

KSPLA
Kerala State Men's Equipped Bench Press Championship 2022
SDV Centenary Auditorium, Alappuzha - 10-12-2022 to 11-12-2022
Detailed Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
59kg - Open													
1	ABIN P YOOSUF	21-01-1995	IDK	4	57.40	0.510314	80.0	87.5	90.0	90.0	12	45.928260	5
2	ABIN E S	08-03-1996	KTM	5	57.70	0.506879	67.5	70.0	77.5	70.0	9	35.481530	13
66kg - Open													
1	KUKKU PHILIP	03-02-1999	KTM	20	66.00	0.433873	67.5	70.0	75.0	75.0	12	32.540475	15
74kg - Open													
1	ABDUL HAZEEM	08-08-1998	KSD	34	72.90	0.394525	110.0	115.0	115.0	110.0	12	43.397750	6
2	NIKHIL RAJ VV	28-03-1999	KSD	33	71.05	0.403756	80.0	90.0	90.0	80.0	9	32.300480	16
3	ANAS BASHEER S	10-01-2001	TVM	1	72.30	0.397428	70.0	77.5	82.5	77.5	8	30.800670	18
83kg - Open													
1	VISHNU NITHYANAND	17-12-1992	KNR	55	78.30	0.371767	145.0	150.0	155.0	155.0	12	57.623885	2 <u>🏆</u>
2	SUJITH P	08-09-1986	ALP	56	82.80	0.356549	85.0	97.5	102.5	102.5	9	36.546273	11
3	JAYAN TK	10-05-1983	KSD	0	78.01	0.372852	90.0	100.0	100.0	100.0	8	37.285200	9
93kg - Open													
1	REVISH RAVINDRAN	07-09-1985	KNR	79	92.50	0.331811	130.0	135.0	135.0	130.0	12	43.135430	7
2	THOMAS P MATHEW	19-05-1990	KTM	80	87.55	0.343273	120.0	160.0	160.0	120.0	9	41.192760	8
3	ASHISH GEORGE P S	04-10-1992	KTM	82	85.70	0.348147	97.5	100.0	102.5	102.5	8	35.685068	12
4	JOFFIN MATHEW	15-09-1994	ALP	81	91.10	0.334840	80.0	90.0	95.0	90.0	7	30.135600	19
105kg - Open													
1	JIMMY DAS CHANDRIKA MOHAN	10-12-2022	ALP	100	104.20	0.311614	160.0	167.5	167.5	167.5	12	52.195345	3 <u>🏆</u>
2	AJIT RAJ K	14-06-1988	KSD	98	97.90	0.321467	160.0	175.0	175.0	160.0	9	51.434720	4
120kg - Open													
1	AJAY JAMES	22-09-1998	ALP	110	119.20	0.294872	190.0	205.0	212.5	212.5	12	62.660300	1 <u>🏆</u>
2	RANJITH SIVADAS	12-05-1989	KTM	112	105.20	0.310232	115.0	120.0	120.0	120.0	9	37.227840	10
3	MARTIN ANTONY	28-03-1991	KTM	119	118.60	0.295403	105.0	112.5	115.0	112.5	8	33.232838	14
4	RIJIN V	23-05-1996	KTM	111	114.20	0.299608	95.0	105.0	110.0	105.0	7	31.458840	17

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	AJAY JAMES	ALP	120kg	119.20	0.294872	212.5	62.660300
2	VISHNU NITHYANAND	KNR	83kg	78.30	0.371767	155.0	57.623885
3	JIMMY DAS CHANDRIKA MOHAN	ALP	105kg	104.20	0.311614	167.5	52.195345

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
-	KOTTAYAM	-	-	182.820036
-	ALAPPUZHA	-	-	181.537518
-	KASARAGOD	-	-	164.418150
-	KANNUR	-	-	100.759315
-	IDUKKI	-	-	45.928260
-	THIRUVANANTHAPURAM	-	-	30.800670

