

KSPLA
Kerala State Sub Junior & Junior Women's Equipped Powerlifting Championship 2023
Municipal Town Hall, Alappuzha - 19-04-2023 to 20-04-2023
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
43kg - Sub Junior																						
1	AKHILA J	20-12-2005	PKD	4	42.40	0.237782	100.0	112.5	420.0	112.5 [1]	35.0	40.0	40.0	35.0 [2]	85.0	92.5	97.5	97.5 [1]	245.0	12	58.256590	13
2	GOWRI S R	27-01-2008	TVM	2	42.80	0.235944	70.0	80.0	90.0	80.0 [2]	35.0	40.0	42.5	40.0 [1]	80.0	90.0	97.5	97.5 [2]	217.5	9	51.317820	22
3	NAILA NAJOOB	05-02-2005	EKM	3	42.50	0.237318	50.0	60.0	60.0	60.0 [4]	27.5	30.0	32.5	30.0 [3]	75.0	85.0	87.5	87.5 [3]	177.5	8	42.123945	34
4	MARY JASMIN	20-09-2007	EKM	1	42.10	0.239192	60.0	60.0	65.0	60.0 [3]	22.5	25.0	27.5	27.5 [4]	60.0	75.0	80.0	80.0 [4]	167.5	7	40.064660	39
47kg - Sub Junior																						
1	ANJANA KRISHNA V K	12-09-2006	KKD	10	45.70	0.223885	127.5	145.0	155.0	155.0 [1]	52.5	57.5	60.0	60.0 [1]	127.5	145.0	150.0	145.0 [1]	360.0	12	80.598600	1 <u>☺</u>
2	ANCY MARY	11-04-2006	PTA	1	45.80	0.223506	105.0	105.0	115.0	105.0 [2]	45.0	50.0	55.0	55.0 [2]	80.0	90.0	97.5	97.5 [3]	257.5	9	57.552795	14
3	MEENAKSHI RAVI	26-09-2008	EKM	9	45.40	0.225038	80.0	80.0	85.0	85.0 [3]	25.0	30.0	32.5	30.0 [4]	80.0	90.0	100.0	100.0 [2]	215.0	8	48.383170	26
4	ANAKHA PRAVEEN	30-01-2008	PTA	8	45.20	0.225817	60.0	70.0	75.0	75.0 [4]	30.0	35.0	37.5	35.0 [3]	70.0	85.0	85.0	70.0 [4]	180.0	7	40.647060	37
-	FATHIMA FARHANA V	14-07-2005	PKD	7	43.70	0.231971	40.0	40.0	40.0	-	20.0	X	X	-	60.0	X	X	-	-	-	-	-
52kg - Sub Junior																						
1	DANIYA ANTONY	17-01-2005	WYD	14	51.20	0.205862	130.0	140.0	147.5	140.0 [1]	50.0	55.0	55.0	50.0 [1]	120.0	130.0	140.0	140.0 [1]	330.0	12	67.934460	6
2	PRAGATHI P NAIR	05-05-2005	KKD	21	48.70	0.213386	112.5	117.5	127.5	127.5 [2]	35.0	42.5	45.0	45.0 [3]	115.0	125.0	125.0	115.0 [3]	287.5	9	61.348475	8
3	AYISHA ALIYA K	01-02-2005	PKD	19	50.80	0.207000	115.0	120.0	130.0	120.0 [3]	30.0	35.0	40.0	35.0 [8]	115.0	125.0	125.0	115.0 [4]	270.0	8	55.890000	15
4	ARDRA S	08-05-2006	ALP	22	51.40	0.205302	90.0	110.0	110.0	110.0 [4]	37.5	42.5	42.5	42.5 [4]	100.0	110.0	110.0	100.0 [5]	252.5	7	51.838755	20
