



METAL X-Mas Bench & Deadlift Weekend - Juva, Finland - 12.12.2009

Results

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RAW Bench press								
num	name	country	class	weight	bench press			points
1	Sami Tiilikainen	FIN	125	123.5	230.0	240.0	245.0	131.33
2	Timo Majuri	EST	Master 40-44 110	101.4	195.0	200.0	215.0	115.61
3	Samu Huupponen	FIN	140	131.4	175.0	185.0	190.0	102.40
4	Marko Kemppainen	FIN	110	102.8	170.0	177.5	180.0	102.06
5	Miikka Heikkinen	FIN	125	115.5	165.0	175.0	182.5	101.41
6	Kalle Rouhiainen	FIN	140	125.4	160.0	170.0	180.0	92.66
7	Juuso Paunonen	FIN	110	108.5	150.0	155.0	160.0	90.35
8	Vesa Taavitsainen	FIN	82.5	80.9	120.0	130.0	135.0	84.91
9	Teemu Haverinen	FIN	Teen 18-19 100	94.5	130.0	135.0	140.0	83.50
10	Kalle Hyötyläinen	FIN	Junior 90	86.3	90.0	100.0	100.0	62.69
-	Akulauri Laine	FIN	Junior 100	90.9	170.0	170.0	175.0	

RAW Deadlift								
num	name	country	class	weight	deadlift			points
1	Meelis Pungits	EST	125	125.0	320.0	330.0	345.0	179.98
2	Marko Kemppainen	FIN	110	102.8	250.0	265.0	272.5	156.69
3	Samu Huupponen	FIN	140	131.4	260.0	280.0	300.0	150.90
4	Kalle Rouhiainen	FIN	140	125.4	250.0	265.0	272.5	144.43
5	Vesa Taavitsainen	FIN	82.5	80.9	180.0	190.0	200.0	130.63
6	Juuso Paunonen	FIN	110	108.5	200.0	220.0	230.0	129.88
7	Teemu Haverinen	FIN	Teen 18-19 100	94.5	180.0	200.0	210.0	125.25
8	Kalle Hyötyläinen	FIN	Junior 90	86.3	180.0	192.5	200.0	120.67



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Full Gear Bench press									
num	name	country	class	weight	bench press				points
1	Kari Kalliola	FIN	SHW	167.5	370.0	370.0	387.5		188.97
2	Ilkka Lukkarinen	FIN	Junior 140	137.8	336.0	345.0	365.5		183.91
3	Petteri Hosio	FIN	125	117.8	290.0	300.0	310.0	320.5	171.51
4	Timo Majuri	EST	Master 40-44 110	101.4	265.0	280.0	295.0		170.52
5	Kalle Ylitalo	FIN	125	124.3	300.0	300.0	310.0	320.5	169.34
6	Otto Selin	FIN	Teen 16-17 140	133.8	262.5	262.5	272.5	280.0	146.23
7	Juha Miettinen	FIN	100	97.6	230.0	240.0	245.0		140.99
8	Marko Traks	EST	Junior SHW	149.0	260.0	280.0	280.0		136.22
9	Juha Pykkänen	FIN	100	97.5	220.0	230.0			129.31
10	Oskari Lehtinen	FIN	Junior 110	100.9	220.0	220.0	230.0		127.45
11	Erkki Laiv	EST	110	105.6	200.0	220.0	220.0		125.30
12	Olar Teras	EST	Teen 18-19 100	93.7	180.0	190.0	195.0		113.81
13	Nicky Norris	FIN	Junior 82.5	80.5	160.0	170.0	180.0		111.36
14	Tero Martikainen	FIN	Junior 125	115.1	200.0	210.0	210.0		111.22
15	Jari Malinen	FIN	Junior 100	90.8	160.0	170.0	180.0		103.52
16	Joel Yli-Seppälä	FIN	Teen 18-19 75	74.1	130.0	130.0	140.0		90.31
-	Akulauri Laine	FIN	Junior 100	90.9	240.0				
-	Pasi Karjalainen	FIN	125	113.4	280.0	280.0	280.0		
-	Jaani Vilen	FIN	125	125.0	320.5	320.5	320.5		



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Full Gear Deadlift								
num	name	country	class	weight	deadlift			points
1	Juha Pylkkänen	FIN	100	97.5	310.0	330.0	340.0	193.96
2	Miikka Heikkinen	FIN	125	115.5	290.0	310.0	320.0	177.81
3	Juha Miettinen	FIN	100	97.6	280.0	290.0	295.0	170.36
4	Jarmo Friberg	FIN	Master 50-54 110	100.4	270.0	290.0		156.69
5	Petteri Hosio	FIN	125	117.8	280.0	280.0	300.0	154.91
6	Miika Ruuskanen	FIN	Junior 125	123.6	282.5	302.5	302.5	154.56
7	Oskari Lehtinen	FIN	Junior 110	100.9	240.0	255.0	267.5	147.72
8	Nicky Norris	FIN	Junior 82.5	80.5	200.0	225.0	240.0	147.39
9	Otto Selin	FIN	Teen 16-17 140	133.8	240.0	260.0	265.0	142.21
10	Joel Yli-Seppälä	FIN	Teen 18-19 75	74.1	160.0	175.0	190.0	131.99
11	Jari Malinen	FIN	Junior 100	90.8	200.0	210.0	215.0	127.88