


KSPLA
Kerala State Senior & Masters Equipped Powerlifting Championship 2024
Indoor Stadium, Kannur - 28-06-2024 to 30-06-2024
Final Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Men																						
Open - 59kg																						
1	JOSHUA JOSE	17-12-2003	TVM	6	59.00	0.145591	175.0	190.0	190.0	175.0 [1]	90.0	100.0	100.0	90.0 [1]	170.0	190.0	200.0	190.0 [1]	455.0	12	66.243905	15
2	AL-SABITH A S	21-04-2007	TVM	8	51.90	0.161594	125.0	135.0	145.0	145.0 [2]	40.0	52.5	57.5	40.0 [4]	130.0	155.0	170.0	155.0 [3]	340.0	9	54.941960	23
3	MUHAMMED JASIM	05-05-2005	PKD	10	58.60	0.146364	90.0	100.0	120.0	100.0 [3]	55.0	70.0	80.0	70.0 [2]	90.0	115.0	130.0	130.0 [4]	300.0	8	43.909200	33
4	HARIKRISHNAN S	20-02-2007	MPM	44	58.90	0.145783	70.0	70.0	75.0	75.0 [5]	40.0	47.5	50.0	50.0 [3]	100.0	100.0	105.0	105.0 [5]	230.0	7	33.530090	37
-	MUHAMMED SINAN T K	29-08-2008	PKD	17	44.10	0.187139	55.0	55.0	60.0	60.0 [6]	30.0	30.0	30.0	-	X	X	X	-	-	-	-	-
-	MUHAMMED ADHIL P	09-10-2009	PKD	16	49.30	0.168956	70.0	70.0	70.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	HISHAM ALI E T	16-10-2008	PKD	22	45.50	0.181709	55.0	55.0	55.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	MUHAMMED SHADHI M	24-04-2009	MPM	42	44.60	0.185148	90.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
-	ANIL KUMAR P	22-05-1998	KSD	43	57.30	0.148968	80.0	90.0	100.0	90.0 [4]	70.0	70.0	70.0	-	150.0	160.0	165.0	165.0 [2]	-	-	-	-
-	MUHAMMED HISHAM PA	22-05-2008	PKD	25	55.90	0.151946	50.0	50.0	50.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 66kg																						
1	BIBIN JOY	19-03-1996	TCR	2	65.90	0.134089	275.0	285.0	292.5	292.5 [1]	160.0	167.5	167.5	167.5 [1]	235.0	250.0	250.0	235.0 [1]	695.0	12	93.191855	1 
2	ANANDAKRISHNAN R	25-01-2002	ALP	4	64.30	0.136482	220.0	235.0	235.0	235.0 [2]	130.0	140.0	145.0	145.0 [2]	200.0	200.0	230.0	200.0 [2]	580.0	9	79.159560	8
3	SINAN AHAMMED	22-07-2008	TVM	7	65.80	0.134235	195.0	195.0	205.0	205.0 [3]	70.0	72.5	85.0	70.0 [6]	160.0	175.0	180.0	175.0 [4]	450.0	8	60.405750	17
4	ABIJITH K JAYAN	19-08-1998	KNR	3	65.50	0.134674	130.0	150.0	175.0	150.0 [5]	80.0	90.0	95.0	90.0 [3]	170.0	182.5	187.5	182.5 [3]	422.5	7	56.899765	21
