

KSPLA
Kerala State Senior Women's Powerlifting Championship 2021
Tirur, Malappuram - 11-12-2021 to 12-12-2021
Detailed Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points	IPF GL Points	Place
47kg - Open																						
1	ANEESHA M	07-12-2001	ALP	1	47.00	0.219117	125.0	145.0	160.0	160.0 [1]	85.0	95.0	100.0	100.0 [1]	140.0	155.0	160.0	160.0 [1]	420.0	12	92.029140	1 
2	ANJANA KRISHNA V K	12-09-2006	KKD	3	47.00	0.219117	112.5	125.0	132.5	132.5 [2]	52.5	55.0	55.0	55.0 [2]	112.5	120.0	125.0	125.0 [2]	312.5	9	68.474063	13
3	ANAGHA A	25-09-2003	PKD	2	46.60	0.220546	115.0	122.5	127.5	127.5 [3]	40.0	40.0	50.0	50.0 [3]	110.0	115.0	130.0	115.0 [3]	292.5	8	64.509705	17
4	SREYA P S	08-06-2003	TCR	6	46.70	0.220186	85.0	95.0	95.0	85.0 [4]	25.0	27.5	30.0	30.0 [4]	70.0	82.5	90.0	90.0 [4]	205.0	7	45.138130	41
5	RINUSREE K	20-03-1998	MPM	7	42.25	0.238484	50.0	50.0	X	50.0 [5]	22.5	22.5	25.0	25.0 [5]	60.0	70.0	80.0	70.0 [5]	145.0	6	34.580180	46
-	SANDRA SANTHOSH	13-03-2003	TCR	4	47.00	0.219117	65.0	65.0	65.0	-	X	X	X	-	X	X	X	-	-	-	-	-
52kg - Open																						
1	KRITI KUMARI	11-07-1998	EKM	8	51.60	0.204747	135.0	145.0	150.0	145.0 [2]	80.0	82.5	85.0	85.0 [1]	120.0	132.5	135.0	132.5 [2]	362.5	12	74.220788	6
2	DRISHYA SURESH M S	11-12-2000	KKD	11	52.00	0.203655	132.5	145.0	155.0	155.0 [1]	62.5	67.5	72.5	72.5 [4]	122.5	130.0	137.5	130.0 [3]	357.5	9	72.806663	8
3	BHAGYALEKSHMI S	10-03-2000	TCR	10	51.20	0.205862	122.5	135.0	142.5	142.5 [3]	62.5	70.0	75.0	75.0 [2]	120.0	132.5	140.0	132.5 [1]	350.0	8	72.051700	9
4	ANUSHA ASHOK	19-09-1998	KNR	13	52.00	0.203655	115.0	130.0	130.0	115.0 [5]	45.0	50.0	55.0	55.0 [5]	110.0	120.0	132.5	120.0 [4]	290.0	7	59.059950	22
5	ATHULYA V	10-10-2002	TVM	15	51.10	0.206144	90.0	90.0	100.0	100.0 [6]	30.0	37.5	42.5	42.5 [6]	90.0	100.0	115.0	100.0 [6]	242.5	6	49.989920	31
6	AYSHA ALIYA K	01-02-2005	PKD	14	52.00	0.203655	90.0	95.0	100.0	100.0 [7]	40.0	42.5	45.0	42.5 [7]	90.0	97.5	102.5	97.5 [7]	240.0	5	48.877200	34
7	SWETHA SANKARAN	21-06-2001	EKM	16	52.00	0.203655	80.0	90.0	97.5	90.0 [8]	25.0	30.0	32.5	30.0 [8]	90.0	105.0	110.0	110.0 [5]	230.0	4	46.840650	36
-	SEEYA METILDA BAIJU	09-07-2002	ALP	9	51.60	0.204747	132.5	142.5	142.5	132.5 [4]	60.0	72.5	75.0	72.5 [3]	130.0	130.0	X	-	-	-	-	-
57kg - Open																						