5	ARCHA D	13-12-2006	ALP	23	51.40	0.205302	90.0	110.0	110.0	90.0 [7]	40.0	47.5	47.5	40.0 [5]	115.0	122.5	122.5	122.5 [2]	252.5	6	51.838755	21
6	KAVYENDU S	19-02-2006	PTA	15	51.30	0.205581	90.0	90.0	107.5	107.5 [5]	45.0	50.0	52.5	50.0 [2]	90.0	105.0	105.0	90.0 [6]	247.5	5	50.881298	23
7	NEHA BENEDICT	04-02-2010	PTA	16	51.90	0.203926	75.0	87.5	95.0	95.0 [6]	40.0	40.0	47.5	40.0 [6]	90.0	102.5	102.5	90.0 [7]	225.0	4	45.883350	29
8	CATHERINE ROSE ANTONY	12-08-2008	EKM	13	50.30	0.208457	60.0	70.0	77.5	77.5 [9]	35.0	40.0	40.0	35.0 [7]	65.0	75.0	80.0	80.0 [8]	192.5	3	40.127973	38
-	FIDHA FATHIMA K A	01-04-2007	MPM	17	47.10	0.218764	50.0	50.0	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	SIHANA A S	23-06-2007	PKD	18	49.80	0.209952	60.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	DURGA K	11-04-2008	KKD	20	50.50	0.207869	72.5	85.0	92.5	85.0 [8]	30.0	32.5	32.5	30.0 [9]	92.5	92.5	92.5	-	-	-	-	-
57kg - Sub Junior																						
1	ASHAMSA M R	08-08-2007	ALP	27	57.00	0.191680	140.0	152.5	152.5	140.0 [1]	75.0	82.5	82.5	82.5 [1]	140.0	145.0	147.5	147.5 [1]	370.0	12	70.921600	2 <u>☺</u>
2	ANOOJA A	11-08-2005	ALP	32	57.00	0.191680	130.0	130.0	140.0	140.0 [2]	75.0	80.0	82.5	82.5 [2]	135.0	142.5	142.5	135.0 [2]	357.5	9	68.525600	4
3	SANCHAL MARY	27-08-2006	PTA	28	54.20	0.198026	95.0	102.5	112.5	112.5 [3]	40.0	47.5	52.5	52.5 [3]	90.0	100.0	105.0	105.0 [3]	270.0	8	53.467020	17
4	NEHA S	28-04-2008	KKD	31	53.60	0.199500	92.5	105.0	105.0	92.5 [4]	40.0	42.5	45.0	45.0 [4]	90.0	97.5	100.0	97.5 [4]	235.0	7	46.882500	28
5	GRACE JENIT JOY	08-11-2006	EKM	29	55.10	0.195893	70.0	77.5	85.0	77.5 [5]	30.0	32.5	35.0	32.5 [5]	80.0	90.0	100.0	90.0 [5]	200.0	6	39.178600	40
-	DIYA ANISH	18-01-2008	PKD	30	54.70	0.196829	80.0	80.0	80.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	BHAGYA S R	29-07-2005	KLM	12	55.10	0.195893	50.0	50.0	50.0	-	X	X	X	-	X	X	X	-	-	-	-	-
63kg - Sub Junior																						
1	SWETHA R	02-04-2005	KKD	43	60.40	0.185004	135.0	147.5	150.0	150.0 [1]	65.0	70.0	72.5	72.5 [2]	135.0	147.5	162.5	147.5 [1]	370.0	12	68.451480	5
2	RADHIKA SURESH	06-04-2006	ALP	41	62.90	0.180698	120.0	135.0	150.0	150.0 [2]	65.0	72.5	77.5	77.5 [1]	105.0	115.0	122.5	122.5 [4]	350.0	9	63.244300	7

