

KSPLA
Kerala State Senior Men'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
59kg - Open																						
1	ABIN B	23-04-1998	ALP	11	58.95	0.145687	230.0	230.0	232.5	232.5 [1]	130.0	140.0	145.0	145.0 [1]	225.0	227.5	240.0	240.0 [1]	617.5	12	89.961723	1 <u>☺</u>
2	RAJAGOPALAN V	28-04-1965	KKD	10	58.20	0.147149	150.0	160.0	167.5	167.5 [4]	105.0	105.0	110.0	105.0 [2]	170.0	180.0	190.0	180.0 [4]	452.5	9	66.584923	28
3	AMAL JITH S	02-09-2004	IDK	4	55.10	0.153734	155.0	165.0	175.0	175.0 [3]	70.0	75.0	77.5	75.0 [5]	170.0	170.0	185.0	185.0 [2]	435.0	8	66.874290	27
4	KANNAN RAJA	14-07-2004	PTA	5	57.90	0.147748	155.0	170.0	182.5	182.5 [2]	80.0	87.5	92.5	87.5 [3]	155.0	165.0	172.5	165.0 [5]	435.0	7	64.270380	31
5	ANURAG CK	25-04-2006	IDK	3	58.10	0.147348	145.0	155.0	165.0	165.0 [5]	72.5	77.5	80.0	80.0 [4]	145.0	155.0	165.0	155.0 [7]	400.0	6	58.939200	41
6	ROSHAN JUDE	21-12-2004	TCR	9	56.90	0.149800	150.0	150.0	150.0	150.0 [6]	60.0	65.0	70.0	65.0 [7]	150.0	160.0	165.0	160.0 [6]	375.0	5	56.175000	43
7	ABHILASH C.M	11-11-2001	MPM	8	59.00	0.145591	100.0	110.0	120.0	110.0 [8]	65.0	70.0	72.5	70.0 [6]	175.0	175.0	182.5	182.5 [3]	362.5	4	52.776738	44
8	MICHAEL SEBASTIAN	14-10-2003	TVM	2	49.50	0.168354	110.0	110.0	110.0	110.0 [7]	50.0	52.5	55.0	55.0 [8]	110.0	135.0	150.0	135.0 [8]	300.0	3	50.506200	45
-	ALAN JOMON	15-01-2007	PKD	7	49.00	0.169870	80.0	80.0	80.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	MUHAMMED RAMEES P	05-09-2006	PKD	6	51.40	0.162936	75.0	75.0	75.0	75.0 [9]	50.0	50.0	50.0	-	X	X	X	-	-	-	-	-
66kg - Open																						
1	SHILJO BABY	18-08-2001	WYD	16	65.30	0.134969	240.0	210.0	222.5	210.0 [1]	110.0	120.0	125.0	125.0 [1]	200.0	215.0	225.0	225.0 [1]	560.0	12	75.582640	13
2	ASHIK VARGHESE MATHEW	08-05-2003	KTM	17	64.50	0.136175	180.0	190.0	195.0	190.0 [2]	95.0	105.0	112.5	105.0 [2]	185.0	195.0	205.0	205.0 [2]	500.0	9	68.087500	24
3	YADHU KRISHNAN P U	30-06-1994	TCR	19	66.00	0.133945	180.0	180.0	190.0	180.0 [3]	90.0	100.0	100.0	100.0 [4]	180.0	195.0	195.0	180.0 [3]	460.0	8	61.614700	39
4	ARJUN K A	10-07-2006	PTA	13	66.00	0.133945	170.0	175.0	182.5	175.0 [4]	95.0	105.0	110.0	105.0 [3]	170.0	182.5	182.5	170.0 [4]	450.0	7	60.275250	40
5	SALMAN FARIS K.P	20-08-2002	MPM	18	65.10	0.135267	100.0	110.0	117.5	117.5 [5]	80.0	87.5	92.5	92.5 [5]	115.0	130.0	130.0	130.0 [5]	340.0	6	45.990780	48
6	NAVANEETH PV	10-02-2003	PKD	15	63.10	0.138377	70.0	70.0	75.0	75.0 [7]	55.0	62.5	67.5	67.5 [6]	85.0	85.0	87.5	87.5 [6]	230.0	5	31.826710	54
-	PAVAN R	05-12-2007	TVM	12	63.60	0.137576	80.0	90.0	90.0	80.0 [6]	50.0	50.0	50.0	-	X	X	X	-	-	-	-	-
74kg - Open																						
1	RAHUL SAJI	04-12-1999	ALP	31	72.30	0.125825	275.0	285.0	300.0	300.0 [1]	140.0	152.5	167.5	167.5 [2]	220.0	232.5	242.5	242.5 [1]	710.0	12	89.335750	2 <u>☺</u>
2	PRIYARENJAN PRASANNAN	02-05-1990	ALP	30	69.70	0.128953	240.0	250.0	250.0	250.0 [2]	155.0	170.0	177.5	170.0 [1]	195.0	205.0	210.0	205.0 [6]	625.0	9	80.595625	7
3	ADITH A	13-07-2005	EKM	26	74.00	0.123927	235.0	235.0	247.5	235.0 [3]	125.0	137.5	140.0	140.0 [3]	235.0	245.0	245.0	235.0 [2]	610.0	8	75.595470	12
4	SHAHIL HUSSAIN	22-04-2000	MPM	28	73.60	0.124364	220.0	220.0	245.0	220.0 [4]	110.0	125.0	125.0	125.0 [5]	200.0	220.0	230.0	220.0 [4]	565.0	7	70.265660	19
5	MUHAMMAD JAFAR	20-09-2003	IDK	21	73.00	0.125030	170.0	185.0	190.0	185.0 [6]	92.5	137.5	137.5	137.5 [4]	200.0	220.0	225.0	220.0 [3]	542.5	6	67.828775	25
6	HISHAM BIN MUHAMMED	31-07-2002	EKM	27	73.30	0.124695	190.0	195.0	212.5	195.0 [5]	100.0	107.5	110.0	107.5 [6]	190.0	207.5	217.5	207.5 [5]	510.0	5	63.594450	34
7	UNNIKANNAN R. M	26-10-2001	TCR	29	70.40	0.128082	90.0	105.0	115.0	115.0 [7]	60.0	75.0	80.0	80.0 [7]	100.0	120.0	130.0	130.0 [7]	325.0	4	41.626650	51
-	ABHINAV V	31-07-2008	PKD	23	66.10	0.133800	90.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	MUHAMMED NIYAS VP	26-11-2005	PKD	24	67.50	0.131838	90.0	90.0	90.0	-	X	X	X	-	X	X	X	-	-	-	-	-
83kg - Open																						
1	ANANTHAKRISHNA KS	17-08-2000	ALP	46	82.80	0.115640	280.0	280.0	290.0	280.0 [2]	150.0	160.0	167.5	167.5 [1]	240.0	250.0	255.0	250.0 [3]	697.5	12	80.658900	6
2	MIRSHAD PK	05-04-1994	KKD	44	82.40	0.115969	235.0	250.0	262.5	262.5 [3]	120.0	127.5	132.5	127.5 [8]	260.0	275.0	280.0	275.0 [1]	665.0	9	77.119385	9
3	M ASIF HARIS	19-08-2002	PTA	35	82.50	0.115886	265.0	270.0	280.0	280.0 [1]	145.0	155.0	160.0	145.0 [4]	230.0	242.5	245.0	230.0 [6]	655.0	8	75.905330	11
4	VISHNU NITHYANAND	17-12-1992	KNR	36	80.80	0.117325	225.0	240.0	250.0	250.0 [4]	145.0	150.0	155.0	155.0 [2]	225.0	245.0	245.0	225.0 [7]	630.0	7	73.914750	15

