

KSPLA
Kerala State Women's Classic Powerlifting Championship 2022
Fort Kochi, Ernakulam - 29-07-2022 to 31-07-2022
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	SANDRA SANTHOSH	13-03-2003	EKM	12	46.74	0.278736	65.0	65.0	72.5	65.0 [1]	27.5	30.0	32.5	30.0 [1]	90.0	100.0	105.0	105.0 [1]	200.0	12	55.747200	10
2	ANUPAMA P P	06-07-2002	EKM	11	43.66	0.299400	40.0	45.0	50.0	50.0 [2]	22.5	25.0	27.5	25.0 [2]	75.0	80.0	82.5	82.5 [2]	157.5	9	47.155500	20
-	FATHIMA FASNA V	02-05-2007	PKD	10	39.00	0.342666	30.0	32.5	32.5	30.0 [4]	20.0	20.0	20.0	-	X	X	X	-	-	-	-	-
-	SARIGA E S	20-01-2005	MPM	13	39.00	0.342666	40.0	45.0	50.0	45.0 [3]	20.0	20.0	20.0	-	X	X	X	-	-	-	-	-
-	FATHIMA	27-06-2007	PKD	9	41.66	0.315823	30.0	30.0	30.0	-	X	X	X	-	X	X	X	-	-	-	-	-
52kg - Open																						
1	MEKHA SAJAN	18-03-1998	TVM	23	52.00	0.252508	70.0	77.5	82.5	82.5 [2]	37.5	42.5	45.0	45.0 [1]	90.0	100.0	107.5	100.0 [3]	227.5	12	57.445570	8
2	VIDHYA VISWAMBARAN P	28-10-2003	EKM	24	49.70	0.262836	70.0	77.5	82.5	82.5 [1]	30.0	35.0	37.5	35.0 [2]	90.0	100.0	102.5	102.5 [1]	220.0	9	57.823920	7
3	PREETHI PRASANNAN	16-02-1997	TVM	22	50.62	0.258517	60.0	70.0	70.0	60.0 [4]	25.0	30.0	32.5	30.0 [3]	90.0	100.0	105.0	100.0 [2]	190.0	8	49.118230	17
4	VISHNUPRIYA P	05-07-1994	KLM	21	49.20	0.265298	50.0	60.0	65.0	65.0 [3]	25.0	25.0	27.5	27.5 [4]	80.0	85.0	90.0	90.0 [4]	182.5	7	48.416885	18
57kg - Open																						
1	RESHMA G	04-07-2001	TVM	43	56.32	0.236705	80.0	87.5	92.5	87.5 [1]	40.0	45.0	47.5	45.0 [1]	92.5	97.5	107.5	107.5 [1]	240.0	12	56.809200	9
2	REGIMOL M R	26-05-1988	KNR	45	52.75	0.249457	65.0	70.0	70.0	70.0 [2]	20.0	25.0	30.0	30.0 [2]	70.0	75.0	80.0	80.0 [2]	180.0	9	44.902260	21
63kg - Open																						
1	AMALU JAMES	02-07-2002	EKM	60	60.42	0.224954	90.0	95.0	97.5	97.5 [1]	40.0	42.5	45.0	42.5 [1]	120.0	130.0	135.0	130.0 [1]	270.0	12	60.737580	5
2	ATHULYAMOL P. L	21-08-2001	EKM	61	61.60	0.222029	80.0	85.0	87.5	87.5 [2]	30.0	35.0	35.0	30.0 [2]	95.0	107.5	115.0	115.0 [2]	232.5	9	51.621743	16
