

Penkkipunnerruksen & maastanoston SM 2022 – Vierumäki – 27.-28.8.2021

Name	Age	Equipment	Division	Bodyweight	WeightClass	BP1	BP2	BP3	BP4	Bench	DL1	DL2	DL3	DL4	Deadlift	Points	Place
Elsa Koikkalainen	21	Raw	F_JR	59.9	60	62.5	-67.5	-67.5		80	62.5					83.26	1
Piinja Dillström	23	Raw	F_JR	59.9	60	62.5	-67.5	-67.5		80	62.5					61.65	1
Anni Kempainen	43	Raw	F_MR_1	80.7	82.5	45	50	-55		50						45.93	1
Anni Husu	43	Raw	F_MR_3	80.7	82.5	60	62.5	-65		65						51.98	1
Johanna Bies	54	Raw	F_MR_3	71.5	75	110	120	-125	130.5	125						124.78	9
Leena Sälästedt	54	Raw	F_MR_3	71.5	75	75	82.5	87.5		87.5						75.59	1
Tina Puolakka	54	Raw	F_MR_3	74.8	75	52.5	55	-57.5		57.5						48.17	2
Nina Kiuru	55	Raw	F_MR_4	44.9	48	53	57.5	-62.5		57.5						71.48	1
Nina Kiuru	55	Raw	F_OR	44.9	48	53	57.5	-62.5		57.5						71.48	1
Johanna Bies	50	Raw	F_OR	59	60	110	120	-125	130.5	125						124.78	1
Eija Pesonen	30	Raw	F_OR	65.4	67.5	45	52.5	-57.5		52.5						48.39	1
Krista Pellikka	35	Raw	F_OR	74.9	75	140	150	-155	161	125						104.62	1
Emma Lahti	24	Raw	F_OR	70.7	75	110	117.5	-122.5		117.5						102.32	2
Amra Hallovic	29	Raw	F_OR	74.3	75	60	-65	-70		70						58.9	3
Anna Nyssönen	33	Raw	F_OR	74.3	75	65	70	-75		75						58.9	4
Oona Kuusisto	13	Raw	F_TR_1	61.8	67.5	35	40	-45		40						38.5	1
Elsa Koikkalainen	23	Raw	F_JR	56	56						150	160	167.5	-172.5	167.5	174.33	1
Piinja Dillström	21	Raw	F_JR	59.9	60						155	166.5	-170		166.5	164.23	1
Anni Kempainen	43	Raw	F_MR_1	80.7	82.5						215	222.5	-230		222.5	119.41	1
Anni Husu	43	Raw	F_MR_3	80.7	82.5						145	160	-170		160	127.71	1
Tina Puolakka	54	Raw	F_MR_3	74.8	75						125	135	145		145	121.47	1
Leena Sälästedt	54	Raw	F_MR_3	71.5	75						120	132.5	142.5		142.5	123.11	2
Nina Kiuru	55	Raw	F_MR_4	44.9	48						95	102.5	110		110	136.74	1
Nina Kiuru	55	Raw	F_OR	44.9	48						95	102.5	110		110	136.74	1
Eija Pesonen	30	Raw	F_OR	65.4	67.5						130	145	155		155	142.87	1
Emma Lahti	24	Raw	F_OR	70.7	75						180	200	205		205	178.51	1
Krista Pellikka	35	Raw	F_OR	74.9	75						185	-202.5			185	154.84	2
Amra Hallovic	29	Raw	F_OR	74.3	75						150	162.5	167.5		167.5	140.95	3
Emma Huhta	30	Raw	F_OR	90	90						170	200	210		210	157.72	1
Oona Kuusisto	13	Raw	F_TR_1	61.8	67.5						67.5	72.5	77.5		77.5	74.8	1
Aleksi Rautavirta	22	Raw	M_JR	81.6	82.5	115	125	130		130						84.4	1
Henry Hyttäinen	23	Raw	M_JR	98.8	100	125	135	-140		135						78.87	1
Janne Tuomi	40	Raw	M_MR_1	74	75	120	130	140		140						97.36	1
Ville Lehtimäki	40	Raw	M_MR_1	88.3	90	140	150	160		160						98.95	1
Tommi Lantinen	42	Raw	M_MR_1	88.5	90	-110	110	120		120						74.12	2
Oskari Koljonen	40	Raw	M_MR_1	99.6	100	180	190	200		200						116.45	1
Jarkko Väikkänen	45	Raw	M_MR_1	98	100	175	187.5	195		195						114.34	2
Tero Manner	42	Raw	M_MR_1	99.9	100	120	130	-135		130						75.6	3
Sakari Kuusisto	41	Raw	M_MR_1	107.5	110	180	190	200		200						113.25	1
Tuomas Tikkanen	43	Raw	M_MR_1	104	100	170	182.5	190		190						105.92	2
Marko Lopenen	40	Raw	M_MR_1	107.3	110	175	182.5	-187.5		182.5						103.4	3
Hannu Koskinen	40	Raw	M_MR_1	118.7	125	205	220			220						121.5	1
Jani Holm	43	Raw	M_MR_1	113	125	167.5	-180	-180		167.5						93.52	2
Kimmo Indio	42	Raw	M_MR_1	126.6	140	200	210	-220		220						119.62	1
Marko Keränen	45	Raw	M_MR_2	57.3	60	80	82.5	-85		82.5						71.92	1
Jorma Mononen	48	Raw	M_MR_2	80	82.5	145	152.5	-160		152.5						100.31	1
Kimmo Kaitinen	46	Raw	M_MR_2	96.5	100	170	175	185		185						109.24	1
