

WPC Finnish Nationals 2020

Powerlifting

Name	Age	Div	BWt (Kg)	WCts (Kg)	Glossreiner	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coef Score	Age & Coeff	PI-Div-WtCI	
Pinja Rajala	16	F-T2-EQ	60.4	67.5	0.9824	80	95	105		105	37.5	42.5	-45		42.5	147.5	100	110	115		115	262.5	257.88	0	1-F-T2-EQ-67.5	
Aida Kousa	13	F-T1-RC	69.8	75	0.8782	60	65	70		70	25	27.5	30		30	100	55	65	70		70	170	149.294	0	1-F-T1-RC-75	
Boel Hansson	51	F-O-RC	54.9	56	1.0606	105	115	120		120	50	55	-60		55	175	-130					0	0	0	0	0
Amina Boulahna	29	F-O-R	75	75	0.8361	150	160	170		170	95	102.5	-110		102.5	272.5	190	205	212.5		212.5	485	405.5085	0	1-F-O-R-75	
Ville Rajala	13	M-T1-EQ	93.4	100	0.59995	60	70	75		75	80	85	90		90	165	80	90	95		95	260	155.987	0	1-M-T1-EQ-100	
Eemeli Salomäki	32	M-O-EQ	81.1	82.5	0.65185	-225	225	-250		225	165	180			180	405	215	230	-245		230	635	413.9247	0	1-M-O-EQ-82.5	
Billy Haavisto	55	M-M4-RC	105	110	0.57065	210	230	240		240	160	165	171		171	411	250	-260			250	661	377.1996	462.0695	1-M-M4-RC-110	
Vesa Keskimäa	57	M-M4-RC	109.7	110	0.5629	210	225	235		235	125	130	135		135	370	225	240	250		250	620	348.998	442.5294	2-M-M4-RC-110	
Raimo Hissio	51	M-M3-RC	122.7	125	0.5481	225	250	260	-247.5	260	190	197.5	200		200	460	230	250	270		270	730	400.113	458.9296	1-M-M3-RC-125	
Jan Lingvist	49	M-M2-RC	82.3	82.5	0.6456	210	220	230		230	150	160	167.5		167.5	397.5	-260	270	280		280	677.5	437.394	486.8195	1-M-M2-RC-82.5	
Markus Gren	48	M-M2-RC	81.7	82.5	0.6487	160	170	180		180	130	140	-145		140	320	180	190	-202.5		190	510	330.837	362.9281	2-M-M2-RC-82.5	
Jorma Mononen	45	M-M2-RC	83.7	90	0.6387	165	180	-185		180	140	145	-150.5		145	325	185	195	205		205	530	338.511	357.1291	1-M-M2-RC-90	
Juha Suomalainen	47	M-M2-RC	99.3	100	0.58305	160	180	190		190	140	150	-165		150	340	210	225	240		240	580	338.169	365.8988	1-M-M2-RC-100	
Tommi Lintinen	40	M-M1-RC	82.5	82.5	0.6446	-200	-200	200		200	90	100	110		110	310	200	220	240		240	550	354.53	354.53	1-M-M1-RC-82.5	
Markus Auvinen	44	M-M1-RC	88.4	90	0.6181	170	-190	190	-210	190	120	130	-135		130	320	220	230	235		235	555	343.0455	357.7964	1-M-M1-RC-90	
Jorma Mäkeläinen	44	M-M1-RC	96.5	100	0.5905	215	225	230		230	152.5	157.5	-162.5		157.5	387.5	215	230	-235		230	617.5	364.6337	380.3130	1-M-M1-RC-100	