3	SHARANYA A M	14-08-1990	KSD	59	61.60	0.222029	30.0	40.0	X	40.0 [3]	20.0	25.0	X	25.0 [3]	40.0	60.0	X	60.0 [3]	125.0	8	27.753625	23
69kg - Open																						
1	MANJUSHA S	22-03-1982	ALP	79	69.00	0.207173	130.0	142.5	150.0	142.5 [1]	75.0	85.0	92.5	92.5 [1]	130.0	140.0	145.0	145.0 [1]	380.0	12	78.725740	1 
2	BABITHA M BABU	05-02-1998	EKM	81	68.10	0.208708	110.0	117.5	125.0	117.5 [2]	45.0	47.5	50.0	47.5 [2]	110.0	122.5	132.5	132.5 [2]	297.5	9	62.090630	4
3	ANJU MARTIN	01-04-2003	TCR	80	67.80	0.209235	90.0	100.0	107.5	100.0 [3]	40.0	42.5	45.0	45.0 [3]	95.0	102.5	110.0	110.0 [4]	255.0	8	53.354925	12
4	ASRITHA	19-10-1997	KKD	78	66.10	0.212363	60.0	60.0	75.0	75.0 [4]	32.5	35.0	37.5	35.0 [4]	80.0	112.5	132.5	112.5 [3]	222.5	7	47.250768	19
76kg - Open																						
1	REHANA A R	13-11-1997	EKM	98	75.66	0.197575	110.0	112.5	115.0	115.0 [1]	45.0	50.0	50.0	45.0 [2]	110.0	125.0	135.0	135.0 [1]	295.0	12	58.284625	6
2	ANJU A S	28-08-2002	TVM	96	70.40	0.204910	85.0	95.0	95.0	95.0 [2]	35.0	40.0	42.5	42.5 [3]	105.0	112.5	120.0	120.0 [2]	257.5	9	52.764325	14
3	SIVYA ROSE M	10-09-1989	KNR	97	68.76	0.207576	90.0	100.0	100.0	90.0 [3]	45.0	50.0	55.0	50.0 [1]	100.0	110.0	115.0	115.0 [3]	255.0	8	52.931880	13
84kg - Open																						
1	NELSAMOL P SAJI	06-06-1998	EKM	112	84.00	0.188849	130.0	140.0	147.5	147.5 [1]	52.5	57.5	57.5	57.5 [1]	140.0	155.0	167.5	167.5 [1]	372.5	12	70.346253	2 
2	LINCY SOLOMAN	27-08-1998	TVM	111	83.50	0.189292	110.0	120.0	125.0	120.0 [2]	47.5	50.0	50.0	47.5 [2]	110.0	120.0	130.0	120.0 [3]	287.5	9	54.421450	11
3	LEKSHMI B	12-07-1999	TVM	110	76.18	0.196937	100.0	115.0	115.0	115.0 [3]	30.0	37.5	37.5	30.0 [3]	100.0	120.0	142.5	120.0 [2]	265.0	8	52.188305	15
84+Kg - Open																						
1	ARCHANA SURENDRAN	29-08-2001	TCR	122	113.80	0.173086	150.0	165.0	X	165.0 [1]	70.0	75.0	80.0	80.0 [1]	130.0	X	X	130.0 [1]	375.0	12	64.907250	3 
2	SREELEKSHMI S. S	08-10-2004	TVM	123	84.10	0.188761	70.0	70.0	80.0	80.0 [2]	30.0	35.0	40.0	40.0 [2]	70.0	85.0	95.0	95.0 [2]	215.0	9	40.583615	22

