

KSPLA
Kerala State Senior Women's Equipped Powerlifting Championship 2022
V K Krishna Menon Indoor Stadium, Kozhikode - 25-11-2022 to 26-11-2022
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	AMRITHA E P	05-03-2000	WYD	2	46.50	0.220909	160.0	180.0	180.0	160.0 [2]	62.5	75.0	80.0	80.0 [2]	140.0	152.5	157.5	152.5 [1]	392.5	12	86.706783	2 
2	ASHIMOL	27-05-1997	TCR	7	46.65	0.220366	140.0	155.0	157.5	157.5 [3]	75.0	82.5	87.5	82.5 [1]	140.0	155.0	155.0	140.0 [2]	380.0	9	83.739080	4
3	ALEENA JOSEPH	25-02-2001	ALP	9	44.90	0.227004	155.0	162.5	170.0	162.5 [1]	65.0	70.0	72.5	72.5 [3]	125.0	135.0	150.0	125.0 [3]	360.0	8	81.721440	6
4	SONA BENNY	27-03-1999	EKM	5	44.30	0.229443	110.0	125.0	127.5	127.5 [4]	55.0	57.5	62.5	57.5 [4]	110.0	120.0	125.0	120.0 [4]	305.0	7	69.980115	14
5	PRAGATHI P NAIR	05-05-2005	KKD	8	46.25	0.221824	85.0	105.0	120.0	105.0 [5]	27.5	35.0	42.5	35.0 [5]	105.0	125.0	125.0	105.0 [5]	245.0	6	54.346880	22
6	MINU MOL C	27-02-1996	MPM	6	47.00	0.219117	50.0	55.0	60.0	60.0 [6]	22.5	25.0	30.0	25.0 [6]	60.0	70.0	75.0	75.0 [6]	160.0	5	35.058720	37
-	AKSHAYA P	12-06-2005	PKD	4	39.40	0.253208	30.0	30.0	35.0	30.0 [7]	22.5	22.5	22.5	-	X	X	X	-	-	-	-	
-	FATHIMA MINHA C	30-07-2008	MPM	1	42.00	0.239668	25.0	30.0	35.0	30.0 [8]	20.0	20.0	20.0	-	25.0	X	X	25.0 [7]	-	-	-	-
-	AKHILA J	20-12-2005	PKD	3	45.65	0.224076	95.0	95.0	95.0	-	X	X	X	-	X	X	X	-	-	-	-	
52kg - Open																						
1	ASHIKA SANTHOSH K.C	28-01-2001	KNR	11	51.80	0.204198	125.0	135.0	142.5	142.5 [1]	57.5	60.0	65.0	65.0 [2]	130.0	137.5	142.5	137.5 [1]	345.0	12	70.448310	13
2	JOMOL S	07-03-2003	ALP	16	51.80	0.204198	120.0	135.0	135.0	120.0 [2]	70.0	77.5	80.0	77.5 [1]	100.0	110.0	120.0	110.0 [4]	307.5	9	62.790885	16
3	KAVYA T R	03-12-2003	KKD	15	51.85	0.204062	95.0	105.0	112.5	112.5 [3]	32.5	35.0	37.5	37.5 [5]	110.0	117.5	122.5	117.5 [2]	267.5	8	54.586585	21
4	NIDA S	23-08-2005	KKD	14	51.45	0.205163	95.0	100.0	105.0	100.0 [4]	47.5	50.0	50.0	50.0 [4]	102.5	107.5	112.5	112.5 [3]	262.5	7	53.855288	24
5	AFNAN HIROSH	21-08-2001	KNR	10	52.00	0.203655	80.0	92.5	97.5	97.5 [5]	47.5	52.5	57.5	52.5 [3]	95.0	105.0	120.0	105.0 [5]	255.0	6	51.932025	28
6	INSHA SHIRIN M	26-07-2004	PKD	13	50.60	0.207578	50.0	55.0	65.0	65.0 [6]	22.5	25.0	30.0	25.0 [6]	50.0	60.0	70.0	70.0 [6]	160.0	5	33.212480	38
