

Penkkipunnerruksen & maastoston SM 2023 – Lahti – 9.-10.9.2021

Name	Age	Equipment	Division	Bodyweight	WeightClass	BP1	BP2	BP3	BP4	Bench	DL1	DL2	DL3	DL4	Deadlift	Points	Place
Eli Peromaa	23	Raw	F_JR	79.9	82.5	75	81	-85		81						65.05	1
Jatta Ihanmäki	40	Raw	F_MR_1	47.7	48	42.5	47.5	-50		47.5						56.28	1
Majju Hilander	66	Raw	F_MR_6	71.3	75	50.5	55	57.5		57.5						49.77	1
Majja Sjöblom	26	Raw	F_OR	63.4	67.5	67.5	70	75		75						70.78	1
Anna Nyssönen	34	Raw	F_OR	74	75	77.5	82.5	82.5		82.5						69.61	1
Anna Vuorio	28	Raw	F_OR	71.1	75	52.5	-60	-60		52.5						45.53	2
Eli Peromaa	23	Raw	F_JR	79.9	82.5						145	155	165		165	132.51	1
Jatta Ihanmäki	40	Raw	F_MR_1	47.7	48						90	100.5	112.5		112.5	133.29	1
Satu Herrunen	51	Raw	F_MR_3	67	67.5						100	-110	110		110	99.58	1
Pauliina Inervo	59	Raw	F_MR_4	58.3	60						65	72.5	80		80	80.62	1
Majju Hilander	66	Raw	F_MR_6	71.3	75						140	147.5	150		150	129.84	1
Anna Vuorio	28	Raw	F_OR	71.1	75						130	142.5	147.5		147.5	127.93	1
Emma Huhta	31	Raw	F_OR	86.8	90						170	200	220		220	168.41	1
Eija Pesonen	31	Multi-ply	F_OEM	59.9	60						-180	180	-190		180	177.54	1
Aleksii Rautavirta	23	Raw	M_JR	81.2	82.5	122.5	-127.5	-127.5		122.5						79.78	1
Jeremia Saloniemi	21	Raw	M_JR	92.9	100	125	135			135						81.21	1
Jere Uusikartano	22	Raw	M_JR	104	110	125	132.5	-140		132.5						75.35	1
Kari-Tapio Pahlvainen	43	Raw	M_MR_1	81.7	82.5	137.5	145	-150		145						94.06	1
Joni Oravasaari	41	Raw	M_MR_1	81.9	82.5	137.5	-145	-150		137.5						89.05	2
Timo Saarela	44	Raw	M_MR_1	80.3	82.5	110	115	-120		115						75.46	3
Oskari Koljonen	41	Raw	M_MR_1	89.6	90	170	180	-185		180						110.4	1
Timo Laamanen	41	Raw	M_MR_1	98.4	100	185	-200	-200		185						108.28	1
Jarkko Ylä-Häkkinen	44	Raw	M_MR_1	98.4	100	150	160	165		165						96.57	2
Juha Tuomainen	40	Raw	M_MR_1	109.5	110	235	245.5	253	-260	253						142.48	1
Jari Koskinen	41	Raw	M_MR_1	109.3	110	190	205	215		215						121.14	2
Janne Martin	40	Raw	M_MR_1	106	110	180	190	192.5		192.5						109.49	3
Sakari Kusisto	44	Raw	M_MR_1	104.7	110	160	187.5	-195		187.5						107.09	2
Harri Korhonen	44	Raw	M_MR_1	104.3	110	120	130	-145		130						74.35	5
Hannu Koskinen	41	Raw	M_MR_1	118.2	125	225	233.5	-241		233.5						129.07	1
Jari Vaskelainen	48	Raw	M_MR_2	81.8	82.5	120	130	140		140						90.74	1
Jorma Mäkeläinen	47	Raw	M_MR_2	98.2	100	155	160	-167.5		160						93.73	1
Janne Hihnala	47	Raw	M_MR_2	108.5	110	155	170	-177.5		170						95.99	1
Kimmo Intke	45	Raw	M_MR_2	126.8	140	210	220			220						119.58	1
Hannu Niemela	52	Raw	M_MR_3	81.4	82.5	125	-132.5	-132.5		125						81.28	1
Ani Kortetjärvi	53	Raw	M_MR_3	89.3	90	180	-190			180						110.61	1
Jukka Aho	52	Raw	M_MR_3	89.7	90	140	145	-147.5		145						88.88	2
Marko Kokkinen	53	Raw	M_MR_3	97.2	100	182.5	-192.5	192.5		192.5						113.29	1
Ismo Koivisto	54	Raw	M_MR_3	97.3	100	140	145	147.5		147.5						86.76	2
Teppo Koskinen	50	Raw	M_MR_3	98.3	100	130	140	-150		140						81.98	3
Raimo Hiisio	54	Raw	M_MR_3	122.9	125	170	185	190		190						104.09	1
Raimo Mannelin	51	Raw	M_MR_3	133.9	140	150	155	157.5		157.5						84.5	1
Ari-Pekka Airaksinen	59	Raw	M_MR_4	81	82.5	110	117.5	125		125						81.54	1
Marcus Young	58	Raw	M_MR_4	90.6	100	130	135	140		140						85.35	1
Tero Ylivinkka	57	Raw	M_MR_4	120.6	125	187.5	-193			187.5						103.18	1
Taiho Jauhajärvi	61	Raw	M_MR_5	74.1	75	125.5	130	135	-140	135						93.79	1
Raimo Lehtonen	63	Raw	M_MR_5	80.7	82.5	117.5	120	121		121						79.13	1
Rane Ovaska	63	Raw	M_MR_5	80.8	82.5	105	-115	115		115						75.14	2