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	MANJUSHA S	ALP	69kg	69.00	0.207173	380.0	78.725740
2	NELSAMOL P SAJI	EKM	84kg	84.00	0.188849	372.5	70.346253
3	ARCHANA SURENDRAN	TCR	84+kg	113.80	0.173086	375.0	64.907250

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	57	12+12+12+12+9	307.206288
2	THIRUVANANTHAPURAM	51	12+12+9+9+9	262.024160
3	THRISSUR	20	12+8	118.262175
4	KANNUR	17	9+8	97.834140
5	ALAPPUZHA	12	12	78.725740
6	KASARAGOD	8	8	27.753625
7	KOLLAM	7	7	48.416885
8	KOZHIKODE	7	7	47.250768
-	PALAKKAD	-	-	-
-	MALAPPURAM	-	-	-

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
43kg - Sub Junior																						
1	PRAGATHI P NAIR	05-05-2005	KKD	1	43.00	0.304519	52.5	60.0	65.0	65.0 [2]	25.0	30.0	32.5	32.5 [2]	92.5	102.5	442.5	102.5 [1]	200.0	12	60.903800	8
2	DHINA BAIJU	18-07-2007	ALP	3	42.20	0.311112	50.0	60.0	72.5	60.0 [3]	35.0	40.0	40.0	40.0 [1]	70.0	87.5	95.0	95.0 [2]	195.0	9	60.666840	9
3	AKHILA J	20-12-2005	PKD	5	42.34	0.309926	75.0	75.0	80.0	75.0 [1]	30.0	35.0	35.0	30.0 [4]	90.0	405.0	405.0	90.0 [3]	195.0	8	60.435570	10
4	GOWRI S R	27-01-2008	TVM	2	42.10	0.311968	50.0	55.0	57.5	57.5 [4]	25.0	30.0	32.5	30.0 [3]	75.0	85.0	400.0	85.0 [4]	172.5	7	53.814480	15
47kg - Sub Junior																						
1	ANJANA KRISHNA V K	12-09-2000	KKD	14	46.40	0.280787	87.5	92.5	100.0	100.0 [1]	45.0	47.5	50.0	50.0 [1]	112.5	115.0	425.0	115.0 [1]	265.0	12	74.408555	1 <u>W</u>
2	ASHITHA M J	03-06-2005	TCR	15	46.40	0.280787	55.0	55.0	67.5	55.0 [2]	20.0	22.5	25.0	22.5 [2]	75.0	82.5	87.5	87.5 [2]	165.0	9	46.329855	29
3	MEENAKSHI RAVI	26-09-2008	EKM	17	46.10	0.282640	40.0	40.0	50.0	50.0 [3]	20.0	20.0	22.5	20.0 [4]	50.0	60.0	70.0	70.0 [3]	140.0	8	39.569600	41
4	AISHWARYA KRISHNAN	06-04-2006	KSD	4	45.40	0.287130	30.0	40.0	40.0	30.0 [4]	20.0	22.5	22.5	20.0 [3]	50.0	60.0	70.0	60.0 [4]	110.0	7	31.584300	52
52kg - Sub Junior																						
1	DANIYA ANTONY	17-01-2005	WYD	34	50.32	0.259897	75.0	85.0	92.5	85.0 [1]	40.0	45.0	50.0	45.0 [1]	100.0	110.0	120.0	120.0 [1]	250.0	12	64.974250	4
2	NIDA S	23-08-2005	KKD	25	50.32	0.259897	47.5	52.5	57.5	57.5 [8]	37.5	40.0	42.5	42.5 [2]	95.0	105.0	407.5	105.0 [2]	205.0	9	53.278885	16
3	NEHA S	28-04-2008	KKD	26	50.84	0.257523	62.5	72.5	80.0	72.5 [2]	32.5	37.5	37.5	32.5 [4]	82.5	90.0	90.0	82.5 [3]	187.5	8	48.285563	27
4	KAVYENDU S	19-02-2006	ALP	29	51.64	0.254024	60.0	75.0	80.0	60.0 [5]	30.0	37.5	40.0	37.5 [3]	70.0	82.5	90.0	70.0 [9]	167.5	7	42.549020	32
5	ARDRA S	06-09-2004	ALP	28	51.60	0.254195	60.0	70.0	70.0	60.0 [4]	22.5	27.5	30.0	30.0 [6]	70.0	75.0	75.0	75.0 [5]	165.0	6	41.942175	33
6	MINERVA A. A	14-01-2010	TCR	33	51.06	0.256543	60.0	65.0	70.0	65.0 [3]	20.0	25.0	27.5	27.5 [7]	60.0	65.0	70.0	70.0 [8]	162.5	5	41.688238	34
7	NEHA BENEDICT	04-02-2010	PTA	31	50.42	0.259434	40.0	52.5	52.5	52.5 [9]	25.0	30.0	32.5	30.0 [5]	60.0	72.5	77.5	77.5 [4]	160.0	4	41.509440	35
8	SANCHAL MARY	28-07-2006	IDK	32	51.90	0.252926	40.0	55.0	60.0	60.0 [6]	20.0	27.5	27.5	20.0 [11]	60.0	65.0	75.0	75.0 [6]	155.0	3	39.203530	42
9	SAMIYA T H	12-08-2010	PTA	30	48.10	0.271019	47.5	52.5	57.5	57.5 [7]	20.0	22.5	22.5	20.0 [9]	65.0	75.0	75.0	65.0 [10]	142.5	2	38.620208	44