1	JWALA JOSE L	17-01-2000	TVM	17	57.00	0.191680	150.0	160.0	170.0	160.0 [1]	75.0	80.0	80.0	80.0 [1]	140.0	150.0	150.0	140.0 [1]	380.0	12	72.838400	7
2	ABHIRAMI V	15-12-2003	ALP	18	53.40	0.200002	110.0	135.0	145.0	145.0 [2]	60.0	70.0	77.5	77.5 [2]	115.0	130.0	145.0	130.0 [3]	352.5	9	70.500705	11
3	ANU JAMES	22-06-1999	TCR	20	55.70	0.194521	115.0	127.5	135.0	127.5 [3]	50.0	60.0	70.0	70.0 [3]	115.0	127.5	135.0	135.0 [2]	332.5	8	64.678233	16
4	THALIYA AJITH	14-01-2004	KNR	19	54.00	0.198512	90.0	100.0	112.5	112.5 [5]	50.0	57.5	57.5	50.0 [4]	100.0	115.0	120.0	115.0 [5]	277.5	7	55.087080	25
5	AMRUTHA DAVIS	30-05-2001	EKM	23	55.10	0.195893	85.0	95.0	105.0	105.0 [6]	30.0	35.0	37.5	35.0 [6]	90.0	105.0	117.5	117.5 [4]	257.5	6	50.442448	30
6	NITHYA KRISHNA K S	23-09-2002	TVM	22	56.70	0.192320	100.0	115.0	120.0	120.0 [4]	40.0	47.5	55.0	47.5 [5]	90.0	105.0	107.5	90.0 [7]	257.5	5	49.522400	33
7	VIDHYA VISWAMBARAN P	28-10-2003	EKM	25	52.20	0.203117	80.0	90.0	95.0	90.0 [7]	27.5	32.5	35.0	32.5 [8]	80.0	95.0	102.5	102.5 [6]	225.0	4	45.701325	38
8	NANDANA K E	09-04-2003	MPM	27	54.70	0.196829	45.0	55.0	65.0	65.0 [8]	25.0	27.5	30.0	27.5 [9]	65.0	75.0	85.0	85.0 [8]	177.5	3	34.937148	45
-	BHAVANA M V	25-07-2002	MPM	62	56.30	0.193188	50.0	50.0	50.0	-	30.0	35.0	37.5	35.0 [7]	70.0	X	X	-	-	-	-	-
63kg - Open																						
1	ABIT JACOB	19-11-1999	KTM	32	63.00	0.180535	140.0	150.0	155.0	150.0 [1]	55.0	60.0	62.5	62.5 [4]	150.0	162.5	167.5	167.5 [1]	380.0	12	68.603300	12
2	NAVYA PRASAD	14-11-2001	ALP	28	63.00	0.180535	110.0	130.0	150.0	150.0 [2]	65.0	77.5	77.5	77.5 [1]	110.0	135.0	147.5	135.0 [4]	362.5	9	65.443938	15
3	NANDANA K V	15-01-2003	KSD	29	62.60	0.181190	127.5	137.5	142.5	142.5 [4]	65.0	70.0	72.5	70.0 [2]	122.5	132.5	140.0	140.0 [3]	352.5	8	63.869475	18
4	SWETHA R	02-04-2005	KKD	30	62.20	0.181857	122.5	135.0	140.0	140.0 [5]	52.5	57.5	60.0	60.0 [5]	132.5	142.5	152.5	142.5 [2]	342.5	7	62.286023	20
5	ATHULYA K V	27-11-2001	KNR	34	62.20	0.181857	130.0	140.0	147.5	147.5 [3]	40.0	47.5	47.5	40.0 [8]	110.0	120.0	130.0	120.0 [6]	307.5	6	55.921028	23
6	ANJANA BA	21-12-2001	TVM	39	62.80	0.180861	110.0	125.0	140.0	125.0 [6]	45.0	55.0	62.5	62.5 [3]	100.0	110.0	117.5	117.5 [7]	305.0	5	55.162605	24
7	AMALU JAMES	02-07-2002	TCR	33	61.30	0.183400	100.0	112.5	125.0	112.5 [7]	40.0	45.0	45.0	45.0 [7]	120.0	132.5	142.5	132.5 [5]	290.0	4	53.186000	26