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
5	MOHAMAD IHSAN S	22-02-2002	TVM	34	82.40	0.115969	230.0	245.0	250.0	230.0 [7]	140.0	147.5	162.5	147.5 [3]	230.0	240.0	250.0	250.0 [2]	627.5	6	72.770548	16
6	JAIKRISHNAN V	05-11-1996	ALP	45	82.80	0.115640	245.0	255.0	255.0	245.0 [5]	130.0	140.0	145.0	140.0 [5]	220.0	232.5	250.0	232.5 [5]	617.5	5	71.407700	17
7	SHIBIN S	23-12-2001	KLM	32	83.00	0.115477	230.0	240.0	240.0	240.0 [6]	135.0	135.0	140.0	135.0 [7]	225.0	235.0	245.0	235.0 [4]	610.0	4	70.440970	18
8	SUDHEESH C. S	16-12-1999	TCR	43	82.20	0.116135	240.0	215.0	240.0	215.0 [8]	110.0	125.0	135.0	135.0 [6]	200.0	215.0	215.0	200.0 [9]	550.0	3	63.874250	32
9	MOHNUDHEEN M U	31-05-1999	WYD	39	76.70	0.121129	160.0	180.0	180.0	160.0 [9]	90.0	100.0	105.0	105.0 [9]	220.0	230.0	230.0	220.0 [8]	485.0	2	58.747565	42
10	ARIJIT P.S	28-10-1998	MPM	42	79.90	0.118118	130.0	145.0	145.0	130.0 [11]	80.0	90.0	X	80.0 [11]	170.0	X	X	170.0 [10]	380.0	1	44.884840	49
11	NAFSIL KAMMA	24-09-2004	PKD	40	74.80	0.123072	110.0	110.0	120.0	110.0 [12]	60.0	70.0	80.0	80.0 [10]	120.0	130.0	135.0	135.0 [11]	325.0	1	39.998400	52
-	AMAL JOS K A	24-03-2002	EKM	41	78.70	0.119211	140.0	160.0	190.0	160.0 [10]	X	X	X	-	X	X	X	-	-	-	-	-
-	AJNAS U	11-07-2007	MPM	38	78.90	0.119026	60.0	70.0	80.0	70.0 [13]	50.0	50.0	X	-	X	X	X	-	-	-	-	-
-	HANI MUHAMMED AP	02-07-2007	PKD	37	80.50	0.117587	90.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
93kg - Open																						
1	KRISHNA KUMAR C	22-03-1991	KKD	57	91.40	0.109441	320.0	335.0	345.0	345.0 [1]	180.0	190.0	200.0	190.0 [1]	275.0	290.0	290.0	275.0 [1]	810.0	12	88.647210	3 
2	PRASOBH PRASANNAN	10-03-1989	ALP	59	91.80	0.109189	290.0	290.0	310.0	290.0 [3]	170.0	185.0	190.0	185.0 [2]	240.0	260.0	270.0	260.0 [2]	735.0	9	80.253915	8
3	ALFIN M.A	12-03-2001	EKM	55	91.10	0.109633	220.0	240.0	250.0	220.0 [8]	150.0	170.0	180.0	170.0 [3]	220.0	240.0	250.0	240.0 [3]	630.0	8	69.068790	22
4	ATHUL RAJ VP	24-12-2002	KKD	58	92.25	0.108908	222.5	232.5	250.0	232.5 [6]	125.0	132.5	137.5	137.5 [4]	240.0	252.5	262.5	240.0 [4]	610.0	7	66.433880	29
5	JERALD JESMAN	12-08-2001	WYD	53	83.40	0.115155	250.0	260.0	X	250.0 [4]	110.0	120.0	125.0	125.0 [7]	200.0	210.0	210.0	210.0 [7]	585.0	6	67.365675	26
6	ADITHYAN SN	19-08-2002	TVM	47	93.00	0.108448	230.0	242.5	260.0	230.0 [7]	115.0	127.5	132.5	132.5 [6]	210.0	225.0	225.0	210.0 [8]	572.5	5	62.086480	37
7	REVISH RAVINDRAN	07-09-1985	KNR	51	92.00	0.109063	215.0	235.0	235.0	215.0 [9]	125.0	130.0	135.0	135.0 [5]	220.0	230.0	230.0	220.0 [5]	570.0	4	62.165910	36