Rami Eerikainen	49	Raw	M_MR_2	98.4	100	145	160	170		170						95.8	2
Jorma Mäkeläinen	46	Raw	M_MR_2	98.5	100	157.5	165	170		170						99.45	3
Klaus Renfors	49	Raw	M_MR_2	98.6	100	152.5	165	170		170						99.41	4
Teppo Koskinen	49	Raw	M_MR_2	99.1	100	160	170	180		180						97.52	5
Jarno Ojala	45	Raw	M_MR_2	127.3	140	165	180	190	-203	190						103.17	1
Jani-Pekka Suominen	50	Raw	M_MR_3	89.6	90	125	-135			125						76.67	1
Petri Paatalainen	51	Raw	M_MR_3	87.5	90	100	105	107.5		107.5						66.83	2
Markus Kouvuniemi	54	Raw	M_MR_3	100	100	145	165	-162.5		155						90.1	1
Janne Murto	54	Raw	M_MR_3	97.6	100	130	-140	-140		140						82.24	2
Marko Kokkinen	52	Raw	M_MR_3	111.3	125	202.5	207.5	210	-221.5	210						117.74	1
Janne Suomalainen	52	Raw	M_MR_3	120.6	125	120	130	-140		140						77.04	2
Raimo Mannelin	53	Raw	M_MR_3	123.1	140	120	-145	-165		165						83.89	1
Sami Salonen	53	Raw	M_MR_3	144.8	140+	180	-195	-200		180						94.89	1
Tero Ylivinkka	56	Raw	M_MR_4	112.8	125	185.5	187.5	190	192.5	190						106.17	1
Raimo Lehtinen	60	Raw	M_MR_5	80.8	82.5	100	105	110		110						78.78	1
Rane Ovaska	62	Raw	M_MR_5	80.9	82.5	100	107.5	112.5		112.5						73.45	2
Kari Heimonen	60	Raw	M_MR_5	90.5	100	100	110	-115		110						67.1	1
Vilho Mälta	70	Raw	M_MR_7	85.8	90	90	95	100		100						62.9	1
Pavlo Eskelinen	73	Raw	M_MR_8	98.5	100	132.5	142.5	150		150						93.75	1
Hari Hinkkanen	75	Raw	M_MR_8	102.4	110	100	105	110		110						63.34	1
Petri Mäkelä	38	Raw	M_OR	66.2	67.5	125	130	140	-150	140						106.54	1
Janne Tuomi	40	Raw	M_OR	74	75	120	130	140		140						97.36	1
Jorma Mononen	48	Raw	M_OR	80	82.5	145	152.5	-160		152.5						100.31	1
Henri Toukometsä	28	Raw	M_OR	79.4	82.5	130	140	150		150						99.18	2
Rauli Kvine	39	Raw	M_OR	89.1	90	145	155	162.5		162.5						99.98	1
Tommi Lantinen	42	Raw	M_OR	88.5	90	-140	110	120		120						74.12	2
Juha Tikka	31	Raw	M_OR	99.4	100	205	210	215		215						125.29	1
Oskari Koljonen	40	Raw	M_OR	99.6	100	180	190	200		200						116.45	2
Anssi Juntunen	38	Raw	M_OR	99.9	100	185	192.5	200		200						116.3	3
Kimmo Kaitinen	46	Raw	M_OR	96.5	100	170	175	185		185						109.24	1
Taavi Lankinen	27	Raw	M_OR	98.4	100	180	185	-190		185						108.28	5
Rami Eerikainen	48	Raw	M_OR	98.4	100	145	160	170		170						99.5	6
Markus Kouvuniemi	54	Raw	M_OR	100	100	145	165	-162.5		155						90.1	7
Tero Manner	42	Raw	M_OR	99.9	100	120	130	-135		130						75.6	8
Jani Virtanen	27	Raw	M_OR	109	110	210	220	-227.5		220						124.06	1
Jari Koskinen	39	Raw	M_OR	109.1	110	195	210	-222.5		210						118.39	2
Mikael Kottanen	29	Raw	M_OR	109	110	180	190	200		200						115.6	3
Tatu Kusinen	35	Raw	M_OR	105.2	110	180	190	200		200						114.05	4
Arto Putton	28	Raw	M_OR	107	110	185	-200	200		200						113.41	5
Tuomas Tikkanen	43	Raw	M_OR	104	110	160	165	185		185						105.92	6
Asseri Kyttönen	38	Raw	M_OR	108.8	110	170	175	185		185						104.38	7
Hannu Koskinen	40	Raw	M_OR	118.7	125	205	220			220						121.5	1
Marko Kokkinen	52	Raw	M_OR	111.3	125	202.5	207.5	210	-221.5	210						117.74	2
Markus Heale	28	Raw	M_OR	113.4	125	190	200	205		205						113.07	3
Tero Ylivinkka	56	Raw	M_OR	112.8	125	185.5	187.5	190	192.5	190						106.17	4
Kari Heikkilä	34	Raw	M_OR	123.8	125	160	172.5	180		180						98.42	5
Tom Lillanen	36	Raw	M_OR	131.8	140	165	172.5	180		180						96.94	1
Sami Läpikivi	31	Raw	M_OR	132.5	140	160	170	180		180						91.44	2
Samuli Kapanen	33	Raw	M_OR	128.7	140	140	150	160		160						86.66	3
Raimo Mannelin	50	Raw	M_OR	129.1	140	155	-165	-165		155						83.89	