

Name Tatu Avola Memorial
 Federation FPO
 Date 2023-12-02
 Country Finland
 Town Tampere



Points Formula
 Reshel Open & Overall
 Reshel * AgeCoefficient Teens, Juniors & Masters

Name	Sex	Age	Equipment	Division	BW	Class	Event	Squat					Bench					Deadlift					Total	Reshel/Coef	Reshel	AgeCoef	Reshel*AgeCoef
								1	2	3	4	Best3	1	2	3	4	Best3	1	2	3	4	Best3					
Sari Mihailov	F	42	Sleeves	M40-44	71.2	75	SBD	110	120	125	125	60	62.5	-65	62.5	152.5	160	165	165	352.5	1.589	560.12	1.020	571.32			
Pihla-Terttu Oksanen	F	68	Sleeves	M65-69	57.5	60	SBD	52.5	55.5	57.5	57.5	32.5	-35	-35	32.5	92.5	95.5	97	97	187	1.852	346.32	1.576	545.81			
Jenni Pulli	F	32	Sleeves	Open	53.7	56	SBD	45	55	60	60	35	-40	40	40	80	90	-100	90	190	1.994	378.86	1	378.86			
Sari Mihailov	F	42	Sleeves	Open	71.2	75	SBD	110	120	125	125	60	62.5	-65	62.5	152.5	160	165	165	352.5	1.589	560.12	1.020	571.32			
Riina Mikkonen	F	35	Sleeves	Open	70.8	75	SBD	105	117.5	125	125	80	85	87.5	87.5	125	130	135	135	347.5	1.592	553.22	1	553.22			
Sofia Valkama	F	18	Sleeves	T18-19	67.1	67.5	SBD	85	95	100	100	57.5	62.5		62.5	140	152.5	157.5	157.5	320	1.643	525.76	1.06	557.31			
Maaret Kirjonen	F	46	Wraps	M45-49	74.6	75	SBD	115	125	130	130	60	65	-70	65	142.5	-152.5	-152.5	142.5	337.5	1.546	521.78	1.068	557.26			
Tuulikki Kare	F	56	Wraps	Open	60	60	SBD	150	165	170.5	170.5	80	93.5	-97.5	93.5	180	192.5	201	201	465	1.783	829.10	1.246	1033.05			
Emma Lahti	F	26	Multi-ply	Open	71.8	75	SBD	230	245	-250	245	140	150	-160	150	205	220	235	235	630	1.580	995.40	1	995.40			
Elisa Hyytinen	F	43	Bare	M40-44	75.5	82.5	B					75	-82.5	-82.5	75					75	1.539	115.43	1.031	119.00			
Sanna Halenius	F	45	Bare	M45-49	93.6	90+	B					85	95	-100	-100	95				95	1.398	132.81	1.055	140.11			
Sanna Halenius	F	45	Bare	Open	93.6	90+	B					85	95	-100	-100	95				95	1.398	132.81	1.055	140.11			
Sanna Halenius	F	45	Bare	M45-49	93.6	90+	D									170	180	-190.5	180	180	1.398	251.64	1.055	265.48			
Sanna Halenius	F	45	Bare	Open	93.6	90+	D									170	180	-190.5	180	180	1.398	251.64	1.055	265.48			
Mathias Mynttinen	M	22	Sleeves	J20-23	74.9	75	SBD	160	170	180	180	115	117.5	-122.5	117.5	200	210		210	507.5	1.117	566.88	1.01	572.55			
Alex Gyursanszky	M	22	Sleeves	J20-23	89.3	90	SBD	185	200	213	213	112.5	120	127.5	127.5	230	245	260	260	600.5	0.972	583.69	1.01	589.52			
Topi Frifeldt	M	41	Sleeves	M40-44	108.4	110	SBD	230	250	262.5	262.5	200	207.5	-212.5	207.5	265	280	-287.5	280	750	0.889	666.75	1.010	673.42			
Jarkko Mihailov	M	44	Sleeves	M40-44	108.9	110	SBD	276	-290	290	290	170	177.5	180	180	280	-290		280	750	0.887	665.25	1.043	693.86			
Juha Järvisalo	M	55	Sleeves	M55-59	98.9	100	SBD	195	210	220	220	120	125	130	130	210	225	235	242.5	235	585	0.919	537.62	1.225	658.58		
Jussi Jaakkola	M	35	Sleeves	Open	82.2	82.5	SBD	215	230	-242.5	230	-155	155	-162.5	155	260	281	-290	281	666	1.031	686.65	1	686.65			
Henri Toukometsä	M	30	Sleeves	Open	81.6	82.5	SBD	175	185	200	200	130	140	-147.5	140	220	230		230	570	1.036	590.52	1	590.52			
Ville Hepokari	M	39	Sleeves	Open	87.9	90	SBD	-200	210	232.5	232.5	145	155	165	165	250	270	-280	270	667.5	0.983	656.15	1	656.15			
Joonas Leppäjärvi	M	28	Sleeves	Open	99.3	100	SBD	270	295	310	310	-175	175	-190	175	280	300	-310	300	785	0.917	719.85	1	719.85			
Ville Saranpää	M	24	Sleeves	Open	95.1	100	SBD	200	215	225	225	125	-135	-135	125	205	225	-232.5	225	575	0.935	537.63	1	537.63			
Jarkko Mihailov	M	44	Sleeves	Open	108.9	110	SBD	276	-290	290	290	170	177.5	180	180	280	-290		280	750	0.887	665.25	1.043	693.86			
Aaro Mäki-Jouppila	M	24	Sleeves	Open	109	110	SBD	195	202.5	-207.5	202.5	125	-135	-135	125	210	220	227.5	227.5	555	0.887	492.29	1	492.29			
Leevi Leppäjärvi	M	30	Sleeves	Open	115.9	125	SBD	250	265	275	275	160	170	-175	170	255	270	280	280	725	0.871	631.48	1	631.48			
Axel Annunen	M	15	Sleeves	T13-15	72.3	75	SBD	105	112.5	117.5	117.5	80	85.5	90	90	130	137.5	142.5	142.5	350	1.155	404.25	1.18	477.02			
Julius Korpela	M	20	Wraps	J20-23	121.3	125	SBD	260	280	300	300	160	170	-175	170	260	280		280	750	0.862	646.50	1.03	665.90			
Jussi Valkama	M	42	Wraps	M40-44	108.9	110	SBD	300	330	-340	330	190	200	-205	200	290	320	-327.5	320	850	0.887	753.95	1.020	769.03			

