

**KSPLA**  
**Kerala State Senior Men'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                                                                                   |
|--------------------|----------------------|------------|------|-----|---------|----------|------------------|------------------|------------------|------------|------------------|------------------|------------------|-----------|------------------|------------------|------------------|------------|-------|--------|---------------|-----------------------------------------------------------------------------------------|
| <b>59kg - Open</b> |                      |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                         |
| 1                  | ANANDAKRISHNAN R     | 25-01-2002 | ALP  | 1   | 58.78   | 0.146014 | 190.0            | 205.0            | 212.5            | 212.5 [1]  | <del>440.0</del> | 110.0            | 117.5            | 117.5 [1] | 190.0            | 205.0            | 207.5            | 207.5 [1]  | 537.5 | 12     | 78.482525     | 8                                                                                       |
| 2                  | HUSAIN JIHAN I       | 05-05-2001 | KSD  | 5   | 52.20   | 0.160805 | <del>440.0</del> | <del>440.0</del> | 110.0            | 110.0 [2]  | 55.0             | 62.5             | <del>80.5</del>  | 62.5 [2]  | 100.0            | 120.0            | <del>435.0</del> | 120.0 [2]  | 292.5 | 9      | 47.035463     | 37                                                                                      |
| -                  | MUHAMMED SUFIYAN C P | 24-05-2005 | MPM  | 6   | 54.65   | 0.154768 | <del>80.0</del>  | <del>80.0</del>  | <del>80.0</del>  | -          | <del>50.0</del>  | <del>50.0</del>  | <del>50.0</del>  | -         | <del>80.0</del>  | X                | X                | -          | -     | -      | -             | -                                                                                       |
| -                  | RIZWAN MUHAMMED N A  | 09-09-2005 | PKD  | 7   | 56.25   | 0.151184 | 70.0             | <del>72.5</del>  | <del>72.5</del>  | 70.0 [3]   | <del>50.0</del>  | <del>50.0</del>  | <del>50.0</del>  | -         | <del>80.0</del>  | X                | X                | -          | -     | -      | -             | -                                                                                       |
| -                  | VISHNU M             | 09-02-1995 | PKD  | 4   | 58.10   | 0.147348 | <del>440.0</del> | <del>440.0</del> | <del>440.0</del> | -          | <del>85.0</del>  | <del>85.0</del>  | <del>85.0</del>  | -         | <del>450.0</del> | X                | X                | -          | -     | -      | -             | -                                                                                       |
| <b>66kg - Open</b> |                      |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                         |
| 1                  | BIBIN JOY            | 19-03-1996 | TCR  | 9   | 66.00   | 0.133945 | 255.0            | 265.0            | 275.0            | 275.0 [1]  | 155.0            | 162.5            | 170.0            | 170.0 [1] | 220.0            | 230.0            | <del>235.0</del> | 230.0 [1]  | 675.0 | 12     | 90.412875     | 2    |
| 2                  | AKHIL HP             | 05-01-1991 | KLM  | 14  | 63.35   | 0.137974 | 197.5            | <del>207.5</del> | 207.5            | 207.5 [2]  | 97.5             | 105.0            | 112.5            | 112.5 [3] | 200.0            | 210.0            | 220.0            | 220.0 [2]  | 540.0 | 9      | 74.505960     | 11                                                                                      |
| 3                  | ROHAN SATHEESH       | 09-06-2001 | TVM  | 8   | 66.00   | 0.133945 | 180.0            | <del>495.0</del> | 195.0            | 195.0 [3]  | 110.0            | 120.0            | <del>425.0</del> | 120.0 [2] | 170.0            | 180.0            | 185.0            | 185.0 [4]  | 500.0 | 8      | 66.972500     | 20                                                                                      |
| 4                  | MUHAMMED JAVAD V     | 12-05-1998 | KKD  | 11  | 63.85   | 0.137182 | 160.0            | 170.0            | 177.5            | 177.5 [4]  | 100.0            | <del>407.5</del> | <del>467.5</del> | 100.0 [4] | 175.0            | 190.0            | <del>247.5</del> | 190.0 [3]  | 467.5 | 7      | 64.132585     | 26                                                                                      |
