

Name Penkkipunnerruksen ja maastanoston karsintakilpailu
 Federation FPO
 Date 2024-04-27
 Country Finland
 Town Ylöjärvi



Points Formula
 Glossbrenner

Place	Name	Sex	Age	Equipment	Division	BW	Class	Event	Bench					Deadlift					Total	Coefficient	Glossbrenner		
									1	2	3	4	Best3	1	2	3	4	Best3					
1	Nerina Olander	F	20	Raw	J20-23	46.5	48	B	50	52.5	55		55								55	1.208	66.42
1	Linne Laukka	F	23	Raw	J20-23	62.7	67.5	B	45	47.5	50		50								50	0.954	47.68
1	Erika Niemi	F	23	Raw	J20-23	100.2	110	B	70	75	82.5		82.5								82.5	0.715	59.00
1	Elisa Hyytinen	F	43	Raw	M40-44	74.5	75	B	75	80	85		85								85	0.840	71.39
1	Elisabeth Katja Erholtz	F	47	Raw	M45-49	92.4	100	B	100	105	107.5	110	107.5								107.5	0.739	79.44
2	Sanna Halenius	F	45	Raw	M45-49	93.9	100	B	92.5	97.5	-100		97.5								97.5	0.734	71.56
1	Johanna Bies	F	51	Raw	M50-54	55.9	56	B	110	115	117.5		117.5								117.5	1.045	122.83
1	Minna Korhonen	F	34	Raw	Open	50.5	52	B	40	42.5	45	-47.5	45								45	1.133	51.00
1	Johanna Bies	F	51	Raw	Open	55.9	56	B	110	115	117.5		117.5								117.5	1.045	122.83
2	Katja Jäppinen	F	38	Raw	Open	55.1	56	B	40	42.5	45		45								45	1.058	47.59
1	Maija Sjöblom	F	27	Raw	Open	65.7	67.5	B	75	80	85		85								85	0.919	78.10
1	Anna Nyssönen	F	35	Raw	Open	73.9	75	B	-80	85	-87.5		85								85	0.844	71.78
2	Anna Vuorio	F	28	Raw	Open	74.6	75	B	60	65	67.5		67.5								67.5	0.839	56.64
1	Sanna Halenius	F	45	Raw	Open	93.9	100	B	92.5	97.5	-100		97.5								97.5	0.734	71.56
1	Erika Niemi	F	23	Raw	Open	100.2	110	B	70	75	82.5		82.5								82.5	0.715	59.00
1	Inka Arhenius	F	15	Raw	T13-15	86.1	90	B	55	62.5	-65		62.5								62.5	0.767	47.91
2	Kerttu Mehtälä	F	15	Raw	T13-15	87	90	B	-25	25	30		30								30	0.762	22.86
1	Vivian Ihanmäki	F	16	Raw	T16-17	51.1	52	B	45	-50	-50		45								45	1.123	50.54
1	Pinja Rajala	F	20	Single-ply	J20-23	65	67.5	B	50	55	60		60								60	0.927	55.60
1	Nerina Olander	F	20	Raw	J20-23	46.5	48	D						100	105	115		115			115	1.208	138.89
1	Erika Niemi	F	23	Raw	J20-23	100.2	110	D						140	150	160		160			160	0.715	114.42
1	Elisa Hyytinen	F	43	Raw	M40-44	74.5	75	D						135	145	152.5		152.5			152.5	0.840	128.08
1	Sanna Halenius	F	45	Raw	M45-49	93.9	100	D						180	192.5	-200		192.5			192.5	0.734	141.29

1	Pauliina Inervo	F	59	Raw	M55-59	60	60	D						65	70	75		75	75	0.988	74.07	
1	Maiju Hilander	F	66	Raw	M65-69	70	75	D						145	150	-155		150	150	0.876	131.47	
1	Katja Jäppinen	F	38	Raw	Open	55.1	56	D						92.5	97.5	100		100	100	1.058	105.75	
1	Anu Holopainen	F	39	Raw	Open	67.3	67.5	D						152.5	-165	-172.5		152.5	152.5	0.902	137.52	
1	Jerna Rytkönen	F	39	Raw	Open	68.2	75	D						160	170	180		180	180	0.893	160.67	