Arto Keto	61	Raw	M_MR_5	104.6	110	130	140	142.5		142.5						81.42	1
Tapio Laine	71	Raw	M_MR_7	114.8	125	140	145	151		151						84.02	1
Joni Laiho	30	Raw	M_OR	81.4	82.5	160	170	-175		170						110.54	1
Timo Saarela	44	Raw	M_OR	80.3	82.5	110	115	-120		115						75.46	2
Arttu Karttunen	26	Raw	M_OR	88.1	90	-210	210	221		221						136.85	1
Oskari Koljonen	41	Raw	M_OR	89.6	90	170	180	-185		180						110.4	2
Jari Virtanen	28	Raw	M_OR	99.3	100	210	-217.5	-217.5		210						122.43	1
Marko Kokkinen	53	Raw	M_OR	97.2	100	182.5	-192.5	192.5		192.5						113.29	2
Timo Laamanen	41	Raw	M_OR	98.4	100	185	-200	-200		185						108.28	3
Henry Hyytiäinen	24	Raw	M_OR	98.8	100	120	130	-137.5		130						75.95	4
Juha Tuomainen	40	Raw	M_OR	109.5	110	235	245.5	253	-260	253						142.48	1
Jari Koskinen	41	Raw	M_OR	109.3	110	190	205	215		215						121.14	2
Janne Martin	40	Raw	M_OR	106	110	180	190	192.5		192.5						109.49	3
Mikael Kettunen	26	Raw	M_OR	108.9	110	190	-207.5	-207.5		190						107.17	4
Juuso Knuutila	26	Raw	M_OR	104.9	110	165	172.5	175		175						99.89	5
Harri Korhonen	44	Raw	M_OR	104.3	110	120	130	-145		130						74.35	6
Hannu Koskinen	41	Raw	M_OR	112.6	125	225	233.5	-241		233.5						129.07	1
Jan-Erik Masantila	39	Raw	M_OR	119.6	125	210	-220	-220		210						115.78	2
Raimo Hiisio	54	Raw	M_OR	122.9	125	170	185	190		190						104.09	3
Tero Ylivinkka	57	Raw	M_OR	120.6	125	187.5	-193			187.5						103.18	4
Toni Likanen	37	Raw	M_OR	133.9	140	175	185	-190		185						99.26	1
Raimo Mannelin	51	Raw	M_OR	133.9	140	150	155	157.5		157.5						84.5	2
Seppo Honkanen	35	Raw	M_OR	138	140	140	152.5	155		155						82.59	3
Jussi Kananen	38	Raw	M_OR	146.7	140+	182.5	187.5	190		190						99.88	1
Onni Venhohanta	15	Raw	M_TR_1	66	67.5	60	65	70		70						53.41	1
Oleksander Kyryliuk	15	Raw	M_TR_1	74.7	75	85	90	92.5		90						62.15	1
Vilho Tuomainen	16	Raw	M_TR_2	70.3	75	95	105	110	112.5	110						78.73	1
Veeti Kupari	16	Raw	M_TR_2	73.4	75	90	100	107.5		107.5						75.22	2
Konsta Mehtälä	17	Raw	M_TR_2	81.1	82.5	80	85	92.5		92.5						60.29	1
Vaino Aalto	16	Raw	M_TR_2	85.6	90	125	135	-145		135						85.03	1
Max Hyttälä	17	Raw	M_TR_2	87	90	105	115	125		125						77.97	2
Aaron Wiman	16	Raw	M_TR_2	97	100	105	112.5	120		120						70.69	1
Noel Henriksson	16	Raw	M_TR_2	107.7	110	110	117.5	125		125						70.74	1
Otto Doering	19	Raw	M_TR_3	89.5	90	100	107.5	-112.5		107.5						65.98	1
Joonas Asikainen	23	Multi-ply	M_MEM			175	182.5	190		190						113.03	1
Tapio Lane	71	Multi-ply	M_MEM_7	114.8	125	200	-221	-221		200						111.28	1
Juha Suomalainen	50	Single-ply	M_MES_3	99.9	100	175	185	190		190						110.49	1
Marcus Young	58	Single-ply	M_MES_4	90.6	100	170	180	-191		180						109.73	1
Nicky Norris	34	Multi-ply	M_OEM	85.5	90	210	-220	-220		210						132.37	1
Jussi Kananen	38	Multi-ply	M_OEM	146.7	140+	192.5	-242.5	-242.5		192.5						101.19	1
Kalle Penanen	28	Single-ply	M_OES	81.5	82.5	107.5	112.5	115		115						74.72	1
Janne Petoniemi	39	Single-ply	M_OES	126.7	140	200	-215	-215		200						108.73	1
Jani-Markus Mannerkorpi	27	Unlimited		108.3	110	-360	-360										G
Jeremia Saloniemi	21	Raw	M_JR	92.9	100						250	-260.5			250	150.39	1
Jere Uusikartano	22	Raw	M_JR	104	110						215	225	240		240	137.41	1
Timo Saarela	44	Raw	M_MR_1	80.3	82.5						210	220	-230		220	144.35	1
Jari Koskinen	41	Raw	M_MR_1	109.3	110						285	305	315		315	177.49	1
Harri Korhonen	44	Raw	M_MR_1	104.3	110						210	225	-240		225	128.69	2
Jari Vaskelainen	48	Raw	M_MR_2	81.8	82.5						180	200	220		220	142.59	1
Jorma Mäkeläinen	47	Raw	M_MR_2	98.2	100	</											