| 5                  | DILIP K              | 04-05-1993 | PKD  | 17  | 63.30   | 0.138054 | 160.0            | 165.0            | <del>475.0</del> | 165.0 [6]  | 90.0             | <del>95.0</del>  | <del>95.0</del>  | 90.0 [7]  | <del>475.0</del> | 175.0            | <del>480.0</del> | 175.0 [5]  | 430.0 | 6      | 59.363220     | 29                                                                                      |
| 6                  | SAKSHITH KUMAR N C   | 29-06-2004 | KNR  | 13  | 65.10   | 0.135267 | 172.5            | <del>482.5</del> | <del>482.5</del> | 172.5 [5]  | 92.5             | <del>97.5</del>  | <del>97.5</del>  | 92.5 [5]  | 150.0            | 160.0            | 165.0            | 165.0 [6]  | 430.0 | 5      | 58.164810     | 31                                                                                      |
| 7                  | PRADUL A K           | 08-01-2005 | KSD  | 15  | 65.75   | 0.134307 | 120.0            | 135.0            | 145.0            | 145.0 [7]  | 55.0             | 62.5             | 67.5             | 67.5 [10] | 120.0            | 140.0            | 162.5            | 162.5 [7]  | 375.0 | 4      | 50.365125     | 34                                                                                      |
| 8                  | MARTIN JOY           | 14-07-1993 | EKM  | 18  | 61.50   | 0.141048 | 90.0             | 100.0            | 110.0            | 110.0 [9]  | 70.0             | 80.0             | 90.0             | 90.0 [6]  | 130.0            | 140.0            | 150.0            | 150.0 [8]  | 350.0 | 3      | 49.366800     | 36                                                                                      |
| 9                  | MUHAMMED NIJAD N V   | 14-03-1998 | MPM  | 10  | 59.30   | 0.145020 | 100.0            | 110.0            | <del>442.5</del> | 110.0 [8]  | 70.0             | X                | X                | 70.0 [8]  | 110.0            | 130.0            | 135.0            | 135.0 [9]  | 315.0 | 2      | 45.681300     | 41                                                                                      |
| 10                 | SHYJU P              | 20-05-1989 | KLM  | 16  | 65.75   | 0.134307 | 100.0            | <del>420.0</del> | <del>420.0</del> | 100.0 [10] | <del>70.0</del>  | 70.0             | <del>85.0</del>  | 70.0 [9]  | 100.0            | 110.0            | 120.0            | 120.0 [10] | 290.0 | 1      | 38.949030     | 46                                                                                      |
| <b>74kg - Open</b> |                      |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                         |
| 1                  | SAM IGNATIOUS        | 22-08-1998 | TVM  | 22  | 73.15   | 0.124862 | 230.0            | 245.0            | 257.5            | 257.5 [4]  | 120.0            | 125.0            | 130.0            | 130.0 [4] | 240.0            | 250.0            | 260.0            | 260.0 [1]  | 647.5 | 12     | 80.848145     | 7                                                                                       |
| 2                  | MIDHUN S             | 04-07-1996 | TVM  | 24  | 72.50   | 0.125596 | <del>255.0</del> | 255.0            | 265.0            | 265.0 [2]  | 125.0            | 135.0            | 140.0            | 140.0 [3] | <del>240.0</del> | 240.0            | <del>250.0</del> | 240.0 [2]  | 645.0 | 9      | 81.009420     | 6                                                                                       |
| 3                  | VISHNU SHAJAN        | 03-10-2000 | KSD  | 21  | 71.45   | 0.126816 | 260.0            | <del>272.5</del> | <del>272.5</del> | 260.0 [3]  | 145.0            | 160.0            | <del>470.0</del> | 160.0 [1] | 200.0            | 215.0            | 222.5            | 222.5 [3]  | 642.5 | 8      | 81.479280     | 5                                                                                       |
| 4                  | VISHNU NITHYANAND    | 17-02-1992 | KNR  | 20  | 73.50   | 0.124474 | 225.0            | <del>240.0</del> | 240.0            | 240.0 [5]  | 135.0            | 142.5            | 147.5            | 147.5 [2] | 210.0            | <del>250.0</del> | <del>250.0</del> | 210.0 [4]  | 597.5 | 7      | 74.373215     | 12                                                                                      |