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
10	ASHWATHI KRISHNAN M	27-04-2009	KSD	16	52.00	0.252508	35.0	35.0	40.0	35.0 [11]	20.0	22.5	25.0	25.0 [8]	50.0	65.0	75.0	75.0 [7]	135.0	1	34.088580	50
11	ANNA DELNA RAJU	29-10-2005	TCR	27	48.50	0.268888	30.0	37.5	50.0	37.5 [10]	20.0	22.5	22.5	20.0 [10]	50.0	50.0	50.0	50.0 [11]	107.5	1	28.905460	54
57kg - Sub Junior																						
1	ANOOJA A	11-08-2005	ALP	49	56.62	0.235751	80.0	87.5	95.0	87.5 [1]	50.0	55.0	60.0	60.0 [1]	110.0	120.0	130.0	130.0 [1]	277.5	12	65.420903	3 <u>W</u>
2	ASWATHI A T	14-02-2005	KKD	48	56.60	0.235814	72.5	80.0	80.0	80.0 [2]	32.5	37.5	37.5	37.5 [2]	92.5	102.5	110.0	102.5 [2]	220.0	9	51.879080	19
3	GOURI SHANKAR C S	23-09-2007	EKM	53	52.12	0.252010	60.0	65.0	65.0	65.0 [4]	30.0	35.0	37.5	35.0 [3]	75.0	85.0	90.0	90.0 [3]	190.0	8	47.881900	28
4	ASHNA V. S	08-03-2008	PKD	52	56.30	0.236769	70.0	70.0	80.0	70.0 [3]	27.5	30.0	32.5	30.0 [5]	80.0	85.0	90.0	85.0 [4]	185.0	7	43.802265	31
5	NIDHINA B MANOJ	25-09-2007	PTA	50	57.00	0.234566	52.5	57.5	62.5	57.5 [5]	22.5	27.5	32.5	32.5 [4]	72.5	82.5	102.5	82.5 [5]	172.5	6	40.462635	37
6	DURGA K	11-04-2008	KKD	47	52.80	0.249259	42.5	50.0	55.0	50.0 [7]	22.5	25.0	27.5	27.5 [6]	62.5	67.5	72.5	72.5 [6]	150.0	5	37.388850	48
7	SAMYUKTHA J	08-04-2006	KNR	51	55.68	0.238797	40.0	45.0	52.5	52.5 [6]	20.0	22.5	25.0	25.0 [7]	50.0	60.0	60.0	60.0 [7]	137.5	4	32.834588	51
63kg - Sub Junior																						
1	SWETHA R	02-04-2005	KKD	62	59.60	0.227098	92.5	97.5	102.5	97.5 [3]	50.0	55.0	57.5	57.5 [1]	112.5	120.0	130.0	130.0 [1]	285.0	12	64.722930	5
2	RADHIKA SURESH	06-04-2006	ALP	65	62.60	0.219687	90.0	100.0	105.0	100.0 [2]	35.0	45.0	50.0	50.0 [3]	100.0	110.0	122.5	122.5 [2]	272.5	9	59.864708	12
3	ASWANI S	27-04-2007	ALP	66	61.06	0.223345	80.0	92.5	100.0	100.0 [1]	50.0	55.0	57.5	57.5 [2]	95.0	105.0	112.5	112.5 [4]	270.0	8	60.303150	11
4	GAYATHRI S KAMMATH	18-03-2005	PTA	67	62.92	0.218962	80.0	85.0	90.0	90.0 [5]	50.0	55.0	55.0	50.0 [4]	100.0	110.0	115.0	115.0 [3]	255.0	7	55.835310	14
5	AVERIN DCRUZ	18-07-2007	EKM	70	62.68	0.219505	75.0	90.0	90.0	75.0 [6]	32.5	37.5	40.0	37.5 [5]	90.0	100.0	110.0	110.0 [5]	222.5	6	48.839863	26
6	ANUPA JUSTIN	04-01-2009	TVM	63	58.70	0.229562	80.0	87.5	92.5	92.5 [4]	30.0	35.0	40.0	35.0 [6]	80.0	90.0	95.0	90.0 [7]	217.5	5	49.929735	22
7	SHAHANA S S	06-07-2007	TVM	64	63.00	0.218783	45.0	55.0	57.5	57.5 [7]	25.0	27.5	30.0	30.0 [9]	70.0	80.0	95.0	95.0 [6]	182.5	4	39.927898	40
8	ASHWANI HARIKUMAR	10-01-2008	IDK	69	58.08	0.231332	45.0	50.0	55.0	55.0 [8]	22.5	27.5	32.5	32.5 [8]	60.0	67.5	75.0	75.0 [9]	162.5	3	37.591450	46