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
53kg - Sub Junior													
1	ROSHAN JUDE	21-12-2004	TCR	1	53.00	0.570315	50.0	60.0	62.5	62.5	12	35.644688	5
59kg - Sub Junior													
1	ABHISHEK K A	28-05-2004	ALP	9	58.50	0.498056	440.0	110.0	115.0	115.0	12	57.276440	1 
2	C S GOWRISANKER	19-05-2005	IDK	6	57.70	0.506879	70.0	90.0	90.0	90.0	9	45.619110	3 
3	ANURAG CK	25-04-2006	ALP	8	57.70	0.506879	77.5	82.5	85.0	82.5	8	41.817518	4
66kg - Sub Junior													
1	ARJUN SR	19-02-2006	KSD	22	64.70	0.443049	65.0	65.0	70.0	70.0	12	31.013430	9
74kg - Sub Junior													
1	MOHAMMAD NIYAL	03-04-2004	KSD	35	68.20	0.419765	440.0	440.0	110.0	110.0	12	46.174150	2 
2	AYAZ AHAMMED N	21-11-2005	ALP	36	68.20	0.419765	65.0	72.5	82.5	82.5	9	34.630613	6
3	JAGANNATHAN KAVIKUMAR	26-03-2007	ALP	37	73.90	0.389869	65.0	67.5	72.5	67.5	8	26.316158	12
4	FARHAN MOHAMMAD SHAIK A	23-11-2004	KSD	3	74.00	0.389416	45.0	45.0	45.0	45.0	7	17.523720	15
83kg - Sub Junior													
1	EDWIN D PALLIPARAMBIL	19-04-2005	TCR	58	79.25	0.368305	75.0	87.5	90.0	87.5	12	32.226688	7
2	MUHAMMED MAHIN SHAHID S	28-06-2006	ALP	61	74.70	0.386300	60.0	67.5	72.5	72.5	9	28.006750	10
3	MUHAMMED YAZAR NS	06-11-2007	TVM	59	75.20	0.384136	25.0	27.5	35.0	27.5	8	10.563740	17
93kg - Sub Junior													
1	MUHAMMED SAAM ANWAR	07-04-2004	KSD	85	92.70	0.331391	80.0	90.0	95.0	95.0	12	31.482145	8
2	FAIZAL A	14-03-2006	TVM	84	86.80	0.345206	60.0	67.5	77.5	77.5	9	26.753465	11
105kg - Sub Junior													
1	ASHWIN SARATH	21-05-2008	IDK	0	102.30	0.314368	70.0	75.0	80.0	80.0	12	25.149440	13
120kg - Sub Junior													
1	ARJUN JAIMON	08-04-2005	EKM	113	113.70	0.300123	65.0	72.5	82.5	82.5	12	24.760148	14
120+Kg - Sub Junior													
1	ABHISHIEK K NAIR	05-04-2009	ALP	120	122.40	0.292193	45.0	55.0	65.0	55.0	12	16.070615	16

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	ABHISHEK K A	ALP	59kg	58.50	0.498056	115.0	57.276440
2	MOHAMMAD NIYAL	KSD	74kg	68.20	0.419765	110.0	46.174150
3	C S GOWRISANKER	IDK	59kg	57.70	0.506879	90.0	45.619110

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
-	ALAPPUZHA	-	-	188.047479
-	KASARAGOD	-	-	126.193445
-	IDUKKI	-	-	70.768550
-	THRISSUR	-	-	67.871376
-	THIRUVANANTHAPURAM	-	-	37.317205
-	ERNAKULAM	-	-	24.760148