| 5                  | MUHAMMAD ASHIQ T T   | 25-04-2000 | MPM  | 28  | 71.30   | 0.126994 | 165.0            | 175.0            | 185.0            | 185.0 [6]  | 80.0             | 90.0             | <del>95.0</del>  | 90.0 [5]  | 170.0            | <del>480.0</del> | 185.0            | 185.0 [5]  | 460.0 | 6      | 58.417240     | 30                                                                                      |
| 6                  | SNEHAJ SURESH PK     | 29-10-2002 | KKD  | 29  | 71.60   | 0.126639 | 150.0            | 160.0            | 165.0            | 165.0 [7]  | 70.0             | 80.0             | 90.0             | 90.0 [6]  | 150.0            | 160.0            | <del>470.0</del> | 160.0 [6]  | 415.0 | 5      | 52.555185     | 33                                                                                      |
| 7                  | RAHUL JAYAPRAKASH    | 12-06-1998 | KLM  | 30  | 70.20   | 0.128329 | <del>425.0</del> | 125.0            | <del>440.0</del> | 125.0 [8]  | 80.0             | 85.0             | <del>90.0</del>  | 85.0 [7]  | 150.0            | <del>470.0</del> | <del>200.0</del> | 150.0 [7]  | 360.0 | 4      | 46.198440     | 39                                                                                      |
| 8                  | PRAVEEN JAYAPRASAD   | 27-02-1993 | KLM  | 27  | 73.40   | 0.124585 | <del>400.0</del> | 110.0            | 115.0            | 115.0 [9]  | <del>60.0</del>  | <del>65.0</del>  | 65.0             | 65.0 [8]  | <del>440.0</del> | <del>445.0</del> | 115.0            | 115.0 [8]  | 295.0 | 3      | 36.752575     | 47                                                                                      |
| 9                  | MUHAMMED NISAM.P.A   | 08-07-2004 | PKD  | 31  | 73.00   | 0.125030 | <del>80.0</del>  | 80.0             | <del>90.0</del>  | 80.0 [11]  | 55.0             | <del>60.0</del>  | <del>60.0</del>  | 55.0 [9]  | 85.0             | 100.0            | <del>430.0</del> | 100.0 [9]  | 235.0 | 2      | 29.382050     | 51                                                                                      |
| -                  | AHAMMED FAZIL V      | 29-08-2003 | MPM  | 32  | 70.10   | 0.128453 | 80.0             | 90.0             | <del>95.0</del>  | 90.0 [10]  | <del>55.0</del>  | <del>55.0</del>  | <del>55.0</del>  | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                       |
| -                  | ARJUN P VIJAYAN      | 30-12-1997 | KNR  | 25  | 73.55   | 0.124419 | <del>250.0</del> | <del>250.0</del> | <del>250.0</del> | -          | X                | X                | X                | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                       |
| -                  | PRAVEEN P            | 05-10-1996 | ALP  | 19  | 73.70   | 0.124254 | 275.0            | <del>290.0</del> | <del>290.0</del> | 275.0 [1]  | X                | X                | X                | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                       |
| <b>83kg - Open</b> |                      |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                         |
| 1                  | BIJIN SANKI          | 20-03-2000 | TVM  | 34  | 81.30   | 0.116894 | 295.0            | 305.0            | X                | 305.0 [1]  | 165.0            | 175.0            | 182.5            | 182.5 [1] | 275.0            | 290.0            | <del>297.5</del> | 290.0 [1]  | 777.5 | 12     | 90.885085     | 1  |
| 2                  | ASHIL A              | 10-08-2001 | KNR  | 35  | 82.90   | 0.115559 | 240.0            | <del>255.0</del> | 255.0            | 255.0 [3]  | 130.0            | 142.5            | <del>452.5</del> | 142.5 [4] | 240.0            | 252.5            | 267.5            | 267.5 [2]  | 665.0 | 9      | 76.846735     | 10                                                                                      |
| 3                  | ANANTHAKRISHNA K S   | 17-08-2000 | ALP  | 36  | 81.05   | 0.117109 | 250.0            | 265.0            | 272.5            | 272.5 [2]  | <del>450.0</del> | <del>450.0</del> | 150.0            | 150.0 [2] | 210.0            | 225.0            | 240.0            | 240.0 [3]  | 662.5 | 8      | 77.584713     | 9                                                                                       |