8	MOHAMMED ARIF ANWAR	15-02-2002	KSD	52	90.50	0.110020	240.0	245.0	245.0	245.0 [5]	95.0	105.0	110.0	105.0 [9]	180.0	195.0	212.5	212.5 [6]	562.5	3	61.886250	38
9	SAVIO SONY	11-04-2006	PTA	48	89.40	0.110748	160.0	172.5	180.0	180.0 [11]	100.0	110.0	115.0	110.0 [8]	150.0	165.0	170.0	165.0 [9]	455.0	2	50.390340	46
-	ATHUL KRISHNA KS	11-03-2005	TCR	56	84.60	0.114210	210.0	230.0	230.0	210.0 [10]	90.0	X	X	90.0 [10]	190.0	X	X	-	-	-	-	-
-	VINCENT P G	03-08-1985	ALP	60	91.10	0.109633	300.0	315.0	322.5	322.5 [2]	170.0	170.0	172.5	-	X	X	X	-	-	-	-	-
105kg - Open																						
1	KIRAN K P	26-01-1993	TCR	69	105.00	0.102213	340.0	355.0	355.0	355.0 [1]	200.0	215.0	225.0	225.0 [1]	240.0	250.0	260.0	250.0 [3]	830.0	12	84.836790	4
2	KIRAN KK	03-03-1996	TCR	70	103.20	0.103029	300.0	320.0	340.0	320.0 [2]	140.0	155.0	165.0	165.0 [3]	240.0	252.5	265.0	252.5 [1]	737.5	9	75.983888	10
3	SUFAIL T	23-06-2001	KNR	65	104.30	0.102526	260.0	260.0	285.0	260.0 [5]	160.0	167.5	172.5	167.5 [2]	250.0	280.0	280.0	250.0 [2]	677.5	8	69.461365	21
4	PRASANTH K M	24-10-2003	KKD	71	100.30	0.104424	282.5	290.0	305.0	290.0 [3]	142.5	150.0	155.0	155.0 [4]	222.5	232.5	240.0	222.5 [5]	667.5	7	69.703020	20
5	MUHAMMED BILAL R	15-09-1999	PTA	64	100.00	0.104575	250.0	260.0	270.0	260.0 [4]	130.0	142.5	142.5	142.5 [5]	210.0	222.5	230.0	230.0 [4]	632.5	6	66.143688	30
6	VISHNU PRASAD	23-01-2006	TVM	62	97.15	0.106064	150.0	160.0	165.0	160.0 [7]	80.0	90.0	100.0	100.0 [6]	170.0	180.0	190.0	190.0 [6]	450.0	5	47.728800	47
7	ROMY J S	17-01-2003	IDK	61	96.60	0.106365	150.0	165.0	175.0	175.0 [6]	70.0	75.0	80.0	75.0 [7]	150.0	165.0	170.0	170.0 [7]	420.0	4	44.673300	50
8	MISHAL BACKER E	02-03-2005	MPM	68	95.30	0.107094	100.0	110.0	X	100.0 [8]	65.0	70.0	80.0	70.0 [8]	120.0	140.0	160.0	160.0 [8]	330.0	3	35.341020	53
-	ANSHEB P	26-11-2005	MPM	67	93.25	0.108296	100.0	100.0	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	MUHAMMED SAAM ANWAR	07-04-2004	KSD	66	94.20	0.107731	200.0	200.0	220.0	-	X	X	X	-	X	X	X	-	-	-	-	-
120kg - Open																						
1	AJAY JAMES	22-09-1998	ALP	73	119.40	0.096832	320.0	330.0	345.0	345.0 [1]	190.0	205.0	220.0	205.0 [1]	270.0	300.0	307.5	300.0 [1]	850.0	12	82.307200	5
2	MURSHID HUSSAIN C P	18-06-1999	KKD	72	106.80	0.101433	272.5	285.0	295.0	295.0 [2]	102.5	112.5	X	102.5 [2]	200.0	230.0	X	230.0 [2]	627.5	9	63.649208	33
120+Kg - Open																						
1	VIJINKRISHNA VT	20-06-1995	KKD	75	137.80	0.092094	330.0	355.0	365.0	365.0 [1]	180.0	X	X	180.0 [1]	265.0	277.5	277.5	265.0 [2]	810.0	12	74.596140	14
2	SAID SHIHABUDHEEN O	02-10-1995	KKD	76	123.10	0.095720	272.5	290.0	302.5	290.0 [2]	102.5	122.5	132.5	132.5 [3]	262.5	282.5	292.5	292.5 [1]	715.0	9	68.439800	23

