



WPC CLASSIC RAW POWERLIFTING / WOMEN / 1 OCT 2016															
num	name	country	class	weight	squat			bench press			deadlift			total kg	points
1	Bingle Hanne	GB	90 M4	86.6	120.0	130.0	135.0	87.5	95.0	102.5	120.0	130.0	140.0	377.5	374.07
2	Siljestromer Mari	SE	82.5	77.8	100.0	115.0	125.0	70.0	80.0	85.0	135.0	150.0	155.0	365.0	297.91
3	Elonen Emma	FI	+90	107.3	155.0	165.0	175.0	67.5	72.5	72.5	160.0	177.5	182.5	415.0	289.38

WPC RAW BENCH PRESS / WOMEN / 1 OCT 2016								
num	name	country	class	weight	bench press			points
1	Bingle Hanne	GB	90 M4	86.6	87.5	95.0	102.5	101.57
2	Bies Johanna	FI	67.5 M1	65.6	95.5	100.5	102.5	98.44
3	Torres Vanessa	FI	60	58.1	92.5	95.0	97.5	96.28
4	Kulmala Elina	FI	90 M1	86.8	90.0	105.0	115.0	87.74
5	Paler Minna	FI	60 M2	58.7	70.0	75.0	77.5	86.78
6	Lampikari-Olli Satu	FI	75 M1	73.6	85.0	87.5	90.0	77.36
7	Siljestromer Mari	SE	82.5	77.8	70.0	80.0	85.0	69.38
8	Hiltunen Veera	FI	82.5 J	77.7	75.0	80.0	80.0	65.35
9	Elonen Emma	FI	+90	107.3	67.5	72.5	72.5	47.07

WPC RAW DEADLIFT / WOMEN / 1 OCT 2016								
num	name	country	class	weight	deadlift			points
1	Paler Minna	FI	60 M2	58.7	120.0	125.5	127.5	142.76
2	Bingle Hanne	GB	90 M4	86.6	120.0	130.0	140.0	138.73
3	Elonen Emma	FI	+90	107.3	160.0	177.5	182.5	127.26
4	Siljestromer Mari	SE	82.5	77.8	135.0	150.0	155.0	126.51

2/3 METAL NUTRITION POWER EXPO 2016 – WPC RESULTS

WPC RAW POWERLIFTING / MEN / 1 OCT 2016															
num	name	country	class	weight	squat			bench press			deadlift			total kg	points
1	Suominen Ville	FI	110	104.6	250.0	265.0	270.0	170.0	177.5	180.0	290.0	310.0	315.0	752.5	429.98

WPC CLASSIC RAW POWERLIFTING / MEN / 1 OCT 2016															
num	name	country	class	weight	squat			bench press			deadlift			total kg	points
1	Suominen Ville	FI	110	104.6	250.0	265.0	270.0	170.0	177.5	180.0	290.0	310.0	315.0	752.5	429.98
2	Kallio Mika	FI	90	88.6	215.0	225.0	225.0	160.0	165.0	167.5	220.0	230.0	240.0	630.0	388.90
3	Banovits Geor	AT	125	118.3	220.0	230.0	230.0	130.0	140.0	150.0	210.0	220.0	230.0	610.0	337.15
4	Siljestromer Alex	SE	125	114.1	280.0	280.0	280.0	170.0	180.0	185.0	290.0	310.0	-	-	-

WPC RAW BENCH PRESS / MEN / 1 OCT 2016								
num	name	country	class	weight	bench press			points
1	Eriksson Mats	SE	90 M4	88.8	155.0	162.5	-	125.22
2	Hiisio Raimo	FI	110 M2	109.3	180.0	180.0	185.0	111.17
3	Kallio Mika	FI	90	88.6	160.0	165.0	167.5	101.85
4	Suominen Ville	FI	110	104.6	170.0	177.5	180.0	101.42
5	Siljestromer Alex	SE	125	114.1	170.0	180.0	185.0	100.31
6	Haavisto Billy	FI	125 M3	114.3	180.0	195.0	195.0	100.26
7	Kananen Jussi	FI	+140	149.0	190.5	190.5	195.0	99.81
8	Banovits Geor	AT	125	118.3	130.0	140.0	150.0	82.91

WPC RAW DEADLIFT / MEN / 1 OCT 2016								
num	name	country	class	weight	deadlift			points
1	Eriksson Mats	SE	90 M4	88.8	200.0	220.0	240.0	184.94
2	Suominen Ville	FI	110	104.6	290.0	310.0	315.0	177.13
3	Siljestromer Alex	SE	125	114.1	290.0	310.0	-	172.75
4	Kallio Mika	FI	90	88.6	220.0	230.0	240.0	148.15
5	Haavisto Billy	FI	125 M3	114.3	265.0	277.5	277.5	147.61
6	Banovits Geor	AT	125	118.3	210.0	220.0	230.0	127.12

3/3 METAL NUTRITION POWER EXPO 2016 – WPC RESULTS

WPC MULTIPLY POWERLIFTING / WOMEN / 2 OCT 2016															
num	name	country	class	weight	squat			bench press			deadlift			total kg	points
1	Tuominen Krisse	FI	90	88.4	125.0	140.0	165.0	75.0	95.0	95.0	135.0	160.0	175.0	375.0	283.12

WPC MULTIPLY & SINGLE-PLY BENCH PRESS / WOMEN / 2 OCT 2016									
num	name	country	class	weight	bench press			points	SINGLE-PLY
1	Ylitalo-James Emma	GB	82.5 M2	81.3	182.5	190.0	197.5	162.57	
2	Tuominen Krisse	FI	90	88.4	75.0	95.0	95.0	56.62	

WPC MULTIPLY DEADLIFT / WOMEN / 2 OCT 2016								
num	name	country	class	weight	deadlift			points
1	Tuominen Krisse	FI	90	88.4	135.0	160.0	175.0	120.80

WPC MULTIPLY POWERLIFTING / MEN / 2 OCT 2016															
num	name	country	class	weight	squat			bench press			deadlift			total kg	points
1	Nikkari Joni	FI	125	121.6	330.0	345.0	345.0	165.0	175.0	185.0	270.0	295.0	310.0	800.0	439.44
2	Nissila Janne	FI	90	89.1	245.0	265.0	265.0	190.0	202.5	205.0	217.5	220.0	230.0	685.0	421.48

WPC MULTIPLY BENCH PRESS / MEN / 2 OCT 2016								
num	name	country	class	weight	bench press			points
1	Nissila Janne	FI	90	89.1	190.0	202.5	205.0	116.91
2	Nikkari Joni	FI	125	121.6	165.0	175.0	185.0	96.13
3	Salmi Veli-Matti	FI	110	105.1	280.0	280.0	280.0	-

WPC MULTIPLY DEADLIFT / MEN / 2 OCT 2016								
num	name	country	class	weight	deadlift			points
1	Raiha Pekka	FI	100	99.3	260.0	282.5	300.0	164.71
2	Nikkari Joni	FI	125	121.6	270.0	295.0	310.0	162.04
3	Nissila Janne	FI	90	89.1	217.5	220.0	230.0	141.52