2	Anna Vuorio	F	28	Raw	Open	74.6	75	D						140	150	160		160	160	0.839	134.26	
1	Sanna Halenius	F	45	Raw	Open	93.9	100	D						180	192.5	-200		192.5	192.5	0.734	141.29	
1	Erika Niemi	F	23	Raw	Open	100.2	110	D						140	150	160		160	160	0.715	114.42	
1	Inka Arhenius	F	15	Raw	T13-15	86.1	90	D						130	140	-142.5		140	140	0.767	107.32	
2	Kerttu Mehtälä	F	15	Raw	T13-15	87	90	D						70	75	80		80	80	0.762	60.96	
1	Kiia Ihanmäki	F	17	Raw	T16-17	48.8	52	D						80	85	92.5	95.5	92.5	92.5	1.164	107.68	
2	Vivian Ihanmäki	F	16	Raw	T16-17	51.1	52	D						80	85	-90		85	85	1.123	95.46	
1	Eija Pesonen	F	32	Multi-ply	Open	64.9	67.5	D						195	-210			195	195	0.928	180.91	
1	Petri Mäkelä	M	40	Raw	M40-44	66.9	67.5	B	-145	145	-150		145						145	145	0.754	109.35
1	Kari-Tapio Palviainen	M	44	Raw	M40-44	80.2	82.5	B	145.5	150	152.5	-160	152.5						152.5	152.5	0.657	100.15
2	Joni Oravasaari	M	42	Raw	M40-44	81.8	82.5	B	-145	145	150.5		150.5						150.5	150.5	0.648	97.55
1	Juha Tuomainen	M	40	Raw	M40-44	109.5	110	B	230	240	-255		240						240	240	0.563	135.17
2	Sakari Kuusisto	M	43	Raw	M40-44	104.2	110	B	100				100						100	100	0.572	57.22
1	Jose Mattila	M	40	Raw	M40-44	117.3	125	B	205	-212.5	220		220						220	220	0.554	121.83
2	Miikka Oinonen	M	40	Raw	M40-44	116.6	125	B	200	-210	210		210						210	210	0.555	116.45
1	Marko Kuussaari	M	47	Raw	M45-49	60	60	B	75	80	85		85						85	85	0.833	70.79
1	Jari Airio	M	49	Raw	M45-49	74.2	75	B	120	130	140		140						140	140	0.694	97.16
1	Kimmo Kalteinen	M	48	Raw	M45-49	98.8	100	B	-170	170	-180		170						170	170	0.584	99.33
1	Rami Haaparanta	M	48	Raw	M45-49	104.4	110	B	165	180	190		190						190	190	0.572	108.64
2	Jukka Hakala	M	46	Raw	M45-49	109.9	110	B	167.5	175	180		180						180	180	0.563	101.28
3	Janne Hihnala	M	48	Raw	M45-49	108.5	110	B	165	175	-180		175						175	175	0.565	98.82
1	Timo Alasirniö	M	53	Raw	M50-54	81.8	82.5	B	-115	115	117.5		117.5						117.5	117.5	0.648	76.16
1	Mauri Ylisirniö	M	50	Raw	M50-54	89.2	90	B	132.5	-135	135		135						135	135	0.615	83.01
1	Marko Kokkinen	M	54	Raw	M50-54	96.9	100	B	175	185			185						185	185	0.589	109.04
2	Klaus Renfors	M	51	Raw	M50-54	97.6	100	B	150	160	170		170						170	170	0.587	99.87
3	Kimmo Karjalainen	M	51	Raw	M50-54	98.2	100	B	155	162.5	170		170						170	170	0.586	99.59
4	Ismo Koivisto	M	54	Raw	M50-54	98	100	B	140	-145	-145		140						140	140	0.586	82.09
5	Teppo Koskinen	M	50	Raw	M50-54	99.4	100	B	130	-140	-145		130						130	130	0.583	75.76
1	Pasi Alajoki	M	53	Raw	M50-54	108.4	110	B	160	170	180		180						180	180	0.565	101.67
1	Sami Salonen	M	54	Raw	M50-54	139.9	140	B	-160	160	-165		160						160	160	0.531	85.00