7	NAJMA NOONA V.K	16-03-2009	MPM	12	51.30	0.205581	25.0	30.0	35.0	35.0 [7]	20.0	20.0	20.0	20.0 [7]	25.0	35.0	45.0	45.0 [7]	100.0	4	20.558100	43
57kg - Open																						
1	KRITI KUMARI	07-11-1998	EKM	18	55.80	0.194296	170.0	180.0	180.0	180.0 [1]	90.0	100.0	107.5	107.5 [1]	140.0	150.0	152.5	152.5 [2]	440.0	12	85.490240	3 
2	SEEYA METILDA BAIJU	09-07-2002	ALP	21	55.25	0.195546	145.0	157.5	170.0	170.0 [3]	75.0	82.5	87.5	87.5 [2]	155.0	160.0	165.0	165.0 [1]	422.5	9	82.618185	5
3	JWALA JOSE L	17-01-2000	TVM	17	56.50	0.192752	155.0	170.0	180.0	180.0 [2]	75.0	82.5	87.5	87.5 [3]	150.0	162.5	162.5	150.0 [3]	417.5	8	80.473960	7
4	ASWATHY AT	14-02-2005	KKD	19	57.00	0.191680	102.5	112.5	117.5	112.5 [4]	32.5	37.5	40.0	40.0 [4]	105.0	117.5	125.0	117.5 [4]	270.0	7	51.753600	29
5	NIDHINA B MANOJ	25-09-2007	PTA	20	57.00	0.191680	70.0	75.0	75.0	70.0 [5]	27.5	30.0	40.0	40.0 [5]	85.0	105.0	105.0	85.0 [5]	195.0	6	37.377600	35
63kg - Open																						
1	NAVYA PRASAD	14-11-2001	ALP	27	62.70	0.181026	155.0	165.0	172.5	172.5 [1]	90.0	90.0	95.0	95.0 [1]	145.0	155.0	162.5	155.0 [1]	422.5	12	76.483485	9
2	SWETHA R	02-04-2005	KKD	24	59.00	0.187629	135.0	142.5	150.0	142.5 [4]	62.5	67.5	72.5	72.5 [2]	132.5	140.0	145.0	140.0 [2]	355.0	9	66.608295	15
3	NETTALIYA BENEDICT	28-03-2006	ALP	26	61.90	0.182365	125.0	135.0	147.5	147.5 [3]	45.0	52.5	60.0	60.0 [4]	125.0	135.0	142.5	135.0 [3]	342.5	8	62.460013	17
4	ANN MARY ANSEL	11-10-2000	EKM	23	62.80	0.180861	130.0	130.0	130.0	130.0 [5]	45.0	50.0	55.0	50.0 [5]	130.0	140.0	140.0	130.0 [4]	310.0	7	56.066910	19
5	ASHWANI HARIKUMAR	10-01-2008	PTA	25	58.50	0.188608	60.0	67.5	72.5	60.0 [6]	27.5	35.0	35.0	27.5 [6]	65.0	65.0	80.0	80.0 [5]	167.5	6	31.591840	39
-	ANJANA BA	21-12-2001	TVM	22	62.85	0.180779	145.0	152.5	152.5	152.5 [2]	60.0	65.0	70.0	70.0 [3]	120.0	120.0	X	-	-	-	-	
69kg - Open																						
1	VISHNUPRIYA MURUKESAN	15-09-1996	TCR	29	68.30	0.172802	195.0	205.0	210.0	210.0 [1]	95.0	102.5	107.5	107.5 [2]	180.0	190.0	190.0	190.0 [1]	507.5	12	87.697015	1 
2	MANJUSHA S	22-03-1982	ALP	33	69.00	0.171899	170.0	180.0	180.0	180.0 [2]	105.0	115.0	122.5	122.5 [1]	140.0	150.0	150.0	140.0 [3]	442.5	9	76.065308	10