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
53kg - Junior													
1	ABDUL ASHAD RAISHAN	15-05-2002	KSD	3	50.40	0.616914	65.0	70.0	72.5	70.0	12	43.183980	18
2	MICHLE SEBASTIAN	14-10-2003	TVM	2	49.50	0.635661	40.0	50.0	55.0	55.0	9	34.961355	25
59kg - Junior													
1	FIROSE RAHIM	06-02-2003	ALP	12	59.00	0.492778	100.0	112.5	120.0	112.5	12	55.437525	6
2	ADHIL S	28-03-2003	ALP	13	54.10	0.553399	75.0	82.5	87.5	82.5	9	45.655418	17
3	JOSHUA JOSE	17-12-2003	TVM	11	54.70	0.544763	60.0	67.5	67.5	67.5	8	36.771503	21
4	ANOOP JOSE	22-11-2002	KTM	14	54.90	0.541971	57.5	60.0	65.0	65.0	7	35.228115	24
66kg - Junior													
1	MUHAMMED SHA NAZAR	12-09-1999	ALP	26	62.60	0.459396	80.0	80.0	92.5	92.5	12	42.494130	19
2	AL SUBIN SADIKH	27-11-2002	IDK	24	62.30	0.461902	70.0	70.0	77.5	77.5	9	35.797405	22
74kg - Junior													
1	MUHAMMAD JAFAR	20-09-2003	ALP	43	73.00	0.394049	135.0	140.0	140.0	140.0	12	55.166860	7
2	RAJA GURU B N M	08-09-2002	KLM	45	73.60	0.391243	122.5	130.0	137.5	130.0	9	50.861590	10
3	JEEVAN A	07-11-2003	ALP	44	73.00	0.394049	115.0	125.0	132.5	125.0	8	49.256125	12
4	M IBRAHIM JIHAN	30-11-2003	KSD	42	74.00	0.389416	105.0	105.0	110.0	105.0	7	40.888680	20
5	UNNIKANNAN R. M	26-10-2001	TCR	38	70.60	0.406132	70.0	85.0	92.5	70.0	6	28.429240	27
	HISHAM BIN MUHAMMED	31-07-2002	EKM	39	73.20	0.393105	140.0	140.0	145.0	-	-	-	-
83kg - Junior													
1	BIJIN SANKI	20-03-2000	TVM	62	79.90	0.366018	170.0	180.0	190.0	180.0	12	65.883240	1 🏆
2	M ASIF HARIS	19-08-2002	ALP	68	81.90	0.359365	145.0	155.0	157.5	157.5	9	56.599988	5
3	DARSHAN MURLIDHARAN	16-01-1999	KLM	69	82.05	0.358889	140.0	147.5	150.0	150.0	8	53.833350	8

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
4	ROHAN SATHEESH	09-06-2001	TVM	63	77.40	0.375182	135.0	142.5	140.0	142.5	7	53.463435	9
5	SUDHEESH C. S	16-12-1999	TCR	64	80.10	0.365327	120.0	130.0	140.0	130.0	6	47.492510	15
	MOHAMMED APSAL	08-02-2002	KSD	67	80.40	0.364302	140.0	140.0	140.0	-	-	-	-
93kg - Junior													
1	SARATH KRISHNAN R	11-11-2000	ALP	88	92.80	0.331182	185.0	185.0	192.5	185.0	12	61.268670	2 
2	MOHAMMED FARVEEZ	07-11-2000	KSD	87	83.40	0.354728	140.0	150.0	150.0	140.0	9	49.661920	11
3	MOHAMMED ARIF ANWAR	15-02-2002	KSD	89	88.95	0.339810	95.0	100.0	105.0	105.0	8	35.680050	23
105kg - Junior													
1	MUHAMMED RAFI R	11-07-1999	ALP	105	98.10	0.321120	190.0	190.0	200.0	190.0	12	61.012800	3 
2	ALFIN M.A	12-03-2001	EKM	103	93.20	0.330354	160.0	175.0	180.0	180.0	9	59.463720	4
3	MUHAMMED BILAL R	15-09-1999	ALP	104	99.30	0.319091	125.0	140.0	152.5	152.5	8	48.661378	13
4	MOHAMMED HASAN ALI B	03-04-2002	TCR	102	99.10	0.319424	140.0	145.0	150.0	150.0	7	47.913600	14
120kg - Junior													
1	G PRATHEESH	03-01-2000	IDK	115	112.80	0.301070	145.0	155.0	160.0	155.0	12	46.665850	16
120+Kg - Junior													
1	K R RAM SIDHARTH	07-09-2002	EKM	114	120.40	0.293837	90.0	102.5	110.0	102.5	12	30.118293	26

Best Lifter - Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	BIJIN SANKI	TVM	83kg	79.90	0.366018	180.0	65.883240
2	SARATH KRISHNAN R	ALP	93kg	92.80	0.331182	185.0	61.268670
3	MUHAMMED RAFI R	ALP	105kg	98.10	0.321120	190.0	61.012800