| 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                                                                                 |
|---------------|-----------------------|------------|------|-----|---------|----------|------------------|------------------|------------------|------------|------------------|------------------|------------------|-----------|------------------|------------------|------------------|------------|-------|--------|---------------|---------------------------------------------------------------------------------------|
| 4             | MOHAMAD IHSAN S       | 22-02-2002 | IDK  | 38  | 81.90   | 0.116385 | <del>200.0</del> | <del>220.0</del> | 230.0            | 230.0 [5]  | 130.0            | 140.0            | 145.0            | 145.0 [3] | 220.0            | 230.0            | 240.0            | 240.0 [4]  | 615.0 | 7      | 71.576775     | 15                                                                                    |
| 5             | JAI KRISHNAN V        | 05-11-1996 | ALP  | 37  | 81.00   | 0.117152 | 220.0            | 235.0            | 245.0            | 245.0 [4]  | 120.0            | <del>135.0</del> | <del>140.0</del> | 120.0 [5] | 200.0            | <del>215.0</del> | <del>215.0</del> | 200.0 [5]  | 565.0 | 6      | 66.190880     | 22                                                                                    |
| 6             | T S VISHNU            | 20-04-2003 | EKM  | 42  | 76.60   | 0.121229 | 140.0            | X                | X                | 140.0 [7]  | 90.0             | X                | X                | 90.0 [7]  | 180.0            | X                | X                | 180.0 [6]  | 410.0 | 5      | 49.703890     | 35                                                                                    |
| 7             | GANESAN A             | 14-01-1968 | KKD  | 41  | 82.20   | 0.116135 | <del>140.0</del> | <del>140.0</del> | 160.0            | 160.0 [6]  | 75.0             | <del>82.5</del>  | X                | 75.0 [9]  | 140.0            | X                | X                | 140.0 [9]  | 375.0 | 4      | 43.550625     | 43                                                                                    |
| 8             | NITHIN SHAJI          | 01-11-1994 | KLM  | 40  | 78.70   | 0.119211 | <del>100.0</del> | 100.0            | 120.0            | 120.0 [10] | <del>100.0</del> | 110.0            | <del>115.0</del> | 110.0 [6] | 100.0            | 120.0            | 130.0            | 130.0 [10] | 360.0 | 3      | 44.344080     | 42                                                                                    |
| 9             | ALBIN JOHN            | 14-07-2004 | IDK  | 43  | 78.70   | 0.119211 | 100.0            | 120.0            | 135.0            | 135.0 [8]  | 75.0             | <del>90.0</del>  | <del>90.0</del>  | 75.0 [8]  | <del>150.0</del> | 150.0            | <del>180.0</del> | 150.0 [7]  | 360.0 | 2      | 42.915960     | 44                                                                                    |
| 10            | ATHUL KRISHNA K. S    | 11-03-2005 | TCR  | 48  | 80.90   | 0.117238 | 100.0            | <del>120.0</del> | 135.0            | 135.0 [9]  | 57.5             | 62.5             | 67.5             | 67.5 [11] | 120.0            | 140.0            | <del>170.0</del> | 140.0 [8]  | 342.5 | 1      | 40.154015     | 45                                                                                    |
| 11            | EDWIN D PALLIPARAMBIL | 19-04-2005 | TCR  | 49  | 79.20   | 0.118751 | 85.0             | 110.0            | <del>140.0</del> | 110.0 [11] | 57.5             | 62.5             | 67.5             | 67.5 [10] | 95.0             | 110.0            | <del>140.0</del> | 110.0 [11] | 287.5 | 1      | 34.140913     | 50                                                                                    |
| 12            | AJEEB RAHMAN K        | 20-10-1999 | MPM  | 47  | 80.00   | 0.118029 | 70.0             | 75.0             | <del>80.0</del>  | 75.0 [14]  | 40.0             | 45.0             | 50.0             | 50.0 [12] | 75.0             | 85.0             | X                | 85.0 [12]  | 210.0 | 1      | 24.786090     | 52                                                                                    |
| -             | SAFEER HUSSAIN        | 16-12-2004 | PKD  | 46  | 74.10   | 0.123819 | 90.0             | <del>100.0</del> | 100.0            | 100.0 [12] | <del>57.5</del>  | <del>57.5</del>  | <del>57.5</del>  | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                     |