5	SREENESH M	09-10-1986	KNR	1	63.24	0.138151	140.0	150.0	170.0	150.0 [4]	70.0	80.0	82.5	80.0 [4]	150.0	160.0	170.0	160.0 [5]	390.0	6	53.878890	27
6	M E HILAN	30-08-2004	KSD	35	66.00	0.133945	130.0	137.5	137.5	137.5 [6]	65.0	70.0	75.0	75.0 [5]	125.0	130.0	140.0	140.0 [6]	352.5	5	47.215613	32
7	HUSSEY A S	03-01-2009	TVM	34	66.00	0.133945	80.0	100.0	125.0	125.0 [7]	40.0	50.0	55.0	55.0 [8]	100.0	120.0	130.0	130.0 [7]	310.0	4	41.522950	34
8	MUHAMMED SINAN P A	05-02-2009	MPM	14	60.70	0.142451	80.0	90.0	90.0	90.0 [8]	40.0	60.0	60.0	60.0 [7]	100.0	115.0	115.0	115.0 [8]	265.0	3	37.749515	35
9	MUHAMMED SUFAIL M S	09-10-2009	PKD	15	63.50	0.137735	75.0	85.0	85.0	75.0 [9]	45.0	50.0	50.0	50.0 [9]	90.0	92.5	95.0	95.0 [9]	220.0	2	30.301700	38
10	ABUTHAHIR K	28-05-2009	PKD	13	61.40	0.141221	60.0	62.5	62.5	62.5 [10]	40.0	42.5	42.5	40.0 [10]	80.0	87.5	97.5	87.5 [10]	190.0	1	26.831990	40
-	RAYAN P K	06-05-2009	PKD	20	66.00	0.133945	110.0	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 74kg																						
1	LYASTON PRAJWAL	30-10-1999	KSD	12	74.00	0.123927	220.0	220.0	225.0	220.0 [1]	120.0	125.0	X	125.0 [1]	200.0	210.0	225.0	210.0 [1]	555.0	12	68.779485	12
2	ANUVIND T K	07-04-2006	KNR	7	70.10	0.128453	170.0	180.0	180.0	180.0 [2]	80.0	90.0	95.0	95.0 [3]	160.0	170.0	185.0	170.0 [3]	445.0	9	57.161585	20
3	GOKUL K G	26-10-1998	EKM	10	67.50	0.131838	140.0	150.0	160.0	150.0 [3]	90.0	100.0	105.0	100.0 [2]	150.0	160.0	160.0	160.0 [4]	410.0	8	54.053580	26
4	ANOOP M P	30-06-2005	KNR	3	72.70	0.125368	150.0	150.0	160.0	150.0 [4]	70.0	80.0	85.0	70.0 [4]	165.0	175.0	175.0	175.0 [2]	395.0	7	49.520360	30
-	SAFWAN V U	18-10-2008	PKD	5	67.16	0.132305	60.0	60.0	70.0	60.0 [5]	30.0	30.0	30.0	-	X	X	X	-	-	-	-	-
Open - 83kg																						
1	MOHAMAD IHSAN S	22-02-2002	TVM	2	82.80	0.115640	260.0	272.5	272.5	272.5 [1]	170.0	177.5	182.5	177.5 [1]	260.0	270.0	277.5	277.5 [1]	727.5	12	84.128100	4
2	VIGNESH V R	31-08-1999	TVM	9	79.50	0.118478	265.0	275.0	275.0	265.0 [2]	160.0	170.0	170.0	170.0 [2]	220.0	230.0	230.0	220.0 [3]	655.0	9	77.603090	9
3	VISHNU NITHYANAND	17-12-1992	KNR	1	80.50	0.117587	210.0	225.0	225.0	225.0 [3]	130.0	137.5	145.0	145.0 [4]	220.0	240.0	250.0	240.0 [2]	610.0	8	71.728070	11