9	DEVANANDA .V	29-05-2007	PTA	68	57.12	0.234197	30.0	40.0	45.0	45.0 [9]	25.0	30.0	32.5	32.5 [7]	50.0	67.5	77.5	77.5 [8]	155.0	2	36.300535	49
69kg - Sub Junior																						
1	ALKA RAGHAV	30-04-2004	KSD	87	69.00	0.207173	115.0	122.5	132.5	132.5 [1]	50.0	55.0	60.0	60.0 [1]	115.0	127.5	140.0	140.0 [1]	332.5	12	68.885023	2 <u>W</u>
2	ABHIRAMI S	08-10-2006	KKD	82	64.60	0.215346	92.5	100.0	105.0	105.0 [2]	42.5	47.5	52.5	52.5 [2]	92.5	100.0	112.5	112.5 [2]	270.0	9	58.143420	13
3	ABHIRAMI SATHEESAN	27-11-2006	TVM	83	69.00	0.207173	80.0	85.0	97.5	97.5 [3]	30.0	35.0	37.5	37.5 [5]	80.0	95.0	105.0	105.0 [4]	240.0	8	49.721520	23
4	SREESHNA N	01-06-2004	KNR	86	66.50	0.211604	80.0	87.5	90.0	80.0 [5]	40.0	45.0	47.5	47.5 [3]	90.0	95.0	105.0	105.0 [3]	232.5	7	49.197930	25
5	NETTALIYA BENEDICT	28-03-2006	ALP	85	63.48	0.217723	80.0	80.0	90.0	90.0 [4]	35.0	40.0	45.0	45.0 [4]	80.0	95.0	105.0	95.0 [5]	230.0	6	50.076290	21
6	NIKHITHA S NAIR	26-07-2007	EKM	88	66.30	0.211982	50.0	60.0	70.0	70.0 [6]	20.0	25.0	27.5	27.5 [6]	60.0	70.0	85.0	85.0 [6]	182.5	5	38.686715	43
7	ANN RACHEL ANSEL	27-09-2010	EKM	89	64.26	0.216054	45.0	50.0	50.0	45.0 [7]	20.0	22.5	25.0	22.5 [7]	55.0	60.0	75.0	75.0 [7]	142.5	4	30.787695	53
76kg - Sub Junior																						
1	AYISHA BEEGAM C V	04-10-2004	KKD	99	73.00	0.201071	107.5	115.0	120.0	120.0 [1]	50.0	52.5	55.0	55.0 [1]	120.0	132.5	147.5	132.5 [1]	307.5	12	61.829333	7
2	ANAKHA JUSTIN	11-02-2007	TVM	100	75.44	0.197849	95.0	105.0	117.5	105.0 [2]	35.0	40.0	42.5	42.5 [2]	100.0	110.0	117.5	117.5 [2]	265.0	9	52.429985	17
3	CHANDRALEKHA J	24-04-2009	ALP	101	71.20	0.203680	65.0	75.0	85.0	85.0 [3]	30.0	40.0	45.0	40.0 [3]	70.0	85.0	95.0	95.0 [3]	220.0	8	44.809600	30
4	JENU JACKSON	04-07-2007	PTA	102	74.84	0.198610	50.0	60.0	72.5	72.5 [5]	30.0	37.5	40.0	37.5 [4]	80.0	95.0	110.0	95.0 [4]	205.0	7	40.715050	36
5	SURANJINI S	10-07-2007	PTA	103	70.70	0.204444	60.0	70.0	80.0	80.0 [4]	22.5	27.5	30.0	27.5 [5]	70.0	80.0	90.0	80.0 [5]	187.5	6	38.333250	45
84kg - Sub Junior																						
1	DEVANANDHA O S	19-07-2004	EKM	116	83.42	0.189364	100.0	110.0	115.0	115.0 [1]	40.0	45.0	50.0	40.0 [1]	100.0	110.0	120.0	120.0 [2]	275.0	12	52.075100	18
2	NIKHITHA N D	03-04-2005	TVM	114	77.20	0.195727	95.0	102.5	110.0	110.0 [2]	30.0	32.5	35.0	32.5 [3]	105.0	112.5	117.5	117.5 [3]	260.0	9	50.889020	20
3	KALYANI R NAIR	05-09-2004	TVM	113	83.10	0.189654	90.0	97.5	102.5	102.5 [3]	30.0	35.0	37.5	37.5 [2]	90.0	105.0	120.0	120.0 [1]	260.0	8	49.310040	24
4	PRIYANKA PREMKUMAR	14-01-2005	PTA	115	81.24	0.191412	60.0	72.5	80.0	80.0 [4]	25.0	30.0	37.5	30.0 [4]	70.0	80.0	100.0	100.0 [4]	210.0	7	40.196520	39