1	Raimo Mannelin	M	52	Raw	M50-54	141.5	SHW	B	155	160	165		165						165	165	0.530	87.43

1	Ari-Pekka Airaksinen	M	59	Raw	M55-59	81.6	82.5	B	130	135	-141.5	135	135	0.649	87.65
1	Asko Kajanoja	M	63	Raw	M60-64	95.6	100	B	132.5	137.5	-140	137.5	137.5	0.593	81.56
1	Tapio Laine	M	71	Raw	M70-74	113.1	125	B	100			100	100	0.558	55.84
1	Petri Mäkelä	M	40	Raw	Open	66.9	67.5	B	-145	145	-150	145	145	0.754	109.35
1	Ville Sieppi	M	36	Raw	Open	89.7	90	B	195	207.5	-215	207.5	207.5	0.613	127.20
1	Jani virtanen	M	28	Raw	Open	99.1	100	B	180	200	-215	200	200	0.584	116.71
2	Marko Kokkinen	M	54	Raw	Open	96.9	100	B	175	185		185	185	0.589	109.04
3	Jani Lantainen	M	37	Raw	Open	100	100	B	170	185	-200	185	185	0.581	107.54
4	Klaus Renfors	M	51	Raw	Open	97.6	100	B	150	160	170	170	170	0.587	99.87
5	Otto Untamo	M	34	Raw	Open	98.7	100	B	150	160	167.5	167.5	167.5	0.585	97.91
1	Juha Tuomainen	M	40	Raw	Open	109.5	110	B	230	240	-255	240	240	0.563	135.17
2	Lauri Marttila	M	32	Raw	Open	109.5	110	B	210	220	232.5	232.5	232.5	0.563	130.94
3	Joona Piironen	M	34	Raw	Open	109.3	110	B	225	230	-232.5	230	230	0.564	129.61
4	Mikael Kettunen	M	27	Raw	Open	109.3	110	B	185	200	-207.5	200	200	0.564	112.70
5	Juuso Knuutila	M	26	Raw	Open	106.4	110	B	170	177.5	-180	177.5	177.5	0.568	100.84
1	Hannu Koskinen	M	42	Raw	Open	121.8	125	B	230			230	230	0.549	126.28
2	Jose Mattila	M	40	Raw	Open	117.3	125	B	205	-212.5	220	220	220	0.554	121.83
3	Miikka Oinonen	M	40	Raw	Open	116.6	125	B	200	-210	210	210	210	0.555	116.45
1	Matti Matti-tuuri	M	39	Raw	Open	132.4	140	B	-165	175	185	185	185	0.538	99.53
2	Tomi Autio	M	33	Raw	Open	129.7	140	B	80	100	120	120	120	0.541	64.87
1	Raimo Mannelin	M	52	Raw	Open	141.5	SHW	B	155	160	165	165	165	0.530	87.43
1	Vihtori Tuomainen	M	17	Raw	T16-17	75	75	B	110	115	-117.5	115	115	0.689	79.18
2	Konsta Mehtälä	M	17	Raw	T16-17	74.9	75	B	85	-92.5		85	85	0.689	58.58
DQ	Kari Järvinen-Heistaro	M	43	Single-ply	M40-44	99.7	100	B	-220	-220	-220			0.582	0.00
1	Juha Suomalainen	M	51	Single-ply	M50-54	101.7	110	B	180	195	-202.5	195	195	0.577	112.59
1	Jarno Rajala	M	50	Single-ply	M50-54	134.7	140	B	50			50	50	0.536	26.79
1	Marcus Young	M	59	Single-ply	M55-59	92	100	B	175	180	186	186	186	0.605	112.47
1	Kalle Kananen	M	29	Single-ply	Open	79.9	82.5	B	105	112.5	117.5	117.5	117.5	0.658	77.36
DQ	Kari Järvinen-Heistaro	M	43	Single-ply	Open	99.7	100	B	-220	-220	-220			0.582	0.00
1	Jouni Pajja	M	45	Multi-ply	M45-49	113.1	125	B	190	-200	-200	190	190	0.558	106.10
1	Toni Haaparanta	M	56	Multi-ply	M55-59	74.6	75	B	130	-185	-185	130	130	0.691	89.86
1	Marcus Young	M	59	Multi-ply	M55-59	92	100	B	175	182.5		182.5	182.5	0.605	110.36