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
3	NETTALIYA BENEDICT	28-03-2006	PTA	1	62.10	0.182026	137.5	142.5	142.5	137.5 [3]	45.0	60.0	65.0	60.0 [3]	130.0	135.0	135.0	130.0 [2]	327.5	8	59.613515	10
4	NIDHINA B MANOJ	25-09-2007	PTA	39	62.90	0.180698	100.0	112.5	125.0	125.0 [4]	35.0	45.0	52.5	45.0 [6]	110.0	122.5	127.5	122.5 [3]	292.5	7	52.854165	18
5	ASWATHY AT	14-02-2005	KKD	42	61.50	0.183052	92.5	110.0	117.5	110.0 [5]	35.0	40.0	45.0	45.0 [4]	102.5	120.0	120.0	102.5 [5]	257.5	6	47.135890	27
6	AVERIN DCRUZ	18-07-2007	EKM	40	62.20	0.181857	90.0	100.0	107.5	100.0 [6]	40.0	45.0	50.0	45.0 [5]	90.0	97.5	X	97.5 [6]	242.5	5	44.100323	31
7	ASHWANI HARIKUMAR	10-01-2008	PTA	38	58.30	0.189005	70.0	80.0	90.0	90.0 [7]	27.5	32.5	35.0	32.5 [7]	70.0	85.0	100.0	70.0 [7]	192.5	4	36.383463	42
8	ABHIRAMI H L	18-07-2009	TVM	37	58.30	0.189005	30.0	40.0	45.0	45.0 [8]	20.0	22.5	22.5	20.0 [8]	40.0	50.0	X	50.0 [8]	115.0	3	21.735575	44
69kg - Sub Junior																						
1	DIYA S LAKSHMI	24-02-2007	KNR	48	68.30	0.172802	130.0	145.0	152.5	152.5 [1]	45.0	52.5	57.5	57.5 [2]	115.0	127.5	132.5	132.5 [1]	342.5	12	59.184685	11
2	ABHIRAMI S	08-10-2006	KKD	51	68.70	0.172283	132.5	147.5	155.0	147.5 [2]	55.0	60.0	65.0	65.0 [1]	112.5	125.0	130.0	130.0 [2]	342.5	9	59.006928	12
3	ANJANA ANILKUMAR	07-07-2006	ALP	49	67.10	0.174410	80.0	90.0	100.0	100.0 [4]	35.0	40.0	45.0	45.0 [3]	100.0	112.5	112.5	100.0 [4]	245.0	8	42.730450	33
4	ANN RACHEL ANSEL	27-09-2010	EKM	50	65.60	0.176532	80.0	90.0	100.0	100.0 [3]	20.0	25.0	32.5	32.5 [4]	80.0	100.0	112.5	100.0 [3]	232.5	7	41.043690	36
76kg - Sub Junior																						
1	ANAKHA JUSTIN	11-02-2007	TVM	56	73.40	0.166747	140.0	150.0	157.5	150.0 [1]	50.0	55.0	55.0	55.0 [1]	120.0	127.5	127.5	120.0 [2]	325.0	12	54.192775	16
2	JASMIN WILSON	20-07-2008	WYD	57	73.00	0.167181	120.0	127.5	140.0	127.5 [2]	40.0	45.0	50.0	45.0 [2]	120.0	130.0	135.0	130.0 [1]	302.5	9	50.572253	24
3	AKHILA A	19-09-2005	EKM	58	72.20	0.168068	100.0	110.0	125.0	110.0 [3]	40.0	45.0	45.0	40.0 [3]	110.0	122.5	122.5	110.0 [3]	260.0	8	43.697680	32
4	NIVEDYA V	03-03-2008	KKD	60	70.60	0.169924	72.5	85.0	92.5	92.5 [5]	35.0	37.5	40.0	37.5 [5]	97.5	105.0	105.0	97.5 [4]	227.5	7	38.657710	41
5	SANDRA TREASA FRANCIS	26-12-2007	EKM	59	75.30	0.164773	85.0	85.0	95.0	95.0 [4]	30.0	40.0	45.0	40.0 [4]	80.0	85.0	X	80.0 [5]	215.0	6	35.426195	43
84kg - Sub Junior																						
1	NIKHITHA N D	03-04-2005	TVM	64	76.10	0.163982	140.0	160.0	172.5	172.5 [1]	50.0	55.0	55.0	55.0 [1]	130.0	137.5	140.0	140.0 [1]	367.5	12	60.263385	9
2	PRIYANKA PREMKUMAR	14-01-2005	ALP	67	83.60	0.157564	125.0	137.5	150.0	150.0 [2]	45.0	50.0	52.5	52.5 [2]	120.0	130.0	142.5	130.0 [2]	332.5	9	52.390030	19
3	ASHLY THRESIA	01-10-2005	ALP	65	84.00	0.157266	110.0	130.0	145.0	145.0 [3]	40.0	45.0	47.5	45.0 [4]	120.0	130.0	145.0	130.0 [3]	320.0	8	50.325120	25
4	ASHVIKA SREENIVAS	19-11-2005	WYD	66	81.70	0.159035	105.0	120.0	130.0	105.0 [4]	40.0	45.0	50.0	50.0 [3]	105.0	105.0	105.0	105.0 [4]	260.0	7	41.349100	35
84+Kg - Sub Junior																						
1	AMEYA V	10-03-2005	ALP	72	92.40	0.151843	160.0	180.0	192.5	192.5 [1]	100.0	110.0	117.5	117.5 [1]	140.0	150.0	160.0	150.0 [1]	460.0	12	69.847780	3 
2	GOURI KRISHNA R S	08-04-2008	TVM	71	84.10	0.157192	100.0	115.0	120.0	120.0 [2]	40.0	45.0	50.0	50.0 [2]	100.0	110.0	120.0	120.0 [2]	290.0	9	45.585680	30

