

Voimanoston SM 2023 – Vierumäki – 22.-23.4.2023

Name	Age	Equipment	Division	Bodyweight	WeightClass	SQ1	SQ2	SQ3	SQ4	Squat	BP1	BP2	BP3	BP4	Bench	DL1	DL2	DL3	DL4	Deadlift	Total	Points	Event	Place	
Anni Husu	43	Raw	F_MR_1	86.6	90	125	140	150		150	75	80	-85		80	165	180	-180		180	410	314,25	SBD	1	
Amra Halilovic	30	Raw	F_OR	82.2	82.5	140	-150	152.5		152.5	80	87.5	-92.5		87.5	160	172.5	180		180	420	331,57	SBD	1	
Mirva Halen	32	Raw	F_OR	84.6	90	120	127.5	-135		127.5	57.5	-62.5	62.5		62.5	115	120	125		125	315	244,58	SBD	1	
Vivian Ihamäki	15	Raw	F_TR_1	46.5	48	63	67.5	70		70	35.5	40	-42.5		40	86	90	-92.5		90	200	241,83	SBD	1	
Sara Honkakangas	14	Raw	F_TR_1	57.9	60	70	75	80	-85.5	80	40	45.5	47.5	-50	47.5	80	90	95	105	95	222.5	225,46	SBD	1	
Oona Kuusisto	13	Raw	F_TR_1	62.9	67.5	60	65	-70		65	40	-45	-45		40	80	92.5	100		100	205	194,64	SBD	1	
Tiina Puolakkka	55	Wraps	F_MCR_4	66.9	67.5	90	95	100		100	47.5	50	52.5	-55	52.5	110	120	127.5		127.5	280	253,76	SBD	1	
Eija Pesonen	31	Raw	F_OCR	66.7	67.5	90	100	110		110	52.5	-57.5			52.5	145	152.5	157.5		157.5	320	290,65	SBD	1	
Emma Lahti	26	Wraps	F_OCR	71.8	75	180	190.5	-200		190.5	-115	-121	121		121	182.5	197.5	207.5	220.5	207.5	519	447,07	SBD	1	
Vilhelmiina Sillanpää	27	Single-ply	F_OES	65.6	67.5	155	175	195		195	75	85	95	100	95	140	157.5	165	170		165	455	418,43	SBD	1
Anna Nyysönen	34	Raw	F_OR	73.7	75						72.5	77.5	80		80					80	270	67,69	B	1	
Emma Ylitälo-James	53	Unlimited	F_MEM_3	88.9	90						-270	275	-282.5		275					275	207,85	B	1		
Emma Ylitälo-James	53	Unlimited	F_OEM	88.9	90						-270	275	-282.5		275					275	207,85	B	1		
Jimi Kujanpää	23	Raw	M_JR	73.3	75	155	160	165		165	107.5	112.5	120.5		120.5	185	195	205		205	490.5	343,57	SBD	1	
Aaro Mäki-Jouppila	23	Raw	M_JR	107.8	110	180	190	-200		190	130	135	-140		135	200	220	-230		220	545	308,34	SBD	1	
Mika Kajavalta	44	Raw	M_MR_1	91.4	100	145	150	-160		150	130	135	-140		135	180	190	-195		190	475	288,2	SBD	1	
Harri Korhonen	44	Raw	M_MR_1	104.7	110	185	195	205		205	-145	145	-160		145	230	-255	-255		230	580	331,28	SBD	1	
Ville Suominen	40	Raw	M_MR_1	117.5	125	265	275	-285		275	170	-182.5	-182.5		170	305	330			330	775	428,97	SBD	1	
Antti Tietäväinen	45	Raw	M_MR_2	88.9	90	185	195	200		200	155	-160			155	220	-230			220	575	354,23	SBD	1	
Markus Auvinen	47	Raw	M_MR_2	86.5	90	-180	-180	180		180	125	-135	-135		125	225	-235	235		235	540	338	SBD	2	
