

METAL Gym X-Mas Results - 25.11.2017

RAW Bench

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI code	PI-Div-WtCl
Johanna Bies	45	F-O-R	59,6	60	0,99295	100,5	105	107,5	110	107,5	106,742125	112,6129419	1	1-F-O-R
Mira Mustonen	47	F-M2-R	74,8	75	0,8376	87,5	100,5	-103		100,5	84,1788	91,0814616	2	1-F-M2-R
Sanna Purhonen	31	F-O-R	65,9	67,5	0,91665	65	-70	-70		65	59,58225	0	3	2-F-O-R
Juha Tuomainen	34	M-O-R	102,4	110	0,57585	210	220	-225,5		220	126,687	0	1	1-M-O-R
Billy Haavisto	52	M-M3-R	110,9	125	0,5618	180	190			190	106,742	124,35443	2	1-M-M3-R
Niko Voutilainen	23	M-J-R	111,9	125	0,56045	170	-185	185		185	103,68325	0	3	1-M-J-R
Jasu Harlin	24	M-O-R	88,2	90	0,61885	155	160	-165		160	99,016	0	4	1-M-O-R
Antti Hämäläinen	43	M-M1-R	89	90	0,6157	140	-150	-150		140	86,198	88,870138	5	1-M-M1-R
Simo Lipsanen	26	M-O-R	123,9	125	0,5474	140	152,5	160		160	87,584	0	6	1-M-O-R
Keit Kaljukivi	23	M-J-R	84,5	90	0,63495	130	135	-140		135	85,71825	0	7	1-M-J-R
Vladlen Astartsev	52	M-M3-R	75,2	82,5	0,6872	85	95			95	65,284	76,05586	8	2-M-M3-R
Nico Viljakainen	14	M-T1-R	94,7	100	0,59585	-87,5	-90	-90		0	0	0	-	0
Henry Lehtola	36	M-O-R	100	100	0,5813	-197,5	-197,5			0	0	0	-	0

Equipped Bench

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI code	PI-Div-WtCl
Ilkka Lukkarinen	29	M-O	145	SHW	0,52695	-360	-360	360	-380	360	189,702	0	1	1-M-O
Vesa Nissilä	54	M-M3	107,8	110	0,5658	190	200	205		205	115,989	139,650756	2	1-M-M3
Marcus Young	53	M-M3	88,1	90	0,61925	180	190	-200		190	117,6575	139,30648	3	2-M-M3
Mikko Matikainen	27	M-O	106,7	110	0,56765	-215	230	-240		230	130,5595	0	4	1-M-O
Jukka Matikainen	23	M-J	97,5	100	0,58775	180	-190	-190		180	105,795	0	5	1-M-J

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RAW Deadlift

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI code	PI-Div-WtCl
Vesa Taavitsainen	32	M-O-R	96,6	100	0,5902	260	275	285		285	168,207	0	1	1-M-O-R
Antti Hämäläinen	43	M-M1-R	89	90	0,6157	240	-257,5			240	147,768	152,348808	2	1-M-M1-R
Keit Kaljukivi	23	M-J-R	84,9	90	0,6355	205	215	220		220	139,81	0	3	1-M-J-R
Henry Lehtola	36	M-O-R	100	100	0,5813	215	240	-250		240	139,512	0	4	1-M-O-R
Vladlen Astaptsev	52	M-M3-R	75,2	82,5	0,6872	160	165			165	113,388	132,09702	5	1-M-M3-R
Joonas Suojala	15	M-T1-R	66,1	67,5	0,762	130	140	145	150	145	110,49	0	6	1-M-T1-R
Nico Viljakainen	14	M-T1-R	94,7	100	0,59585	130	140	145,5		145,5	86,696175	0	7	1-M-T1-R
Jasu Harlin	24	M-O-R	88,2	90	0,61885	-220	-220			0	0	0	-	0

Equipped Deadlift

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI code	PI-Div-WtCl
Antti Kousa	43	M-M1	109,1	110	0,5638	270	290	301		301	169,7038	174,9646178	1	1-M-M1
Mikko Matikainen	27	M-O	106,7	110	0,56765	260	282,5	290		290	164,6185	0	2	1-M-O
Jukka Matikainen	23	M-J	97,5	100	0,58775	240	-260	-260		240	141,06	0	3	1-M-J
Janne Vilppola	32	M-O	82	82,5	0,64715	205	215	-225		215	139,13725	0	4	1-M-O