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
4	MOHAMMAD APSAL	08-02-2002	KSD	11	82.40	0.115969	200.0	215.0	X	215.0 [4]	120.0	130.0	150.0	150.0 [3]	220.0	255.0	265.0	220.0 [4]	585.0	7	67.841865	13
5	YADU KRISHNA	17-11-2006	KNR	8	80.80	0.117325	190.0	202.5	245.0	202.5 [5]	120.0	120.0	135.0	120.0 [5]	190.0	200.0	X	200.0 [5]	522.5	6	61.302313	16
6	ABHINAV SANTHOSH	25-04-2005	KNR	4	82.80	0.115640	180.0	185.0	190.0	185.0 [7]	75.0	85.0	90.0	85.0 [7]	180.0	190.0	200.0	200.0 [6]	470.0	5	54.350800	25
7	SURESH BABU S	02-11-1985	PKD	14	79.70	0.118297	150.0	165.0	180.0	165.0 [8]	100.0	115.0	140.0	115.0 [6]	180.0	180.0	200.0	180.0 [7]	460.0	4	54.416620	24
-	MUHAMMED ARSHID P K	06-03-2009	PKD	6	79.80	0.118208	70.0	75.0	85.0	75.0 [9]	40.0	40.0	40.0	-	X	X	X	-	-	-	-	-
-	ABHIJITH B	28-02-2004	PKD	13	81.50	0.116723	200.0	220.0	220.0	200.0 [6]	110.0	110.0	110.0	-	X	X	X	-	-	-	-	-
Open - 93kg																						
1	ATHUL KRISHNA	11-03-2005	TCR	11	90.30	0.110151	270.0	285.0	300.0	300.0 [1]	160.0	170.0	177.5	177.5 [1]	255.0	267.5	275.0	275.0 [1]	752.5	12	82.888628	5
2	SHIBIN S	23-12-2001	KLM	1	86.00	0.113149	260.0	275.0	290.0	290.0 [2]	150.0	150.0	150.0	150.0 [2]	265.0	265.0	280.0	265.0 [2]	705.0	9	79.770045	7
3	PRANAV S S	01-11-2003	IDK	3	86.90	0.112490	240.0	255.0	270.0	270.0 [3]	80.0	100.0	100.0	100.0 [4]	200.0	212.5	220.0	220.0 [3]	590.0	8	66.369100	14
4	FAIZAL A	14-03-2006	TVM	4	93.00	0.108448	215.0	230.0	230.0	230.0 [4]	110.0	120.0	120.0	120.0 [3]	180.0	202.5	242.5	202.5 [4]	552.5	7	59.917520	18
-	ABHISHEK V S	30-11-2003	KSD	6	86.00	0.113149	190.0	190.0	190.0	-	X	X	X	-	X	X	X	-	-	-	-	-
-	KHADER ZISHAN ALI	25-03-2000	KSD	2	92.50	0.108753	250.0	250.0	260.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 105kg																						
1	MUHAMMED RAFI R	11-07-1999	ALP	12	102.20	0.103498	310.0	325.0	335.0	335.0 [2]	215.0	215.0	215.0	215.0 [1]	270.0	285.0	X	285.0 [1]	835.0	12	86.420830	3 <u>☹</u>
2	MUHAMMED ARIF ANWAR	15-02-2002	KSD	9	104.20	0.102571	300.0	325.0	345.0	345.0 [1]	170.0	182.5	187.5	182.5 [2]	240.0	260.0	272.5	260.0 [2]	787.5	9	80.774663	6
3	VISHNU A SUJITH	27-08-2005	KNR	8	95.30	0.107094	210.0	230.0	250.0	230.0 [3]	120.0	127.5	135.0	127.5 [4]	190.0	190.0	192.5	192.5 [3]	550.0	8	58.901700	19
4	ABHINAV SUNIL KUMAR	07-04-2004	KNR	10	95.00	0.107266	180.0	190.0	195.0	195.0 [5]	130.0	140.0	150.0	150.0 [3]	170.0	180.0	205.0	180.0 [4]	525.0	7	56.314650	22
5	ROMY J S	17-01-2003	IDK	7	97.40	0.105929	180.0	200.0	220.0	200.0 [4]	90.0	110.0	117.5	110.0 [5]	170.0	180.0	187.5	180.0 [5]	490.0	6	51.905210	29
-	ADITHYAN S R	19-08-2002	TVM	5	99.05	0.105059	280.0	280.0	280.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 120kg																						
1	AJAY JAMES	22-09-1998	ALP	4	119.20	0.096895	370.0	370.0	370.0	370.0 [1]	215.0	227.5	232.5	232.5 [1]	290.0	307.5	325.0	325.0 [1]	927.5	12	89.870113	2 <u>☹</u>
2	MUHAMMED SAAM ANWAR	07-04-2004	KSD	6	109.60	0.100287	300.0	310.0	345.0	310.0 [2]	150.0	160.0	160.0	150.0 [2]	250.0	275.0	290.0	275.0 [2]	735.0	9	73.710945	10
3	SRIHARI P V RAJ	07-01-1999	KNR	2	108.10	0.100892	180.0	190.0	200.0	200.0 [4]	110.0	120.0	120.0	120.0 [3]	180.0	195.0	205.0	205.0 [3]	525.0	8	52.968300	28
4	JOEL K R	04-05-2007	TVM	3	119.40	0.096832	200.0	210.0	220.0	220.0 [3]	70.0	77.5	82.5	82.5 [4]	180.0	192.5	200.0	192.5 [4]	495.0	7	47.931840	31
Open - 120+Kg																						
1	ARJUN SANTHOSH S	06-10-2004	TVM	5	123.70	0.095547	150.0	180.0	180.0	150.0 [1]	50.0	60.0	65.0	60.0 [1]	150.0	160.0	170.0	170.0 [1]	380.0	12	36.307860	36
2	JASIN JAYAN	01-02-2008	KNR	1	127.00	0.094641	120.0	130.0	130.0	120.0 [2]	40.0	50.0	60.0	60.0 [2]	120.0	135.0	140.0	135.0 [2]	315.0	9	29.811915	39