| -             | SANJID SAINUDHEEN P   | 08-07-2004 | PKD  | 44  | 81.40   | 0.116809 | 90.0             | <del>95.0</del>  | 95.0             | 95.0 [13]  | <del>57.5</del>  | <del>57.5</del>  | <del>57.5</del>  | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                     |
| 93kg - Open   |                       |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                       |
| 1             | AKASH BINU            | 16-09-1997 | KKD  | 50  | 92.85   | 0.108539 | 332.5            | 352.5            | <del>365.0</del> | 352.5 [1]  | 172.5            | <del>185.0</del> | X                | 172.5 [1] | 272.5            | <del>282.5</del> | <del>282.5</del> | 272.5 [1]  | 797.5 | 12     | 86.559853     | 3  |
| 2             | ABHISHEK P V          | 03-08-2002 | KNR  | 53  | 91.70   | 0.109252 | 230.0            | 240.0            | 250.0            | 250.0 [2]  | 130.0            | <del>142.5</del> | <del>142.5</del> | 130.0 [2] | 220.0            | 237.5            | 247.5            | 247.5 [2]  | 627.5 | 9      | 68.555630     | 19                                                                                    |
| 3             | ADITHYAN SN           | 19-08-2002 | TVM  | 55  | 91.80   | 0.109189 | 210.0            | 222.5            | 232.5            | 232.5 [3]  | 100.0            | 117.5            | 127.5            | 127.5 [3] | 210.0            | 225.0            | 235.0            | 235.0 [3]  | 595.0 | 8      | 64.967455     | 25                                                                                    |
| 4             | RISHIN RAJENDRAN      | 30-12-1999 | KSD  | 52  | 83.60   | 0.114995 | <del>225.0</del> | 225.0            | <del>235.0</del> | 225.0 [4]  | 115.0            | <del>122.5</del> | <del>125.0</del> | 115.0 [4] | 210.0            | 225.0            | <del>235.0</del> | 225.0 [4]  | 565.0 | 7      | 64.972175     | 24                                                                                    |
| 5             | GODWIN K G            | 19-09-2000 | EKM  | 57  | 92.60   | 0.108692 | 150.0            | X                | X                | 150.0 [5]  | 100.0            | X                | X                | 100.0 [5] | <del>180.0</del> | 180.0            | X                | 180.0 [5]  | 430.0 | 6      | 46.737560     | 38                                                                                    |
| 6             | ASUTHOSH DAYAL P      | 25-09-1997 | MPM  | 60  | 85.30   | 0.113674 | 80.0             | 90.0             | 100.0            | 100.0 [6]  | 65.0             | 75.0             | 80.0             | 80.0 [6]  | 110.0            | 140.0            | <del>160.0</del> | 140.0 [6]  | 320.0 | 5      | 36.375680     | 48                                                                                    |
| -             | SONU BINOY            | 25-12-2004 | MPM  | 61  | 84.40   | 0.114365 | <del>90.0</del>  | <del>90.0</del>  | <del>90.0</del>  | -          | X                | X                | X                | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                     |
| -             | MUHAMMED SHIYAS       | 23-10-2004 | IDK  | 59  | 86.70   | 0.112635 | <del>90.0</del>  | 90.0             | <del>92.5</del>  | 90.0 [8]   | <del>60.0</del>  | <del>60.0</del>  | <del>60.0</del>  | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                     |
| -             | MUHAMMED MISTHAH K U  | 04-08-2006 | PKD  | 58  | 89.90   | 0.110414 | 90.0             | <del>92.5</del>  | <del>92.5</del>  | 92.5 [7]   | <del>60.0</del>  | <del>60.0</del>  | <del>60.0</del>  | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                     |
| 105kg - Open  |                       |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                       |
| 1             | KIRAN K P             | 26-01-1993 | TCR  | 62  | 105.00  | 0.102213 | 300.0            | <del>315.0</del> | X                | 300.0 [3]  | 190.0            | 200.0            | <del>210.0</del> | 200.0 [1] | <del>220.0</del> | <del>220.0</del> | 220.0            | 220.0 [3]  | 720.0 | 12     | 73.593360     | 14                                                                                    |
