

18.toukok.19		WPC Finnish Nationals 2019 - PL RAW & RAW Classic-Kg Results																								
Name	Age	Div	BWt (Kg)	WtCl (Kg)	Glossbrennere	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	Coeff Score	Age & Coeff	Pl-Div-WtCl	
Petra Blomvall	41	F-M1-RC	77.9	82.5	0,81555	185	-200	207.5		207.5	70	75	80		80	287.5	185	202.5	212.5		212.5	500	407,775	411,85275	1-F-M1-RC-82.5	
Taina Virtanen	42	F-M1-RC	91.3	SHW	0,7428	75	80	85		85	60	65	-67.5		65	150	100	105	110		110	260	193,128	196,99056	1-F-M1-RC-SHW	
Mari Jantti	22	F-J-RC	79.9	82.5	0,8024	110	-120	120		120	55	-60	-60		55	175	125	135	140		140	315	252,756	0	1-F-J-RC-82.5	
Minna Ilmolahti	34	F-O-RC	58.5	60	1,0079	92.5	-100	100		100	55	60	62.5		62.5	162.5	120	127.5	130		130	292.5	294,81075	0	1-F-O-RC-60	
Amra Hailovic (Guest)	26	F-O-RC	79.3	82.5	0,80625	120	135	150		150	50	55	62.5		62.5	212.5	130	145	155		155	367.5	296,296875	0	1-F-O-RC-82.5	
Anna Khudayarov	31	F-O-RC	84.2	90	0,77685	180	200	215	-222.5	215	132.5	145	150.5	-153	150.5	365.5	200	220	230	-237.5	230	595.5	462,614175	0	1-F-O-RC-90	
Laurina Malinen	45	F-M2-R	73.7	75	0,84605	105	-125	-125		105	50	60	67.5		67.5	172.5	130	150	-157.5		150	322.5	272,851125	287,857936	1-F-M2-R-75	
Kristina Lehtotie	45	F-M2-R	91.7	SHW	0,74145	105	110	-115		110	70	-75	-75		70	180	130	140	147.5		147.5	327.5	242,824875	256,180243	1-F-M2-R-SHW	
Petra Hiisio	43	F-M1-R	54.9	56	1,0606	100	107.5	115	-120	115	-55	55	-60		55	170	110	120	125	135	125	295	312,877	322,576187	1-F-M1-R-56	
Päivi Kaarto	42	F-M1-R	98.6	SHW	0,71955	152.5	165	170		170	107.5	117.5	120		120	290	195	212.5	215		215	505	363,37275	370,640205	1-F-M1-R-SHW	
Juulia Peura	23	F-J-R	55.5	56	1,0514	87.5	-95	-95		87.5	60	65	67.5	-70	67.5	155	120	127.5	-132.5		127.5	282.5	297,0205	0	1-F-J-R-56	
Petra Hiisio	43	F-O-R	54.9	56	1,0606	100	107.5	115		115	-55	55	-60		55	170	110	120	125		125	295	312,877	322,576187	1-F-O-R-56	
Marinee Nahkala	28	F-O-R	55.2	56	1,0561	90	97.5	105		105	40	-45	-45		40	145	115	122.5	127.5		127.5	272.5	287,78725	0	2-F-O-R-56	
Johanna Rasmussen	33	F-O-R	66.8	67.5	0,907	132.5	137.5	142.5		142.5	90	95	-100		95	237.5	160	167.5	175		175	412.5	374,1375	0	1-F-O-R-67.5	
Sanna Purhonen	33	F-O-R	66.7	67.5	0,90805	130	140	145		145	72.5	77.5	80		80	225	167.5	175	180		180	405	367,76025	0	2-F-O-R-67.5	
Elisa Laurila	32	F-O-R	65.2	67.5	0,9244	125	132.5	-137.5		132.5	70	77.5	-82.5		77.5	210	150	160	167.5		167.5	377.5	348,961	0	3-F-O-R-67.5	
Angelica Khanjan	28	F-O-R	67.2	67.5	0,9028	110	120	125		125	65	70	75		75	200	120	130	140		140	340	306,952	0	4-F-O-R-67.5	