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	ANJANA KRISHNA V K	KKD	47kg	45.70	0.223885	360.0	80.598600
2	ASHAMSA M R	ALP	57kg	57.00	0.191680	370.0	70.921600
3	AMEYA V	ALP	84+kg	92.40	0.151843	460.0	69.847780

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	51	12+12+9+9+9	324.929310
2	KOZHIKODE	49	12+12+9+9+7	316.287983
3	THIRUVANANTHAPURAM	45	12+12+9+9+3	233.095235
4	PATHANAMTHITTA	39	9+8+8+7+7	264.134555
5	ERNAKULAM	38	8+8+8+7+7	215.313145

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
1	GOURI NAIR A	04-04-2003	TVM	73	87.50	0.154824	130.0	145.0	155.0	155.0 [1]	65.0	72.5	77.5	77.5 [1]	120.0	140.0	152.5	152.5 [1]	385.0	12	59.607240	11
2	LIYA JOY	06-01-2003	TCR	75	89.30	0.153674	420.0	420.0	120.0	120.0 [2]	50.0	60.0	65.0	60.0 [2]	100.0	110.0	125.0	110.0 [2]	290.0	9	44.565460	21
-	ANUSREE SURESH	17-06-2000	WYD	74	96.80	0.149534	400.0	100.0	120.0	120.0 [3]	42.5	47.5	47.5	42.5 [3]	400.0	400.0	400.0	-	-	-	-	-

Best Lifter - Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	PRATHEEKSHA SAJIKUMAR	TCR	52kg	51.10	0.206144	415.0	85.549760
2	NANDANA K V	KSD	63kg	62.60	0.181190	452.5	81.988475
3	SEEYA METILDA BAIJU	ALP	57kg	55.40	0.195202	402.5	78.568805

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	51	12+12+9+9+9	295.697298
2	THIRUVANANTHAPURAM	49	12+12+9+8+8	323.867198
3	KASARAGOD	24	12+12	152.949200
4	ERNAKULAM	21	12+9	131.407975
5	THRISSUR	21	12+9	130.115220
6	PALAKKAD	20	12+8	111.160503
7	KOZHIKODE	14	7+7	90.226260
8	KANNUR	9	9	73.609920
9	MALAPPURAM	9	9	58.475200
10	KOTTAYAM	8	8	57.081385
-	WAYANAD	-	-	-

Abbreviations:

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