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
84+Kg - Sub Junior																						
1	AMEYA V	10-03-2005	ALP	125	89.40	0.184574	100.0	110.0	120.0	120.0 [1]	50.0	60.0	67.5	67.5 [1]	120.0	135.0	147.5	147.5 [1]	335.0	12	61.832290	6
2	ANCY ANTONY	08-02-2007	TVM	124	88.80	0.185006	60.0	70.0	80.0	80.0 [2]	30.0	35.0	37.5	37.5 [3]	70.0	90.0	100.0	100.0 [2]	217.5	9	40.238805	38
3	PRIYANKA PRAMOD	05-12-2007	PTA	126	88.10	0.185523	40.0	47.5	55.0	55.0 [3]	40.0	45.0	50.0	50.0 [2]	80.0	90.0	97.5	97.5 [3]	202.5	8	37.568408	47

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	ANJANA KRISHNA V K	KKD	47kg	46.40	0.280787	265.0	74.408555
2	ALKA RAGHAV	KSD	69kg	69.00	0.207173	332.5	68.885023
3	ANOOJA A	ALP	57kg	56.62	0.235751	277.5	65.420903

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	KOZHIKODE	57	12+12+12+12+9	320.008038
2	ALAPPUZHA	50	12+12+9+9+8	308.087891
3	THIRUVANANTHAPURAM	43	9+9+9+8+8	242.589370
4	ERNAKULAM	39	12+8+8+6+5	227.053178
5	PATHANAMTHITTA	35	8+7+7+7+6	214.777923
6	KASARAGOD	20	12+7+1	134.557903
7	THRISSUR	15	9+5+1	116.923553
8	PALAKKAD	15	8+7	104.237835
9	WAYANAD	12	12	64.974250
10	KANNUR	11	7+4	82.032518
11	IDUKKI	6	3+3	76.794980

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
43kg - Junior																						
1	MIDHUNA THOMAS	12-08-2001	KSD	8	43.00	0.304519	55.0	55.0	62.5	62.5 [1]	22.5	25.0	30.0	30.0 [2]	77.5	82.5	87.5	87.5 [1]	180.0	12	54.813420	23
2	ABHIRAMI A	23-08-2003	ALP	7	41.58	0.316540	40.0	50.0	55.0	50.0 [2]	30.0	35.0	40.0	35.0 [1]	60.0	70.0	77.5	77.5 [2]	162.5	9	51.437750	27
3	ALEENA CYRUS	25-03-2001	ALP	6	42.16	0.311454	35.0	40.0	42.5	42.5 [3]	22.5	25.0	27.5	27.5 [3]	65.0	77.5	95.0	77.5 [3]	147.5	8	45.939465	30
47kg - Junior																						
1	SHALU SHAJI	27-10-2001	WYD	20	47.00	0.277202	90.0	100.0	110.0	110.0 [1]	50.0	57.5	57.5	57.5 [2]	110.0	120.0	132.5	132.5 [1]	300.0	12	83.160600	2 
2	S S SREELAKSHMI	03-06-2002	TVM	18	46.70	0.278975	75.0	85.0	85.0	75.0 [3]	50.0	60.0	62.5	60.0 [1]	400.0	100.0	125.0	125.0 [2]	260.0	9	72.533500	6
3	ALEENA JOSEPH	25-02-2001	ALP	19	45.90	0.283899	75.0	87.5	100.0	100.0 [2]	40.0	45.0	47.5	47.5 [3]	100.0	110.0	115.0	110.0 [3]	257.5	8	73.103993	5
52kg - Junior																						
1	DRISHYA SURESH M S	11-12-2000	KKD	38	51.18	0.256014	100.0	105.0	105.0	100.0 [1]	50.0	55.0	60.0	55.0 [1]	100.0	112.5	117.5	112.5 [2]	267.5	12	68.483745	9
2	AVANI KRISHNA M.L	30-07-2002	TCR	39	50.62	0.258517	70.0	80.0	87.5	87.5 [2]	35.0	40.0	42.5	42.5 [2]	80.0	95.0	100.0	100.0 [4]	230.0	9	59.458910	16
3	SANJANA S	13-11-2001	KLM	35	51.30	0.255489	80.0	85.0	90.0	85.0 [3]	40.0	42.5	42.5	40.0 [4]	100.0	105.0	115.0	105.0 [3]	230.0	8	58.762470	18