Amna Boutahna	28	F-O-R	74.1	75	0,8429	140	147.5	152.5		152.5	90	97.5	-105		97.5	250	185	200	210		210	460	387,734	0	1-F-O-R-75	
Krista Pellikka	31	F-O-R	73.8	75	0,84525	135	140	145		145	110	112.5	-115		112.5	257.5	165	175	180		180	437.5	369,796875	0	2-F-O-R-75	
Rane Ovaska	58	M-M4-RC	81.1	82.5	0,65185	-150	150	-172.5		150	100	112.5	117.5		117.5	267.5	200	216	-225		216	483.5	315,169475	406,883792	1-M-M4-RC-82.5	
Kari Heimonen	57	M-M4-RC	88.8	90	0,61645	170	185	-192.5		185	100	110	115		115	300	180	200	-205		200	500	308,225	390,8293	1-M-M4-RC-90	
Pekka Anttila	54	M-M3-RC	82	82.5	0,64715	138	150	155	160	155	80	85	90		90	245	178	185	190		190	435	281,51025	338,938341	1-M-M3-RC-82.5	
Jean Routalammi	51	M-M3-RC	87.7	90	0,6209	-190	-190	200		200	130	140	145		145	345	230	240			240	585	363,2265	416,620795	1-M-M3-RC-90	
Raimo Hiisio	50	M-M3-RC	119.2	125	0,55175	-240	250	-270		250	180	190	-195		190	440	230	250	-260		250	690	380,7075	430,199475	1-M-M3-RC-125	
Ari Salmi	48	M-M2-RC	87.6	90	0,62135	150	-162.5	-172.5		150	100	110	115	-120	115	265	155	165	-177.5		165	430	267,1805	293,097008	1-M-M2-RC-90	
Aki Tiainen	47	M-M2-RC	127.8	140	0,5425	225	-245	-245		225	130	140	145		145	370	220	232.5	-250		232.5	602.5	326,85625	353,658462	1-M-M2-RC-140	
Jorma Mononen	44	M-M1-RC	83.8	90	0,6382	-130	130	-145		130	120	125	130		130	260	160	170	-185		170	430	274,426	286,226318	1-M-M1-RC-90	
Timo Termonen	41	M-M1-RC	99.1	100	0,58355	285	-312.5			285	130	-140	-140		130	415	250	-265	-265		250	665	388,06075	391,941357	1-M-M1-RC-100	
Joona Leppäjärvi	23	M-J-RC	99.7	100	0,58205	-300	310	325		325	150	160	170	175	170	495	260	275	-285		275	770	448,1785	0	1-M-J-RC-100	
Antti Piirttijärvi	23	M-J-RC	105.9	110	0,56985	-275	-275	275		275	145	155	162.5		162.5	437.5	255	270	285		285	722.5	411,716625	0	1-M-J-RC-110	
Sami Vaskelainen	35	M-O-RC	67.4	67.5	0,74935	212.5	220.5	227.5		227.5	110	115			115	342.5	235	243			243	585.5	438,744425	0	1-M-O-RC-67.5	
Henri Vauto	32	M-O-RC	81.5	82.5	0,84975	235	245	255		255	135	145	-155		145	400	235	250	257.5		257.5	657.5	427,210625	0	1-M-O-RC-82.5	
Erno Mäkilä	33	M-O-RC	81.8	82.5	0,6462	205	215	-222.5		215	125	135	-145		135	350	220	235	-242.5		235	585	379,197	0	2-M-O-RC-82.5	
Eetu Sieppi	24	M-O-RC	90	90	0,61185	300	325			325	180	187.5	195		195	520	300	315	-325		315	835	510,89475	0	1-M-O-RC-90	
Samppa Nyman	36	M-O-RC	88.7	90	0,61685	260	-280	-280		260	155	165	170		170	430	250	265	280		280	710	437,9635	0	2-M-O-RC-90	