Justus Mäkeläinen	17	M-T2-RC	97.5	100	0.58775	-180	180	190		190	110	120	-125		120	310	200	210	-222.5		210	520	305.63	0	1-M-T2-RC-100	
Teemu Mäkinen	27	M-O-RC	109.3	110	0.5635	-300	-300	300		300	150	160	-175		160	460	300	-320			300	760	428.26	0	1-M-O-RC-110	
Billy Haavisto	55	M-O-RC	105	110	0.57065	210	230	240		240	160	165	171		171	411	250	-260			250	661	377.1996	462.0695	2-M-O-RC-110	
Billy Haavisto	55	M-M4-R	105	110	0.57065	-190	190	-210		190	160	165	171		171	361	250	260			250	611	339.4635	349.9868	1-M-M4-R-100	
Saku Huypölä	43	M-M1-R	94.8	100	0.59555	170	190	-200		190	140	150	-155		150	340	210	230	-245		230	570	339.4635	349.9868	1-M-M1-R-100	
Nuutti Hartikainen	17	M-T2-R	72.7	75	0.70485	150	165	170		165	80	87.5	92.5		92.5	257.5	170	180	185		185	442.5	311.8961	0	1-M-T2-R-75	
Jimu Suutarinen	17	M-T2-R	81.2	82.5	0.6513	140	160	175		175	80	87.5	95		95	270	150	170	-190		170	440	286.572	0	1-M-T2-R-82.5	
Nico Viljakainen	17	M-T2-R	92.7	100	0.6023	125	140	140		140	115	-125	-125		115	255	182.5	202.5	-215		202.5	457.5	275.5522	0	1-M-T2-R-100	
Julius Toivonen	17	M-T2-R	97.4	100	0.588	-80	-100	-120		0	80				0	0	120	0	0		0	0	0	0	0	
Jussi Jaakkola	31	M-O-R	90.9	82.5	0.6557	185	195	201	-205	201	135	140	-145		140	341	235	242.5	247.5		247.5	588.5	385.8794	0	1-M-O-R-82.5	
Marko Masalin	34	M-O-R	81.6	82.5	0.64925	-170	170	185	-201.5	185	140	150	-157.5		150	325	230	240	-255		240	575	373.3187	0	2-M-O-R-82.5	
Jarmo Olmala	35	M-O-R	89.9	90	0.61425	225	240	257.5		257.5	160	172.5	182.5		182.5	440	240	260	-270		260	700	429.975	0	1-M-O-R-90	
Tero Pitkänen	39	M-O-R	103	110	0.5746	-235	235	242.5		242.5	180	-187.5	-190		180	422.5	275	-285	-292.5		275	695	400.7835	0	1-M-O-R-110	
Robert Pirkiö	27	M-O-R	106.5	110	0.56795	237.5	255	257.5		257.5	132.5	140	145		145	402.5	275	-305	-305		275	677.5	384.7861	0	2-M-O-R-110	
Billy Haavisto	55	M-O-R	105	110	0.57065	-190	190	-210		190	160	165	171		171	361	250	260			250	611	348.6671	427.1172	3-M-O-R-110	
Vesa Vesterinen	34	M-O-R	122.9	125	0.54845	240	255	270		270	207.5	225	-230		225	495	260	282.5	-300		282.5	777.5	426.4198	0	1-M-O-R-125	
Janne Tallqvist	30	M-O-R	120.6	125	0.55035	120	130	135		135	105	115	-120		115	250	160	175	190		190	440	242.154	0	2-M-O-R-125	