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	MEENU B R	19-10-2000	TVM	37	50.70	0.258154	65.0	75.0	75.0	65.0 [5]	35.0	40.0	42.5	40.0 [3]	100.0	110.0	112.5	112.5 [1]	217.5	7	56.148495	21
5	AFNAN HIROSH	21-08-2001	KNR	40	51.60	0.254195	60.0	67.5	75.0	75.0 [4]	30.0	35.0	40.0	35.0 [5]	92.5	100.0	110.0	100.0 [5]	210.0	6	53.380950	25
6	HAIFA AYOOB	16-08-2003	KKD	36	49.06	0.266002	42.5	52.5	57.5	52.5 [6]	32.5	37.5	37.5	32.5 [6]	72.5	80.0	87.5	80.0 [6]	165.0	5	43.890330	31
57kg - Junior																						
1	JWALA JOSE L	17-01-2000	TVM	55	55.36	0.239873	115.0	125.0	130.0	130.0 [1]	60.0	65.0	67.5	67.5 [1]	130.0	142.5	150.0	150.0 [1]	347.5	12	83.355868	1 
2	SEEYA METILDA BAIJU	09-07-2002	ALP	56	54.20	0.243946	80.0	85.0	102.5	102.5 [2]	55.0	60.0	62.5	62.5 [2]	130.0	147.5	147.5	130.0 [2]	295.0	9	71.964070	7
3	SNEHA K P	19-05-2000	KNR	57	55.26	0.240213	60.0	72.5	80.0	80.0 [3]	40.0	47.5	50.0	47.5 [3]	110.0	122.5	130.0	122.5 [3]	250.0	8	60.053250	14
4	KAVYA T R	03-12-2003	KKD	54	53.70	0.245792	62.5	72.5	77.5	77.5 [4]	27.5	32.5	37.5	32.5 [4]	92.5	100.0	110.0	110.0 [4]	220.0	7	54.074240	24
63kg - Junior																						
1	NANDANA K V	15-01-2003	KSD	74	62.66	0.219550	110.0	120.0	127.5	120.0 [1]	65.0	70.0	72.5	70.0 [1]	135.0	142.5	150.0	150.0 [1]	340.0	12	74.647000	4
2	ANAGHA P. V	26-10-1999	TCR	76	62.80	0.219233	102.5	110.0	120.0	120.0 [2]	52.5	55.0	57.5	57.5 [2]	122.5	130.0	140.0	140.0 [2]	317.5	9	69.606478	8
3	DIVYA CHANDRA B	03-10-2000	TVM	72	62.62	0.219641	80.0	90.0	97.5	90.0 [4]	47.5	50.0	52.5	50.0 [3]	120.0	120.0	132.5	132.5 [3]	272.5	8	59.852173	15
4	ANJANA B A	21-12-2001	TVM	73	62.70	0.219459	80.0	95.0	100.0	100.0 [3]	40.0	42.5	47.5	42.5 [4]	100.0	120.0	130.0	120.0 [4]	262.5	7	57.607988	20
5	ANN MARY ANSEL	11-10-2000	TCR	75	62.80	0.219233	80.0	80.0	87.5	80.0 [5]	30.0	35.0	40.0	35.0 [5]	100.0	110.0	115.0	115.0 [5]	230.0	6	50.423590	28
69kg - Junior																						
1	LAVANYA SOLOMAN	16-11-1999	TVM	90	67.92	0.209023	115.0	122.5	127.5	122.5 [1]	50.0	57.5	57.5	50.0 [3]	120.0	130.0	137.5	130.0 [1]	302.5	12	63.229458	11
2	ANJALI S	08-08-2002	ALP	91	68.55	0.207933	90.0	100.0	107.5	100.0 [2]	60.0	67.5	67.5	60.0 [1]	100.0	120.0	120.0	120.0 [2]	280.0	9	58.221240	19
3	ANU HAKEEM	22-07-1999	EKM	93	65.40	0.213728	80.0	87.5	92.5	92.5 [3]	45.0	50.0	55.0	55.0 [2]	100.0	105.0	115.0	115.0 [3]	262.5	8	56.103600	22
4	THEJASREE .V.R	18-01-2003	TCR	92	66.50	0.211604	75.0	82.5	90.0	90.0 [4]	40.0	42.5	47.5	42.5 [4]	85.0	105.0	130.0	105.0 [4]	237.5	7	50.255950	29
76kg - Junior																						
1	NANDANA R	07-11-2001	ALP	107	76.00	0.197156	120.0	140.0	150.0	150.0 [1]	65.0	75.0	80.0	80.0 [1]	120.0	140.0	150.0	150.0 [2]	380.0	12	74.919280	3 
2	AJEESHA A	31-10-2000	ALP	106	75.28	0.198050	120.0	130.0	130.0	120.0 [2]	65.0	70.0	72.5	70.0 [2]	130.0	150.0	160.0	150.0 [1]	340.0	9	67.337000	10
3	NIMISHA SHAJI	29-08-2002	TVM	105	73.00	0.201071	110.0	120.0	120.0	110.0 [3]	50.0	52.5	55.0	52.5 [3]	110.0	125.0	130.0	130.0 [3]	292.5	8	58.813268	17
-	SHIVAPRIYA N	11-09-2001	KLM	104	74.26	0.199364	95.0	95.0	95.0	-	35.0	40.0	45.0	40.0 [4]	95.0	100.0	110.0	100.0 [4]	-	-	-	-
84kg - Junior																						
1	ANEESHA AUGUSTIN	15-08-2001	EKM	119	76.10	0.197035	115.0	125.0	125.0	125.0 [1]	45.0	55.0	60.0	55.0 [1]	120.0	135.0	145.0	135.0 [1]	315.0	12	62.066025	12
2	GOURI NAIR A	04-04-2003	TVM	117	82.50	0.190206	100.0	110.0	115.0	110.0 [2]	40.0	45.0	47.5	47.5 [2]	120.0	130.0	130.0	120.0 [2]	277.5	9	52.782165	26
3	NAYANA SANTHOSH	27-09-2002	EKM	118	76.22	0.196889	70.0	80.0	87.5	80.0 [3]	30.0	32.5	32.5	30.0 [3]	100.0	102.5	110.0	102.5 [3]	212.5	8	41.838913	33
84+Kg - Junior																						
1	ANJANA A V	29-07-1999	TVM	127	108.28	0.174893	130.0	140.0	147.5	140.0 [1]	55.0	60.0	65.0	65.0 [1]	130.0	140.0	145.0	145.0 [1]	350.0	12	61.212550	13
2	LIYA JOY	06-01-2003	TCR	128	89.80	0.184292	80.0	80.0	92.5	92.5 [2]	40.0	47.5	52.5	47.5 [2]	90.0	105.0	105.0	90.0 [2]	230.0	9	42.387160	32