Jani Antikainen	29	M-O-RC	87.8	90	0,6205	140	150	160		160	80	85	90		90	250	150	160	170		170	420	260,610	0	3-M-O-RC-90	
Tomi Luhtanen	28	M-O-RC	99.7	100	0,58205	300	320	340		340	-160	160	167.5		167.5	507.5	295	315	-330		315	822.5	478,736125	0	1-M-O-RC-100	
Joona Leppäjärvi	23	M-O-RC	99.7	100	0,58205	-300	310	325		325	150	160	170		170	495	260	275	-285		275	770	448,1785	0	2-M-O-RC-100	
Mikko Malinen	38	M-O-RC	100	100	0,5813	280	310	-325		310	175	185	-200		185	495	180	220	260		260	755	438,8815	0	3-M-O-RC-100	
Johan Frisk	27	M-O-RC	98.6	100	0,5848	245	255	262.5		262.5	165	172.5	-180		172.5	435	270	280	287.5		287.5	722.5	422,518	0	4-M-O-RC-100	
Jerry Aittakari	25	M-O-RC	98.5	100	0,58505	240	-255	255		255	150	157.5	160		160	415	270	285	292.5		292.5	707.5	413,922875	0	5-M-O-RC-100	
Timo Termonen	41	M-O-RC	99.1	100	0,58355	285	-312.5			285	130	-140	-140		130	415	250	-265	-265		250	665	388,06075	391,941357	6-M-O-RC-100	
Jani Soinen	34	M-O-RC	99.4	100	0,5828	-290	-290	-290		0	160				0	0	280				0	0	0	0	0	0
Joel Vatanen	28	M-O-RC	109.8	110	0,56275	325	-350	350		350	185	195	200		200	550	300	325	335		335	885	498,03375	0	1-M-O-RC-110	
Ville Suominen	36	M-O-RC	109.5	110	0,5632	300	-315	-315		300	170	175	-177.5		175	475	300	-315			300	775	436,48	0	2-M-O-RC-110	
Teemu Mäkinen	25	M-O-RC	107.7	110	0,56595	300	-310	-320		300	150	160	-170		160	460	280	300	-315		300	760	430,122	0	3-M-O-RC-110	
Jan-Erik Maantila	33	M-O-RC	111	125	0,5611	265	-285	285		285	200	-210			200	485	250	270	-280		270	755	423,6305	0	1-M-O-RC-125	
Raimo Hiisio	50	M-O-RC	119.2	125	0,55175	-240	250	-270		250	180	190	-195		190	440	230	250	-260		250	690	380,7075	430,199475	2-M-O-RC-125	
Tero Soini	33	M-O-RC	125.8	140	0,54455	205	215			215	120	130	-135		130	345	235	255			255	600	326,73	0	1-M-O-RC-140	
Antti Pimiä	25	M-O-RC	157.7	SHW	0,51745	170	190	-200		190	140	-150	-150		140	330	190	200	210	-220	210	540	279,423	0	1-M-O-RC-SHW	
Kimmo Rajala	53	M-M3-R	97	100	0,5891	135	145	155		155	125	-135	-135		125	280	175	-195	-195		175	455	268,0405	317,359952	1-M-M3-R-100	
Billy Haavisto	53	M-M3-R	103.6	110	0,57335	215	-230	230		230	170	177.5			177.5	407.5	260				260	667.5	382,711125	453,129972	1-M-M3-R-100	
Markus Auvinen	43	M-M1-R	88.5	90	0,6177	160	180	-190		180	-130	130	-140		130	310	200	215	225		225	535	330,4695	340,714054	1-M-M1-R-90	
Benjamin Varvas	15	M-T1-R	56.4	60	0,88605	100	110	115		115	60	65	-70		65	180	100	120	125		125	305	270,24525	0	1-M-T1-R-60	
Otto Doering	15	M-T1-R	77.1	82.5	0,6749	110	120	130	140	130	80	85	-90													