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
-	ALAPPUZHA	-	-	289.485843
-	THIRUVANANTHAPURAM	-	-	191.079533
-	KASARAGOD	-	-	169.414630
-	THRISSUR	-	-	123.835350
-	KOLLAM	-	-	104.694940
-	ERNAKULAM	-	-	89.582013
-	IDUKKI	-	-	82.463255
-	KOTTAYAM	-	-	35.228115

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
59kg - Master 1													
1	VINOJ MATHEW	30-05-1979	EKM	15	58.40	0.499133	40.0	45.0	50.0	45.0	12	22.460985	17

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
66kg - Master 1													
1	SAI SANTHOSH T	13-02-1978	KNR	28	66.00	0.433873	110.0	115.0	420.0	115.0	12	49.895395	1 
2	RAJESH M K	03-05-1978	KNR	29	63.80	0.449810	85.0	85.0	90.0	90.0	9	40.482900	5
3	RAGHUNATHA M	17-03-1980	KSD	30	64.40	0.445264	65.0	65.0	82.5	82.5	8	36.734280	8
74kg - Master 1													
1	SUJITH M	26-03-1980	ALP	49	74.00	0.389416	100.0	110.0	117.5	117.5	12	45.756380	3 
2	SURESH KUMAR S R	05-05-1980	KSD	2	69.20	0.413879	80.0	85.0	90.0	90.0	9	37.249110	7
3	SYED SHAHU	31-08-1977	KNR	47	73.70	0.390783	65.0	70.0	75.0	70.0	8	27.354810	15
4	JAYAN M	03-01-1974	KNR	48	69.70	0.411049	60.0	60.0	65.0	65.0	7	26.718185	16
83kg - Master 1													
1	BHARATH KUMAR R	21-05-1976	KNR	71	81.60	0.360328	85.0	90.0	95.0	95.0	12	34.231160	11
93kg - Master 1													
1	MUNEER S	15-05-1977	KSD	0	88.20	0.341642	90.0	110.0	112.5	112.5	12	38.434725	6
2	SURESH KUMAR T	25-05-1979	EKM	90	91.20	0.334618	90.0	102.5	445.0	102.5	9	34.298345	10
3	MANISH K C	22-10-1977	KNR	91	90.90	0.335285	85.0	100.0	440.0	100.0	8	33.528500	12
4	SURESH C	10-06-1980	KSD	0	88.50	0.340903	80.0	85.0	87.5	87.5	7	29.829013	14
105kg - Master 1													
1	SHEFI M.A	12-12-1982	EKM	106	93.20	0.330354	125.0	135.0	145.0	145.0	12	47.901330	2 
2	SUGESH KUMAR NC	28-05-1976	KNR	107	93.20	0.330354	125.0	135.0	442.5	135.0	9	44.597790	4
3	SIJU SEBASTIAN	28-03-1980	KTM	92	95.10	0.326581	100.0	105.0	110.0	110.0	8	35.923910	9
4	RAJIL E P	31-05-1980	KNR	108	93.70	0.329336	80.0	90.0	100.0	100.0	7	32.933600	13

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	SAI SANTHOSH T	KNR	66kg	66.00	0.433873	115.0	49.895395
2	SHEFI M.A	EKM	105kg	93.20	0.330354	145.0	47.901330
3	SUJITH M	ALP	74kg	74.00	0.389416	117.5	45.756380

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
-	KANNUR	-	-	202.735745
-	KASARAGOD	-	-	142.247128
-	ERNAKULAM	-	-	104.660660
-	ALAPPUZHA	-	-	45.756380
-	KOTTAYAM	-	-	35.923910

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
59kg - Master 2													
1	JOSE PETER	26-05-1972	ALP	16	58.60	0.496986	80.0	90.0	400.0	90.0	12	44.728740	3 
66kg - Master 2													
1	JOHN PAUL ROY	31-01-1969	EKM	31	61.30	0.470592	72.5	77.5	85.0	77.5	12	36.470880	4
2	AJAIKUMAR M	08-09-1971	KNR	1	60.20	0.480795	65.0	70.0	70.0	65.0	9	31.251675	6
74kg - Master 2													
1	JAGANNATH POORATHANKANDY	30-05-1968	KNR	51	71.20	0.402976	110.0	122.5	122.5	122.5	12	49.364560	2 
83kg - Master 2													
1	VENU EN	05-03-1966	EKM	73	82.60	0.357166	130.0	145.0	150.0	145.0	12	51.789070	1 
105kg - Master 2													
1	SABIR.A MANZIL	20-04-1965	ALP	109	93.80	0.329135	90.0	100.0	X	100.0	12	32.913500	5
120kg - Master 2													
1	ANOOP KUMAR P	30-03-1968	KNR	117	111.20	0.302820	70.0	80.0	82.5	82.5	12	24.982650	7