Best Lifter - Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	JWALA JOSE L	TVM	57kg	55.36	0.239873	347.5	83.355868
2	SHALU SHAJI	WYD	47kg	47.00	0.277202	300.0	83.160600
3	NANDANA R	ALP	76kg	76.00	0.197156	380.0	74.919280

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM	54	12+12+12+9+9	333.113541
2	ALAPPUZHA	48	12+9+9+9+9	323.879340
3	THRISSUR	40	9+9+9+7+6	272.132088
4	ERNAKULAM	28	12+8+8	160.008538
5	KASARAGOD	24	12+12	129.460420
6	KOZHIKODE	24	12+7+5	166.448315
7	KANNUR	14	8+6	113.434200
8	WAYANAD	12	12	83.160600
9	KOLLAM	8	8	58.762470

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
52kg - Master 1																						
1	SUJATHA M	01-01-1981	KSD	42	47.60	0.273769	30.0	35.0	40.0	35.0 [1]	25.0	25.0	30.0	25.0 [1]	50.0	60.0	72.5	72.5 [1]	132.5	12	36.274393	3 
63kg - Master 1																						
1	SIMI S NAIR	19-09-1978	EKM	77	61.82	0.221503	75.0	82.5	87.5	87.5 [1]	40.0	45.0	47.5	47.5 [1]	95.0	105.0	112.5	112.5 [1]	247.5	12	54.821993	1 
84kg - Master 1																						
1	KOCHUMOLE K	15-03-1976	KKD	120	78.60	0.194149	50.0	60.0	72.5	72.5 [1]	40.0	45.0	47.5	47.5 [1]	80.0	95.0	105.0	105.0 [1]	225.0	12	43.683525	2 

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SIMI S NAIR	EKM	63kg	61.82	0.221503	247.5	54.821993
2	KOCHUMOLE K	KKD	84kg	78.60	0.194149	225.0	43.683525
3	SUJATHA M	KSD	52kg	47.60	0.273769	132.5	36.274393

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	12	12	54.821993
2	KOZHIKODE	12	12	43.683525
3	KASARAGOD	12	12	36.274393

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
69kg - Master 2																						
1	PRASANNA P V	25-01-1971	KKD	94	67.92	0.209023	52.5	60.0	70.0	60.0 [1]	30.0	32.5	35.0	32.5 [1]	72.5	80.0	85.0	85.0 [1]	177.5	12	37.101583	2 
76kg - Master 2																						
1	SREEJA SAJEEVAN	29-01-1968	KNR	108	69.40	0.206512	35.0	40.0	45.0	45.0 [1]	35.0	40.0	42.5	40.0 [1]	40.0	65.0	75.0	65.0 [1]	150.0	12	30.976800	3 
84kg - Master 2																						
1	MARY BEENA	31-05-1965	EKM	121	92.34	0.182594	130.0	155.0	160.0	160.0 [1]	60.0	70.0	75.0	70.0 [1]	130.0	147.5	155.0	155.0 [1]	385.0	12	70.298690	1 

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	MARY BEENA	EKM	84kg	92.34	0.182594	385.0	70.298690
2	PRASANNA P V	KKD	69kg	67.92	0.209023	177.5	37.101583
3	SREEJA SAJEEVAN	KNR	76kg	69.40	0.206512	150.0	30.976800

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	12	12	70.298690
2	KOZHIKODE	12	12	37.101583
3	KANNUR	12	12	30.976800

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
57kg - Master 3																						
1	SARADA E	10-04-1962	KSD	58	56.10	0.237416	20.0	30.0	30.0	30.0 [1]	20.0	25.0	X	25.0 [1]	30.0	40.0	X	40.0 [1]	95.0	12	22.554520	2 
69kg - Master 3																						
1	REENI THARAKAN	08-03-1960	EKM	95	69.00	0.207173	30.0	40.0	50.0	50.0 [1]	25.0	30.0	37.5	37.5 [1]	70.0	100.0	105.0	105.0 [1]	192.5	12	39.880803	1 

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	REENI THARAKAN	EKM	69kg	69.00	0.207173	192.5	39.880803
2	SARADA E	KSD	57kg	56.10	0.237416	95.0	22.554520

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	12	12	39.880803
2	KASARAGOD	12	12	22.554520

Abbreviations:

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