Juha-Pekka Kinnunen	49	Raw	M_MR_2	108.4	110	-215	-215	215		215	132.5	137.5	142.5		142.5	215	225	232.5		232.5	590	333,24	SBD	1	
Klaus Renfors	50	Raw	M_MR_3	89.9	90	167.5	-180.5	180.5		180.5	155	165	-170.5		165	195	212.5	220		220	565.5	346,21	SBD	1	
Valeri Astaptsjev	50	Raw	M_MR_3	89.9	90	150	160	167.5		167.5	102.5	-107.5	-107.5		102.5	190	200	210		210	480	293,86	SBD	2	
Vesa Nissilä	60	Raw	M_MR_5	110.8	125	170	190.5	-200		190.5	110	120	-130		120	180	205	210		210	520.5	292,18	SBD	1	
Jussi Jaakkola	34	Raw	M_OR	82.2	82.5	190	205	-220		205	155	-162.5	-162.5		155	255	265	-277.5		265	625	403,81	SBD	1	
Antti Tietäväinen	45	Raw	M_OR	88.9	90	185	195	200		200	155	-160			155	220	-230			220	575	354,23	SBD	1	
Klaus Renfors	50	Raw	M_OR	89.9	90	167.5	-180.5	180.5		180.5	155	165	-170.5		165	195	212.5	220		220	565.5	346,21	SBD	2	
Oskari Simonen	24	Raw	M_OR	98.1	100	-230	240	255		255	140	-150	150		150	300	320	330		330	735	430,77	SBD	1	
Jere Kettula	26	Raw	M_OR	97.6	100	170	177.5	185		185	145	-150	150		150	210	225	240		240	575	337,76	SBD	2	
Juha-Pekka Kinnunen	49	Raw	M_OR	108.4	110	-215	-215	215		215	132.5	137.5	142.5		142.5	215	225	232.5		232.5	590	333,24	SBD	1	
Tatu Kuusinen	35	Raw	M_OR	112.3	125	285	302.5			302.5	180	190	-200		190	290	300	-310		300	792.5	443,31	SBD	1	
Ville Suominen	40	Raw	M_OR	117.5	125	265	275	-285		275	170	-182.5	-182.5		170	305	330			330	775	428,97	SBD	2	
Kari Toivonen	32	Raw	M_OR	130.6	140	-250	275	300		300	180	-190			180	-300	300	320		320	800	431,76	SBD	1	
Tero Soini	37	Raw	M_OR	126.9	140	190	210	215		215	130	140	147.5		147.5	200	220	240		240	602.5	327,42	SBD	2	
Valto Astaptsjev	12	Raw	M_TR_1	53.9	56	47.5	55	60		60	25	27.5	30		30	75	80	-82.5		80	170	157,98	SBD	1	
Noel Henriksson	16	Raw	M_TR_2	109.2	110	165	175	185		185	-100	100	110.5		110.5	190	-210	-210		190	485.5	273,63	SBD	1	
Markus Kovanen	20	Wraps	M_JCR	74.4	75	152.5	157.5	-162.5		157.5	90	95	100		100	175	-190	190		190	447.5	309,95	SBD	1	
Harri Kaasinen	23	Wraps	M_JCR	89.1	90	220	-230	-230		220	160	-170	-170		160	300	310	-320		310	690	424,54	SBD	1	
Vilho Pakkanen	23	Wraps	M_JCR	87.8	90	-170	-170	170		170	110	-122.5	-122.5		110	200	220			220	500	310,23	SBD	2	
Jeremia Saloniemä	21	Wraps	M_JCR	98	100	195	205	215		215	-125	125	130		130	250	-260	265		265	610	357,67	SBD	1	
Tommi Lantinen	42	Wraps	M_MCR_1	89.1	90	-190	190	210		210	115	-125	-125		115	240	-260	-260		240	565	347,63	SBD	1	