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	Best [PL]	BP1	BP2	BP3	Best [PL]	DL1	DL2	DL3	Best [PL]	Total	Points	IPF GL Points	Place
8	ANAGA SREEKESH	06-09-2001	TVM	35	59.50	0.186673	100.0	110.0	110.0	100.0 [8]	50.0	55.0	57.5	57.5 [6]	110.0	120.0	120.0	110.0 [8]	267.5	3	49.935028	32
9	ANEESHA SAKKEER	31-08-2006	MPM	37	60.60	0.184642	57.5	57.5	67.5	67.5 [9]	27.5	32.5	35.0	35.0 [9]	75.0	75.0	X	75.0 [9]	177.5	2	32.773955	47
69kg - Open																						
1	MANJUSHA S	22-03-1982	ALP	40	69.00	0.171899	170.0	182.5	182.5	182.5 [1]	90.0	100.0	107.5	107.5 [1]	130.0	140.0	147.5	147.5 [1]	437.5	12	75.205813	5
2	ANJALI S	08-08-2002	PTA	41	68.10	0.173065	125.0	140.0	157.5	157.5 [2]	65.0	75.0	75.0	75.0 [2]	125.0	132.5	137.5	132.5 [3]	365.0	9	63.168725	19
3	BABITHA M BABU	05-02-1998	TCR	42	67.00	0.174548	130.0	140.0	147.5	140.0 [3]	50.0	57.5	62.5	62.5 [3]	130.0	142.5	1462.5	142.5 [2]	345.0	8	60.219060	21
4	ABHIRAMI S	08-10-2006	KKD	43	65.50	0.176678	132.5	142.5	142.5	132.5 [4]	52.5	52.5	52.5	52.5 [4]	112.5	120.0	120.0	112.5 [4]	297.5	7	52.561705	27
5	ANJU MARTIN	01-04-2003	EKM	45	68.40	0.172671	70.0	85.0	85.0	85.0 [5]	30.0	35.0	40.0	40.0 [5]	85.0	100.0	107.5	100.0 [5]	225.0	6	38.850975	43
6	JYOTHIKA E M	15-10-2002	KNR	44	69.00	0.171899	60.0	75.0	85.0	85.0 [6]	30.0	35.0	35.0	35.0 [6]	67.5	67.5	67.5	67.5 [6]	187.5	5	32.231063	48
76kg - Open																						
1	ASWATHI C	02-10-1999	ALP	46	73.40	0.166747	177.5	187.5	197.5	197.5 [1]	77.5	87.5	97.5	97.5 [1]	147.5	157.5	167.5	157.5 [2]	452.5	12	75.453018	4
2	RAJI MOL P	15-05-1994	TVM	48	70.40	0.170164	160.0	172.5	180.0	180.0 [3]	85.0	90.0	95.0	95.0 [2]	155.0	165.0	175.0	175.0 [1]	450.0	9	76.573800	3 <u>☹</u>
3	AJEESHA A	31-10-2000	ALP	47	75.10	0.164974	150.0	175.0	190.0	190.0 [2]	70.0	90.0	95.0	95.0 [3]	145.0	155.0	157.5	145.0 [3]	430.0	8	70.938820	10
4	ANAKHA JUSTIN	11-02-2007	TVM	49	74.90	0.165177	110.0	117.5	125.0	125.0 [4]	35.0	40.0	40.0	35.0 [5]	100.0	107.5	115.0	115.0 [4]	275.0	7	45.423675	39
5	ADITHYA K P	01-06-2004	KNR	50	70.70	0.169805	100.0	100.0	100.0	100.0 [5]	35.0	45.0	45.0	45.0 [4]	90.0	100.0	100.0	100.0 [5]	245.0	6	41.602225	42
84kg - Open																						
1	SONA P T	19-04-1999	KKD	51	84.00	0.157266	142.5	142.5	142.5	142.5 [1]	50.0	55.0	57.5	57.5 [1]	112.5	125.0	130.0	130.0 [4]	330.0	12	51.897780	28