Jouko Kiesiläinen	M	41	Wraps	M40-44	120	125	SBD	230	240	250	250	165	175	180	180	230	240	250	250	680	0.864	587.52	1.010	593.40
Jan Lindqvist	M	53	Wraps	M50-54	85.7	90	SBD	200	220		220	130	145		145	260	270	-280	270	635	1.000	635.00	1.184	751.84
Tapio Leppälä	M	60	Wraps	M60-64	88.7	90	SBD	160	165	170.5	170.5	-100	100	-110	100	190	-200	-200	190	460.5	0.978	450.37	1.340	603.49
Harri Vakkinen-Huhta	M	39	Wraps	Open	95.1	100	SBD	340	361		361	160	-170	-170	160	270	285	-290	285	806	0.935	753.61	1	753.61
Jussi Valkama	M	42	Wraps	Open	108.9	110	SBD	300	330	-340	330	190	200	-205	200	290	320	-327.5	320	850	0.887	753.95	1.020	769.03
Joonas Asikainen	M	23	Multi-ply	J20-23	94.7	100	SBD	-260	260	-280	260	185	195	205	205	200	210	230	230	695	0.938	651.91	1	651.91
Nicky Norris	M	34	Multi-ply	Open	86.4	90	SBD	-280	280	-300	280	-215	-215	-215						0.994	0.00	1	0.00	
Aleksi Halminen	M	27	Single-ply	Open	97.2	100	SBD	235	255	265	265	-150	150	160	160	260	280	-290	280	705	0.926	652.83	1	652.83
Ville Pulli	M	34	Multi-ply	Open	107.4	110	SBD	285	305	315	315	-200	210	225	225	275	300	-310	300	840	0.891	748.44	1	748.44
Mikko Pylväinen	M	43	Bare	M40-44	106.5	110	B					160	170	-175	170					170	0.894	151.98	1.031	156.69
Jukka Hakala	M	46	Bare	M45-49	109.5	110	B					170	-180	-180	170					170	0.886	150.62	1.068	160.86
Billy Haavisto	M	58	Bare	M55-59	111.1	125	B					145	155	-165	155					155	0.881	136.56	1.291	176.29
Juhani Kärkkäinen	M	64	Bare	M60-64	98.6	100	B					135	140	145	145					145	0.920	133.40	1.450	193.43
Jani Loippo	M	31	Bare	Open	96.1	100	B					185	200	-205	200					200	0.931	186.20	1	186.20
Seppo Juntila	M	33	Bare	Open	95.4	100	B					185	-202.5	-202.5	185					185	0.934	172.79	1	172.79
Juho-pekka Lainonen	M	34	Bare	Open	98.1	100	B					175	-182.5	-182.5	175					175	0.922	161.35	1	161.35
Mikko Pylväinen	M	43	Bare	Open	106.5	110	B					160	170	-175	170					170	0.894	151.98	1.031	156.69
Jani Virtanen	M	28	Bare	Open	104.6	110	B					-210	-220	-220						0.899	0.00	1	0.00	
Heikki Hyvärinen	M	38	Bare	Open	123.6	125	B					175	-185	-185	175					175	0.859	150.33	1	150.33
Kervinen Karri	M	19	Bare	T18-19	81.1	82.5	B					125	-135	140	140					140	1.041	145.74	1.04	151.57
Tomas Heikkilä	M	18	Bare	T18-19	99.4	100	B					110	122.5	132.5	132.5					132.5	0.917	121.50	1.06	128.79
Billy Haavisto	M	58	Bare	M55-59	111.1	125	D								230	250	-260	250	250	0.881	220.25	1.291	284.34	
Juhani Kärkkäinen	M	64	Bare	M60-64	98.6	100	D								225	245	257.5	257.5	257.5	0.920	236.90	1.450	343.51	
Jukka-Pekka Kytölä	M	39	Bare	Open	74	75	D								-270	285	-292.5	285	285	1.132	322.62	1	322.62	
Jani Lantiainen	M	37	Bare	Open	99.7	100	D								290	312.5	-322.5	312.5	312.5	0.916	286.25	1	286.25	
Juho-pekka Lainonen	M	34	Bare	Open	98.1	100	D								270	285	-300	285	285	0.922	262.77	1	262.77	
Jukka Hakala	M	46	Single-ply	M45-49	109.5	110	D								280	-310	-310	280	280	0.886	248.08	1.068	264.95	
Harri Väisänen	M	47	Multi-ply	M45-49	122.9	125	D								300	330	-345.5	330	330	0.860	283.80	1.082	307.07	
Pasi Koukkula	M	52	Multi-ply	M50-54	89.2	90	D								245	260	-270	260	260	0.974	253.24	1.165	295.02	
Harri Väisänen	M	47	Multi-ply	Open	122.9	125	D								300	330	-345.5	330	330	0.860	283.80	1.082	307.07	