Tuomas Siivonen	43	Wraps	M_MCR_1	89.6	90	160	172.5	-180		172.5	105	110	-112.5		110	-170	170	192.5		192.5	475	291,34	SBD	2	
Tero Manner	42	Wraps	M_MCR_1	90	90	-180	-180	-180															SBD	DQ	
Jari Koskinen	40	Wraps	M_MCR_1	110	110	270	295	300		300	190	205	212.5		212.5	275	295	302.5		302.5	815	458,4	SBD	1	
Tero Pitkänen	42	Wraps	M_MCR_1	109.2	110	-255	-275	285		285	175	182.5	-187.5		182.5	270	282.5			282.5	750	422,71	SBD	2	
Toni Mikkola	46	Wraps	M_MCR_2	80.1	82.5	160	170	182.5		182.5	120	127.5	132.5		132.5	180	190	202.5		202.5	517.5	340,13	SBD	1	
Jorma Mäkeläinen	46	Wraps	M_MCR_2	101.9	110	215	225	-232.5		225	157.5	-165.5	-165.5		157.5	225	240.5			240.5	623	359,4	SBD	1	
Hannu Niemelä	52	Wraps	M_MCR_3	80.6	82.5	140	-150	-150		140	115	120	125		125	170	180	190		190	455	297,8	SBD	1	
Petri Paatelainen	52	Wraps	M_MCR_3	92.1	100	160	175	185		185	110	115	117.5		117.5	160	175	-187.5		175	477.5	288,55	SBD	1	
Juha Harilainen	53	Wraps	M_MCR_3	136.6	140	-220	-220	220		220	150	160	-170		160	220	240	-260		240	620	331,13	SBD	1	
Vladlen Astaptsjev	58	Wraps	M_MCR_4	74.5	75	165	176	-180		176	105	-110	-110		110	200	210	-212.5		210	496	343,2	SBD	1	
Pekka Anttila	58	Wraps	M_MCR_4	81.8	82.5	160	170	180	195.5	180	75				75	160	170	180		180	435	281,95	SBD	1	
Juha Järvisalo	55	Wraps	M_MCR_4	99.4	100	190	200.5	205		205	120	125	130		130	210	-225.5	225.5	-232.5	225.5	560.5	326,63	SBD	1	
Viino Määttä	70	Wraps	M_MCR_7	87	90	110	120	130		130	90	100	102.5		102.5	150	160	170		170	402.5	251,08	SBD	1	
Jukka Lindström	70	Wraps	M_MCR_7	98.2	100	-180	-180	-221		180	-80	80	-100		80	130	170	-200		170	430	251,9	SBD	1	
Henri Toukometsä	29	Wraps	M_OCR	74.8	75	185	200	210		210	132.5	140	-145		140	220	230	235		235	585	403,57	SBD	1	
Joni Laiho	30	Wraps	M_OCR	81.4	82.5	240	256	260		260	157.5	165.5	167.5		167.5	235	245	255		255	682.5	443,79	SBD	1	
Ville Saranpää	24	Wraps	M_OCR	88.7	90	200	220	-230		220	120	130	-135		130	200	-220	220		220	570	351,6	SBD	1	
Tero Manner	42	Wraps	M_OCR	90	90	-180	-180	-180															SBD	DQ	
Roope Lankila	31	Wraps	M_OCR	100	100	260	275	290		290	180	190	195		195	260	280	285		285	770	447,58	SBD	2	
Jani Lantianen	36	Wraps	M_OCR	98.9	100	250	275	285		285	155	165	-175		165	280	310	-320		310	760	443,84	SBD	2	
Rauli Kivine	39	Wraps	M_OCR	98.7	100	220	240	250		250	155	165	-170		165	270	285	-300		285	700	409,16	SBD	3	
Henry Hyytiäinen	24	Wraps	M_OCR	99.3	100	235	250	-260		250	120	130	-135		130	240	255	-262.5		255	635	370,2	SBD</		