2	REHANA A R	13-11-1997	TCR	52	76.90	0.163213	120.0	132.5	140.0	132.5 [2]	40.0	50.0	52.5	52.5 [2]	120.0	132.5	145.0	132.5 [2]	317.5	9	51.820128	29
3	DEVIKA DINESH	08-02-2001	EKM	55	81.90	0.158875	100.0	110.0	115.0	115.0 [3]	35.0	42.5	42.5	35.0 [5]	130.0	140.0	147.5	140.0 [1]	290.0	8	46.073750	37
4	AMRITHA P	01-03-2002	MPM	53	78.30	0.161921	80.0	100.0	100.0	100.0 [4]	35.0	45.0	50.0	50.0 [3]	110.0	120.0	130.0	130.0 [3]	280.0	7	45.337880	40
5	JENU JACKSON	04-07-2007	ALP	54	79.90	0.160520	60.0	80.0	100.0	100.0 [5]	35.0	42.5	47.5	47.5 [4]	90.0	110.0	120.0	90.0 [5]	237.5	6	38.123500	44
84+Kg - Open																						
1	ARSHANA V V	17-08-1999	KSD	56	105.60	0.145755	225.0	237.5	242.5	242.5 [1]	105.0	112.5	120.0	120.0 [1]	165.0	177.5	190.0	177.5 [1]	540.0	12	78.707700	2 <u>☹</u>
2	ARCHANA SURENDRAN	29-08-2001	TCR	57	108.20	0.144816	202.5	215.0	215.0	202.5 [2]	102.5	110.0	117.5	110.0 [2]	142.5	155.0	155.0	155.0 [2]	467.5	9	67.701480	14
3	ANJANA A V	29-07-1999	TVM	58	112.70	0.143348	150.0	160.0	160.0	160.0 [4]	50.0	55.0	55.0	55.0 [3]	110.0	120.0	132.5	120.0 [3]	335.0	8	48.021580	35
4	NEFLA	21-11-1996	MPM	61	94.20	0.150860	50.0	X	X	50.0 [5]	32.5	X	X	32.5 [4]	80.0	100.0	110.0	110.0 [4]	192.5	7	29.040550	49
-	SOUPARNIKA REMESH	07-08-2004	KNR	60	112.10	0.143533	150.0	162.5	165.0	165.0 [3]	60.0	60.0	60.0	-	X	X	X	-	-	-	-	-

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	ANEESHA M	ALP	47kg	47.00	0.219117	420.0	92.029140
2	ARSHANA V V	KSD	84+kg	105.60	0.145755	540.0	78.707700
3	RAJI MOL P	TVM	76kg	70.40	0.170164	450.0	76.573800

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	54	12+12+12+9+9	378.632614
2	KOZHICODE	44	12+9+9+7+7	308.026234
3	THIRUVANANTHAPURAM	42	12+9+8+7+6	292.847375

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
4	THRISSUR	42	9+9+8+8+8	316.470601
5	ERNAKULAM	36	12+8+6+6+4	256.428611
6	KANNUR	31	7+7+6+6+5	243.901346
7	MALAPPURAM	25	7+7+6+3+2	176.669713
8	KASARAGOD	20	12+8	142.577175
9	PALAKKAD	13	8+5	113.386905
10	KOTTAYAM	12	12	68.603300
11	PATHANAMTHITTA	9	9	63.168725

Abbreviations:

ALP = Alappuzha EKM = Ernakulam KNR = Kannur KSD = Kasaragod KTM = Kottayam KKD = Kozhikode MPM = Malappuram PKD = Palakkad PTA = Pathanamthitta TVM = Thiruvananthapuram TCR = Thrissur