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		ANJALI S	08-08-2002	ALP	32	68.70	0.172283	467.5	467.5	167.5	167.5 [3]	95.0	405.0	105.0	105.0 [3]	130.0	140.0	150.0	150.0 [2]	422.5	8	72.789568	12
4		ABHIRAMI S	08-10-2006	KKD	31	66.10	0.175810	132.5	142.5	452.5	142.5 [4]	50.0	55.0	60.0	60.0 [4]	105.0	115.0	425.0	115.0 [4]	317.5	7	55.819675	20
5		NIMISHA K.V	18-04-1994	MPM	28	65.30	0.176972	60.0	60.0	65.0	60.0 [5]	20.0	25.0	25.0	20.0 [5]	60.0	75.0	85.0	85.0 [5]	165.0	6	29.200380	41
-		ASRITHA	19-10-1997	KKD	30	68.50	0.172541	402.5	405.0	405.0	-	40.0	X	X	-	X	X	X	-	-	-	-	-
76kg - Open																							
1		AJEESHA A	31-10-2000	ALP	41	75.20	0.164873	190.0	205.0	247.5	205.0 [1]	97.5	405.0	405.0	97.5 [2]	150.0	162.5	467.5	162.5 [2]	465.0	12	76.665945	8
2		ANJALI P.R	11-01-2004	EKM	39	74.00	0.166109	485.0	190.0	202.5	190.0 [2]	90.0	97.5	97.5	97.5 [1]	155.0	165.0	472.5	165.0 [1]	452.5	9	75.164323	11
3		CELESTINA ANTONIETTE REBELLO	23-06-2000	EKM	38	71.90	0.168407	130.0	140.0	447.5	140.0 [3]	50.0	67.5	67.5	50.0 [4]	110.0	125.0	132.5	132.5 [3]	322.5	8	54.311258	23
4		ANJU A S	28-08-2002	TVM	34	70.75	0.169745	120.0	135.0	445.0	135.0 [4]	45.0	52.5	55.0	55.0 [3]	120.0	430.0	430.0	120.0 [4]	310.0	7	52.620950	27
5		JENU JACKSON	04-07-2007	PTA	40	74.60	0.165484	105.0	120.0	425.0	120.0 [5]	40.0	45.0	50.0	50.0 [5]	90.0	445.0	445.0	90.0 [8]	260.0	6	43.025840	32
6		JISHI P	23-05-1997	MPM	37	75.90	0.164177	80.0	80.0	85.0	85.0 [6]	25.0	30.0	40.0	40.0 [7]	90.0	105.0	120.0	120.0 [5]	245.0	5	40.223365	33
7		RAMSIYA MOL S	11-04-2000	MPM	35	74.90	0.165177	60.0	70.0	80.0	80.0 [7]	35.0	40.0	50.0	40.0 [6]	75.0	95.0	110.0	110.0 [6]	230.0	4	37.990710	34
8		BOOMIKA KRISHNA SP	07-09-2006	PKD	36	70.70	0.169805	60.0	70.0	75.0	75.0 [8]	27.5	32.5	40.0	32.5 [8]	80.0	95.0	105.0	105.0 [7]	212.5	3	36.083563	36
84kg - Open																							
1		AYISHA BEEGAM C V	04-10-2004	KKD	44	76.70	0.163403	135.0	150.0	160.0	160.0 [1]	65.0	72.5	77.5	72.5 [1]	135.0	142.5	450.0	142.5 [1]	375.0	12	61.276125	18
2		ABHIRAMI S	04-11-2003	TVM	42	83.40	0.157714	130.0	450.0	150.0	150.0 [2]	60.0	65.0	67.5	60.0 [2]	110.0	125.0	130.0	130.0 [3]	340.0	9	53.622760	25
3		GOURI NAIR A	04-04-2003	TVM	43	83.30	0.157790	120.0	140.0	145.0	145.0 [3]	45.0	50.0	50.0	45.0 [3]	120.0	135.0	445.0	135.0 [2]	325.0	8	51.281750	30
84+Kg - Open																							
1		ANJANA A V	29-07-1999	TVM	45	111.70	0.143658	150.0	160.0	470.0	160.0 [1]	60.0	70.0	X	70.0 [1]	130.0	140.0	X	140.0 [1]	370.0	12	53.153460	26
2		LIYA JOY	06-01-2003	TCR	48	93.60	0.151181	430.0	430.0	130.0	130.0 [2]	60.0	67.5	72.5	67.5 [2]	90.0	105.0	120.0	120.0 [2]	317.5	9	47.999968	31
3		SHIMNA K.K	24-10-1983	MPM	47	92.90	0.151564	55.0	55.0	65.0	65.0 [3]	30.0	35.0	35.0	35.0 [3]	80.0	100.0	440.0	100.0 [3]	200.0	8	30.312800	40
4		RENEEN MANSOOR	31-10-2004	MPM	46	84.90	0.156610	30.0	40.0	40.0	40.0 [4]	25.0	25.0	30.0	25.0 [4]	40.0	70.0	90.0	70.0 [4]	135.0	7	21.142350	42

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	VISHNUPRIYA MURUKESAN	TCR	69kg	68.30	0.172802	507.5	87.697015
2	AMRITHA E P	WYD	47kg	46.50	0.220909	392.5	86.706783
3	KRITI KUMARI	EKM	57kg	55.80	0.194296	440.0	85.490240

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	51	12+12+9+9+9	374.623808
2	THIRUVANANTHAPURAM	44	12+9+8+8+7	291.152880
3	ERNAKULAM	43	12+9+8+7+7	341.012846
4	KOZHIKODE	43	12+9+8+7+7	292.145968
5	MALAPPURAM	31	8+7+6+5+5	155.937615
6	THRISSUR	30	12+9+9	219.436063
7	KANNUR	18	12+6	122.380335
8	PATHANAMTHITTA	18	6+6+6	111.995280

Team Championship - Open					
Place		Team	Points	Best Points	IPF GL Points
9	WAYANAD		12	12	86.706783
10	PALAKKAD		8	5+3	69.296043

Abbreviations:

ALP = Alappuzha EKM = Ernakulam KNR = Kannur KKD = Kozhikode MPM = Malappuram PKD = Palakkad PTA = Pathanamthitta TVM = Thiruvananthapuram TCR = Thrissur
WYD = Wayanad