111.3	125	B						265	-272.5	-272.5	265					265	0.881	233.47	1	233.47		
DQ	Ville Pulli	M	33	Multi-ply	Open	119.5	125	B						-220	-230	-230							0.865	0.00	1	0.00		
1	Jussi Valkama	M	41	Sleeves	M40-44	108.5	110	D						300	320		320					320	0.889	284.48	1.010	287.32		
2	Mikko Korpeinen	M	41	Sleeves	M40-44	104	110	D						280	300	-310.5	300					300	0.901	270.30	1.010	273.00		
1	Ville Sucksdorff	M	44	Sleeves	M40-44	120	125	D						280	290	300	300					300	0.864	259.20	1.043	270.35		
1	Billy Haavisto	M	57	Sleeves	M55-59	108.3	110	D						220	240		240					240	0.889	213.36	1.268	270.54		
1	Juhani Kärkkäinen	M	63	Sleeves	M60-64	98.5	100	D						225	245	255	255					255	0.921	234.86	1.421	333.73		
1	Jukka-Pekka Kytölä	M	38	Sleeves	Open	74.4	75	D						265	277.5	-285	277.5					277.5	1.124	311.91	1	311.91		
1	Toni Nikander	M	34	Sleeves	Open	108.4	110	D						290	320	325	325					325	0.889	288.93	1	288.93		
2	Jussi Valkama	M	41	Sleeves	Open	108.5	110	D						300	320		320					320	0.889	284.48	1.010	287.32		
3	Tero Kivinen	M	37	Sleeves	Open	106.3	110	D						285	300	-312.5	300					300	0.894	268.20	1	268.20		
1	Jukka Hakala	M	45	Single-ply	M45-49	109.8	110	D						280	-300	300	300					300	0.885	265.50	1.055	280.10		
1	Ville Pulli	M	33	Multi-ply	Open	119.5	125	D						270	280	-290	280					280	0.865	242.20	1	242.20		