| 2             | KIRAN K K             | 03-03-1996 | TCR  | 63  | 101.20  | 0.103980 | 240.0            | 265.0            | 300.0            | 300.0 [2]  | 120.0            | 140.0            | <del>150.0</del> | 140.0 [4] | 220.0            | 232.5            | 247.5            | 247.5 [1]  | 687.5 | 9      | 71.486250     | 16                                                                                    |
| 3             | JIMMY DAS             | 24-05-1978 | TVM  | 65  | 100.90  | 0.104127 | 300.0            | <del>325.0</del> | X                | 300.0 [1]  | 175.0            | 185.0            | <del>200.0</del> | 185.0 [2] | 180.0            | 200.0            | <del>215.0</del> | 200.0 [4]  | 685.0 | 8      | 71.326995     | 17                                                                                    |
| 4             | MURSHID HUSSAIN       | 18-06-1999 | KKD  | 66  | 103.40  | 0.102936 | <del>262.5</del> | 272.5            | <del>290.0</del> | 272.5 [4]  | 132.5            | 145.0            | 155.0            | 155.0 [3] | 242.5            | <del>265.0</del> | <del>270.0</del> | 242.5 [2]  | 670.0 | 7      | 68.967120     | 18                                                                                    |
| 5             | SOBIN P T             | 26-09-2004 | KKD  | 69  | 98.00   | 0.105608 | 162.5            | 175.0            | 190.0            | 190.0 [5]  | 65.0             | 70.0             | 75.0             | 75.0 [6]  | 152.5            | 170.0            | <del>180.0</del> | 170.0 [6]  | 435.0 | 6      | 45.939480     | 40                                                                                    |
| -             | ADISH K V             | 01-01-2000 | KSD  | 68  | 97.80   | 0.105715 | <del>170.0</del> | <del>170.0</del> | <del>190.0</del> | -          | 70.0             | 80.0             | 90.0             | 90.0 [5]  | 130.0            | 150.0            | 180.0            | 180.0 [5]  | -     | -      | -             | -                                                                                     |
| 120kg - Open  |                       |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                       |
| 1             | CHETAS MOHAN          | 11-05-2001 | KNR  | 70  | 113.80  | 0.098708 | <del>270.0</del> | 270.0            | 285.0            | 285.0 [1]  | 135.0            | 145.0            | 150.0            | 150.0 [3] | 220.0            | 232.5            | 240.0            | 240.0 [2]  | 675.0 | 12     | 66.627900     | 21                                                                                    |
| 2             | BENTO BIJU JOHN       | 26-02-2003 | TVM  | 72  | 107.30  | 0.101223 | <del>240.0</del> | 250.0            | <del>260.0</del> | 250.0 [3]  | 150.0            | 160.0            | <del>175.0</del> | 160.0 [1] | 230.0            | <del>240.0</del> | 240.0            | 240.0 [1]  | 650.0 | 9      | 65.794950     | 23                                                                                    |
| 3             | VISHNU MOHAN V M      | 18-08-2000 | IDK  | 73  | 111.40  | 0.099591 | <del>225.0</del> | 235.0            | 242.5            | 242.5 [4]  | 145.0            | 157.5            | <del>162.5</del> | 157.5 [2] | 225.0            | <del>242.5</del> | <del>242.5</del> | 225.0 [3]  | 625.0 | 8      | 62.244375     | 27                                                                                    |
| 4             | MUHAMMED M            | 10-01-2002 | KSD  | 74  | 120.00  | 0.096645 | <del>152.5</del> | 152.5            | <del>170.0</del> | 152.5 [5]  | <del>70.0</del>  | 70.0             | <del>80.0</del>  | 70.0 [4]  | 152.5            | <del>172.5</del> | <del>172.5</del> | 152.5 [4]  | 375.0 | 7      | 36.241875     | 49                                                                                    |
| -             | PRASANTH K M          | 24-10-2003 | KKD  | 71  | 107.50  | 0.101139 | <del>272.5</del> | 272.5            | <del>282.5</del> | 272.5 [2]  | X                | X                | X                | -         | X                | X                | X                | -          | -     | -      | -             | -                                                                                     |
| 120+Kg - Open |                       |            |      |     |         |          |                  |                  |                  |            |                  |                  |                  |           |                  |                  |                  |            |       |        |               |                                                                                       |