1	Tapio Laine	M	71	Multi-ply	M70-74	113.1	125	B	190	200		200	200	0.558	111.68
1	Eemeli Salomäki	M	36	Multi-ply	Open	81.1	82.5	B	167.5	-177.5	-177.5	167.5	167.5	0.652	109.18
1	Antero Bergh	M	36	Multi-ply	Open	96.7	100	B	170	182.5	195	195	195	0.590	115.04
1	Ville Rajala	M	17	Multi-ply	T16-17	124.5	125	B	130	135	140	150	140	0.546	76.44

G	Jani-Markus Mannerkorp	M	27	Unlimited	Open	105	110	B	325	335	-340	335				335	0.571	191.17
G	Jussi Kananen	M	39	Unlimited	Open	132.2	140	B	250	280		280				280	0.538	150.68
1	Mauritz Varha	M	43	Raw	M40-44	109.2	110	D				270	280	-292.5	280	280	0.564	157.82
1	Timo Saarela	M	45	Raw	M45-49	82	82.5	D				220	230.5	242.5	242.5	242.5	0.647	156.93
1	Marko Kokkinen	M	54	Raw	M50-54	96.9	100	D				275	285		285	285	0.589	167.98
2	Teppo Koskinen	M	50	Raw	M50-54	99.4	100	D				220	235	-245	235	235	0.583	136.96
1	Arto Selkee	M	63	Raw	M60-64	80.3	82.5	D				170	180	190	190	190	0.656	124.67
1	Asko Kajanoja	M	63	Raw	M60-64	95.6	100	D				245	-255		245	245	0.593	145.32
1	Raine Mäkinen	M	66	Raw	M65-69	73.1	75	D				170	180	190	190	190	0.702	133.36
1	Olavi Rintanen	M	68	Raw	M65-69	120.9	125	D				240			240	240	0.550	132.00
1	Matti Oksanen	M	83	Raw	M80+	54.2	56	D				90	95	100	100	100	0.924	92.39
1	Taisto Inervo	M	82	Raw	M80+	62.4	67.5	D				-90	-90	90	90	90	0.802	72.22
1	Ville Lintunen	M	34	Raw	Open	73.1	75	D				282.5	292.5		292.5	292.5	0.702	205.31
1	Elias Hiissa	M	27	Raw	Open	82.3	82.5	D				200			200	200	0.646	129.12
1	Simo Tschernov	M	37	Raw	Open	88.8	90	D				250	280	287.5	287.5	287.5	0.616	177.23
2	Teemu Leppänen	M	31	Raw	Open	88.4	90	D				285	-300	-300	285	285	0.618	176.16
1	Jani Lantiainen	M	37	Raw	Open	100	100	D				275	295	-315	295	295	0.581	171.48
2	Marko Kokkinen	M	54	Raw	Open	96.9	100	D				275	285		285	285	0.589	167.98
3	Otto Untamo	M	34	Raw	Open	98.7	100	D				260	270	275	275	275	0.585	160.75
1	Oskari Simonen	M	25	Raw	Open	107.1	110	D				315	335	345	345	345	0.567	195.60
2	Mikko Järvenpää	M	37	Raw	Open	108	110	D				270	290	310	310	310	0.566	175.31
1	Atte Anttila	M	30	Raw	Open	114.3	125	D				270	300		300	300	0.557	167.10
1	Matti Matti-tuuri	M	39	Raw	Open	132.4	140	D				250	270	290	290	290	0.538	156.01
1	Konsta Mehtälä	M	17	Raw	T16-17	74.9	75	D				130	140	150	150	150	0.689	103.38
1	Ismo Koivisto	M	54	Single-ply	M50-54	98	100	D				240	250	262.5	262.5	262.5	0.586	153.92
1	Jukka Hakala	M	46	Multi-ply	M45-49	109.9	110	D				270	290	-310	290	290	0.563	163.17
1	Toni Haaparanta	M	50	Multi-ply	M50-54	74.6	75	D				170	195	212.5	212.5	212.5	0.691	146.89
1	Antero Bergh	M	36	Multi-ply	Open	96.7	100	D				230	242.5	-247.5	242.5	242.5	0.590	143.06