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	ALFIROS M. H	22-03-1998	EKM	74	151.80	0.089544	285.0	302.5	302.5	285.0 [3]	452.5	155.0	465.0	155.0 [2]	250.0	262.5	267.5	262.5 [3]	702.5	8	62.904660	35

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	ABIN B	ALP	59kg	58.95	0.145687	617.5	89.961723
2	RAHUL SAJI	ALP	74kg	72.30	0.125825	710.0	89.335750
3	KRISHNA KUMAR C	KKD	93kg	91.40	0.109441	810.0	88.647210

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	57	12+12+12+12+9	422.859198
2	KOZHIKODE	51	12+12+9+9+9	375.387458
3	THRISSUR	38	12+9+8+5+4	320.237028
4	PATHANAMTHITTA	30	8+7+7+6+2	316.984988
5	ERNAKULAM	29	8+8+8+5	271.163370
6	IDUKKI	24	8+6+6+4	238.315565
7	MALAPPURAM	21	7+6+4+3+1	249.259038
8	WAYANAD	20	12+6+2	201.695880
9	KANNUR	19	8+7+4	205.542025
10	THIRUVANANTHAPURAM	19	6+5+5+3	233.092028
11	KOTTAYAM	9	9	68.087500
12	PALAKKAD	6	5+1	71.825110
13	KOLLAM	4	4	70.440970
14	KASARAGOD	3	3	61.886250

Abbreviations:

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