Best Lifter - Open

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	BIBIN JOY	TCR	66kg	65.90	0.134089	695.0	93.191855
2	AJAY JAMES	ALP	120kg	119.20	0.096895	927.5	89.870113
3	MUHAMMED RAFI R	ALP	105kg	102.20	0.103498	835.0	86.420830

Team Championship - Open

Place	Team	Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM	54	12+12+12+9+9	319.224915
2	KASARAGOD	42	12+9+9+7+5	338.322571

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
3	KANNUR	42	9+9+8+8+8	270.571570
4	ALAPPUZHA	33	12+12+9	255.450503
5	THRISSUR	24	12+12	176.080483
6	PALAKKAD	15	8+4+2+1	155.459510
7	IDUKKI	14	8+6	118.274310
8	MALAPPURAM	10	7+3	71.279605
9	KOLLAM	9	9	79.770045
10	ERNAKULAM	8	8	54.053580

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Master 1 - 59kg																						
1	SHYJU C P	19-01-1976	KNR	9	55.80	0.152166	125.0	135.0	140.0	140.0 [1]	80.0	80.0	90.0	90.0 [1]	140.0	150.0	160.0	160.0 [1]	390.0	12	59.344740	4
2	RIJITH A	05-12-1981	KNR	11	58.10	0.147348	110.0	115.0	115.0	110.0 [2]	60.0	65.0	67.5	65.0 [2]	110.0	120.0	125.0	125.0 [2]	300.0	9	44.204400	14
Master 1 - 66kg																						
1	SAI SANTHOSH T	13-02-1978	KNR	11	66.00	0.133945	155.0	170.0	177.5	177.5 [1]	120.0	125.0	125.0	120.0 [1]	140.0	152.5	160.0	160.0 [1]	457.5	12	61.279838	3 <u>W</u>
2	RATHEESH A K	10-05-1978	KNR	10	60.76	0.142344	100.0	100.0	110.0	110.0 [2]	70.0	80.0	X	70.0 [2]	120.0	135.0	150.0	150.0 [2]	330.0	9	46.973520	12
Master 1 - 74kg																						
1	SUNIL KUMAR M V	25-05-1982	EKM	8	72.16	0.125986	145.0	155.0	160.0	155.0 [1]	90.0	95.0	95.0	95.0 [1]	140.0	150.0	160.0	160.0 [1]	410.0	12	51.654260	7
2	VINOD A	30-05-1982	EKM	4	70.90	0.127474	90.0	100.0	110.0	110.0 [2]	50.0	60.0	70.0	60.0 [2]	130.0	140.0	150.0	150.0 [2]	320.0	9	40.791680	15
Master 1 - 83kg																						
1	SUJITH M	26-03-1980	ALP	1	75.70	0.122136	210.0	225.0	240.0	240.0 [1]	100.0	112.5	122.5	122.5 [1]	200.0	212.5	225.0	225.0 [1]	587.5	12	71.754900	1 <u>W</u>
2	PRAMODH A D	03-11-1978	TCR	8	80.80	0.117325	220.0	222.5	225.0	225.0 [2]	95.0	102.5	110.0	110.0 [2]	195.0	205.0	212.5	212.5 [2]	547.5	9	64.235438	2 <u>W</u>