Bench Press

Name	Age	Div	BWt (Kg)	WCts (Kg)	Glossreiner	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coef Score	Age & Coeff	PI-Div-WtCI
Emma Yitälö-James	50	F-M3-EQ	89.3	90	0.75065	217.5	225	-230		225	168.8962	190.8527	1-F-M3-EQ-90
Emma Yitälö-James	50	F-O-EQ	89.3	90	0.75065	217.5	225	-230		225	168.8962	190.8527	1-F-O-EQ-90
Eveliina Anttila	21	F-J-R	58.1	60	1.0135	47.5	52.5	-57.5		52.5	53.20875	0	1-F-J-R-60
Aminä Boulahna	29	F-O-R	77.5	82.5	0.81825	97.5	105	-107.5		105	85.93625	0	1-F-O-R-82.5
Tapio Laine	68	M-M5-EQ	115.8	125	0.55335	-240	240	-260		240	133.284	210.0555	1-M-M5-EQ-125
Tahvo Jauhojärvi	58	M-M4-EQ	74.4	75	0.69265	182.5	-190.5	-190.5		182.5	126.4086	163.1925	1-M-M4-EQ-75
Petteri Hosio	41	M-M1-EQ	123.8	125	0.54685	370	390	-400.5		390	213.2715	215.4042	1-M-M1-EQ-125
Petteri Hosio	41	M-O-EQ	123.8	125	0.54685	370	390	-400.5		390	213.2715	215.4042	1-M-O-EQ-125
Kalle Yitälö-James	37	M-O-EQ	123.7	125	0.54695	-375	-375	395		0	0	0	0
Jussi Kananen	35	M-O-EQ	155.3	SHW	0.5191	190	205	-227.5		205	106.4155	0	1-M-O-EQ-SHW
Rane Ovaska	60	M-M5-R	79.5	82.5	0.6606	100	111	-112.5		111	73.3266	98.25764	1-M-M5-R-82.5
Jari Hämslä	61	M-M5-R	117.3	125	0.55375	130	140			140	77.525	105.8991	1-M-M5-R-125
Tahvo Jauhojärvi	58	M-M4-R	74.4	75	0.69265	120	-132.5	135	-142.5	135	93.50775	120.7185	1-M-M4-R-75
Raimo Lehtonen	59	M-M4-R	86.1	90	0.6277	115	120	125		125	78.4625	103.1781	1-M-M4-R-90
Ismo Sahlsten	56	M-M4-R	128.5	140	0.5418	-190				0	0	0	0
Marko Brusila	51	M-M3-R	88.5	90	0.6177	160	170	-180		170	105.009	120.4453	1-M-M3-R-90
Marko Kusunen	52	M-M3-R	99.7	100	0.58205	-140	-140	140		0	0	0	0
Tero Ylivinkka	54	M-M3-R	109	110	0.56395	180	180	-185		180	101.511	122.2192	1-M-M3-R-110
Sami Salonen	51	M-M3-R	149.5	SHW	0.5235	180	-190	-190		180	94.23	108.0818	1-M-M3-R-SHW
Klaus Renfors	47	M-M2-R	98.6	100	0.5848	155	165	170		170	99.416	107.5681	1-M-M2-R-100
Teppo Koskinen	46	M-M2-R	98.7	100	0.58455	135	145	-147.5		145	84.75975	90.52341	2-M-M2-R-100
Pasi Pohjola	42	M-M1-R	72.2	75	0.70865	110	-120	-120		110	77.9515	79.51053	1-M-M1-R-75
Rami Haaparanta	44	M-M1-R	99.5	100	0.58255	190	202.5	-208		202.5	117.9663	123.0389	1-M-M1-R-100
Jarkko Ylä-Häkkinen	41	M-M1-R	93.8	100	0.5987	165	175	-182.5		175	104.7725	105.8202	2-M-M1-R-100
Timo Seppänen	44	M-M1-R	112.7	125	0.5589	200	210	-222.5		210	117.369	122.4158	1-M-M1-R-125
Kimmo Intke	42	M-M1-R	123.2	125	0.54755	190	200	-210		200	109.51	111.7002	2-M-M1-R-125
Mikael Kettunen	23	M-J-R	89.7	90	0.613	175.5	-182.5	-182.5		175.5	107.5815	0	1-M-J-R-90
Mikko Mäntymäki	48	M-O-R	89	90	0.6157	135	140	-145		140	86.198	94.55920	1-M-O-R-90
Juha Tikka	29	M-O-R	99.7	100	0.58205	-197.5	205	-210		205	119.3202	0	1-M-O-R-100
Klaus Renfors	47	M-O-R	98.6	100	0.5848	155	165	170		170	99.416	107.5681	2-M-O-R-100
Juha Tuomainen	37	M-O-R	108.8	110	0.56425	240	-260	-260		240	135.42	0	1-M-O-R-110
Timo Seppänen	44	M-O-R	112.7	125	0.5589	200	210	-222.5		210	117.369	122.4158	1-M-O-R-125
Jussi Kananen	35	M-O-R	155.3	SHW	0.5191	170	185			185	96.0335	0	1-M-O-R-SHW

Deadlift

Name	Age	Div	BWt (Kg)	WCts (Kg)	Glossreiner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coef Score	Age & Coeff	PI-Div-WtCI
Maiju Hilander	63	F-M5-R	75.7	82.5	0.831	150							