| 1             | ASIF ALI B S          | 31-07-1994 | TVM  | 75  | 126.20  | 0.094855 | 360.0            | X                | X                | 360.0 [1]  | 240.0            | X                | X                | 240.0 [1] | 275.0            | 295.0            | <del>302.5</del> | 295.0 [1]  | 895.0 | 12     | 84.895225     | 4                                                                                     |
| 2             | AJAY JAMES            | 22-09-1998 | ALP  | 76  | 123.20  | 0.095690 | <del>290.0</del> | <del>300.0</del> | 300.0            | 300.0 [2]  | 180.0            | 195.0            | 205.0            | 205.0 [2] | 250.0            | 270.0            | <del>290.0</del> | 270.0 [2]  | 775.0 | 9      | 74.159750     | 13                                                                                    |
| 3             | AKSHAY P G            | 26-09-2000 | KNR  | 77  | 120.40  | 0.096522 | 250.0            | 265.0            | 280.0            | 280.0 [3]  | 125.0            | 132.5            | <del>140.0</del> | 132.5 [4] | 210.0            | 222.5            | <del>227.5</del> | 222.5 [3]  | 635.0 | 8      | 61.291470     | 28                                                                                    |
| 4             | BABUJI R K            | 07-09-1992 | KKD  | 78  | 120.40  | 0.096522 | 200.0            | X                | X                | 200.0 [4]  | 150.0            | 160.0            | <del>162.5</del> | 160.0 [3] | 190.0            | 212.5            | <del>227.5</del> | 212.5 [4]  | 572.5 | 7      | 55.258845     | 32                                                                                    |

| 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 |
|-------|---------------|------------|------|-----|---------|----------|------------------|------------------|------------------|-----------|-----|-----|-----|-----------|-----|-----|-----|-----------|-------|--------|---------------|-------|
| -     | ANNEX ALAKKAL | 02-02-2005 | KSD  | 79  | 121.90  | 0.096070 | <del>240.0</del> | <del>240.0</del> | <del>240.0</del> | -         | X   | X   | X   | -         | X   | X   | X   | -         | -     | -      | -             | -     |

| Best Lifter - Open |             |      |         |        |          |       |               |
|--------------------|-------------|------|---------|--------|----------|-------|---------------|
| Place              | Name        | Team | Wt.Cat. | Bd.Wt. | Coeff.   | Total | IPF GL Points |
| 1                  | BIJIN SANKI | TVM  | 83kg    | 81.30  | 0.116894 | 777.5 | 90.885085     |
| 2                  | BIBIN JOY   | TCR  | 66kg    | 66.00  | 0.133945 | 675.0 | 90.412875     |
| 3                  | AKASH BINU  | KKD  | 93kg    | 92.85  | 0.108539 | 797.5 | 86.559853     |

| Team Championship - Open |                    |        |              |               |
|--------------------------|--------------------|--------|--------------|---------------|
| Place                    | Team               | Points | Best Points  | IPF GL Points |
| 1                        | THIRUVANANTHAPURAM | 54     | 12+12+12+9+9 | 403.432825    |
| 2                        | KANNUR             | 45     | 12+9+9+8+7   | 347.694950    |
| 3                        | KOZHIKODE          | 39     | 12+7+7+7+6   | 320.857883    |
| 4                        | THRISSUR           | 35     | 12+12+9+1+1  | 309.787413    |
| 5                        | ALAPPUZHA          | 35     | 12+9+8+6     | 296.417868    |
| 6                        | KASARAGOD          | 35     | 9+8+7+7+4    | 280.093918    |
| 7                        | KOLLAM             | 20     | 9+4+3+3+1    | 240.750085    |
| 8                        | IDUKKI             | 17     | 8+7+2        | 176.737110    |
| 9                        | ERNAKULAM          | 14     | 6+5+3        | 145.808250    |
| 10                       | MALAPPURAM         | 14     | 6+5+2+1      | 165.260310    |
| 11                       | PALAKKAD           | 8      | 6+2          | 88.745270     |

Abbreviations:

ALP = Alappuzha    EKM = Ernakulam    IDK = Idukki    KNR = Kannur    KSD = Kasaragod    KLM = Kollam    KKD = Kozhikode    MPM = Malappuram    PKD = Palakkad    TVM = Thiruvananthapuram    TCR = Thrissur