Best Lifter - Master 2

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	VENU EN	EKM	83kg	82.60	0.357166	145.0	51.789070
2	JAGANNATH POORATHANKANDY	KNR	74kg	71.20	0.402976	122.5	49.364560
3	JOSE PETER	ALP	59kg	58.60	0.496986	90.0	44.728740

Team Championship - Master 2

Place	Team	Points	Best Points	IPF GL Points
-	KANNUR	-	-	105.598885
-	ERNAKULAM	-	-	88.259950
-	ALAPPUZHA	-	-	77.642240

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
66kg - Master 3													
1	XAVIER V J	19-01-1960	EKM	32	63.50	0.452143	50.0	60.0	65.0	65.0	12	29.389295	4
2	THOMAS VJ	24-03-1962	ALP	2	61.80	0.466180	50.0	60.0	70.0	60.0	9	27.970800	5
74kg - Master 3													
1	HEMACHANDRAN B	20-11-1957	KLM	53	69.10	0.414454	110.0	117.5	120.0	117.5	12	48.698345	1 
83kg - Master 3													
1	CK SADANANDAN	15-05-1962	KNR	52	74.80	0.385863	100.0	107.5	115.0	115.0	12	44.374245	2 
2	A UTHMAKUMR KUMAR	01-01-1954	ALP	77	82.20	0.358415	70.0	80.0	85.0	85.0	9	30.465275	3 
93kg - Master 3													
1	BABU D C	24-05-1957	PKD	76	83.60	0.354132	65.0	70.0	75.0	75.0	12	26.559900	6

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
2	VINOD KV	27-11-1959	KSD	0	84.20	0.352370	65.0	75.0	75.0	75.0	9	26.427750	7

Best Lifter - Master 3

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	HEMACHANDRAN B	KLM	74kg	69.10	0.414454	117.5	48.698345
2	CK SADANANDAN	KNR	83kg	74.80	0.385863	115.0	44.374245
3	A UTHMAKUMR KUMAR	ALP	83kg	82.20	0.358415	85.0	30.465275

Team Championship - Master 3

Place	Team	Points	Best Points	IPF GL Points
-	ALAPPUZHA	-	-	58.436075
-	KOLLAM	-	-	48.698345
-	KANNUR	-	-	44.374245
-	ERNAKULAM	-	-	29.389295
-	PALAKKAD	-	-	26.559900
-	KASARAGOD	-	-	26.427750

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
59kg - Master 4													
1	SRINIVASAN K C	28-08-1950	EKM	17	56.60	0.519833	80.0	85.0	87.5	87.5	12	45.485388	1 
74kg - Master 4													
1	ABDUL AZEEM CC	15-07-1950	KNR	54	72.30	0.397428	70.0	77.5	77.5	77.5	12	30.800670	2 
93kg - Master 4													
1	VARGHESE P J	13-08-1947	EKM	96	86.20	0.346794	50.0	55.0	60.0	60.0	12	20.807640	3 

Best Lifter - Master 4

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	SRINIVASAN K C	EKM	59kg	56.60	0.519833	87.5	45.485388
2	ABDUL AZEEM CC	KNR	74kg	72.30	0.397428	77.5	30.800670
3	VARGHESE P J	EKM	93kg	86.20	0.346794	60.0	20.807640

Team Championship - Master 4

Place	Team	Points	Best Points	IPF GL Points
-	ERNAKULAM	-	-	66.293028
-	KANNUR	-	-	30.800670

Abbreviations:

ALP = Alappuzha EKM = Ernakulam IDK = Idukki KNR = Kannur KSD = Kasaragod KLM = Kollam KTM = Kottayam PKD = Palakkad TVM =
Thiruvananthapuram TCR = Thrissur