3	R BHARATH KUMAR	21-05-1976	KNR	3	77.10	0.120736	80.0	90.0	97.5	97.5 [3]	75.0	82.5	87.5	87.5 [3]	100.0	115.0	125.0	125.0 [3]	310.0	8	37.428160	16
Master 1 - 93kg																						
1	MANISH K C	08-10-1977	KNR	14	93.00	0.108448	180.0	197.5	197.5	180.0 [1]	120.0	130.0	140.0	130.0 [1]	160.0	180.0	190.0	180.0 [2]	490.0	12	53.139520	6
2	RAJIL E P	31-05-1980	KNR	15	87.46	0.112089	130.0	150.0	162.5	162.5 [2]	90.0	105.0	110.0	105.0 [2]	160.0	180.0	190.0	180.0 [1]	447.5	9	50.159828	9
3	CHANDRALAL L	02-02-1983	KLM	1	89.00	0.111018	140.0	150.0	160.0	160.0 [3]	90.0	100.0	100.0	100.0 [4]	150.0	170.0	180.0	170.0 [4]	430.0	8	47.737740	11
4	LESLEE THOMAS	12-06-1982	TVM	22	85.40	0.113598	135.0	147.5	157.5	157.5 [4]	85.0	92.5	100.0	100.0 [3]	155.0	170.0	185.0	170.0 [3]	427.5	7	48.563145	10
Master 1 - 105kg																						
1	GIRISH HARIDAS	21-07-1984	TCR	1	105.00	0.102213	200.0	230.0	250.0	230.0 [1]	95.0	122.5	132.5	132.5 [1]	167.5	190.0	X	190.0 [1]	552.5	12	56.472683	5
2	SHABU M S	04-02-1976	KNR	3	93.20	0.108326	120.0	135.0	150.0	150.0 [2]	90.0	100.0	107.5	107.5 [2]	150.0	165.0	170.0	170.0 [2]	427.5	9	46.309365	13
Master 1 - 120kg																						
1	SHANAVAS K C	08-09-1982	KNR	17	112.10	0.099328	180.0	200.0	220.0	180.0 [1]	100.0	110.0	115.0	115.0 [1]	200.0	220.0	230.0	220.0 [1]	515.0	12	51.153920	8
Master 1 - 120+Kg																						
1	K VIVEK MENON	30-05-1979	KNR	14	120.30	0.096553	110.0	120.0	130.0	130.0 [1]	90.0	100.0	100.0	100.0 [1]	120.0	130.0	140.0	130.0 [1]	360.0	12	34.759080	17

Best Lifter - Master 1							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SUJITH M	ALP	83kg	75.70	0.122136	587.5	71.754900
2	PRAMODH A D	TCR	83kg	80.80	0.117325	547.5	64.235438
3	SAI SANTHOSH T	KNR	66kg	66.00	0.133945	457.5	61.279838

Team Championship - Master 1				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	60	12+12+12+12+12	259.677098
2	THRISSUR	21	12+9	120.708121
3	ERNAKULAM	21	12+9	92.445940
4	ALAPPUZHA	12	12	71.754900
5	KOLLAM	8	8	47.737740
6	THIRUVANANTHAPURAM	7	7	48.563145

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Master 2 - 59kg																						
1	AJAI KUMAR M	08-09-1971	KNR	7	56.60	0.150434	100.0	110.0	120.0	120.0 [1]	65.0	75.0	80.0	75.0 [1]	100.0	115.0	140.0	140.0 [1]	335.0	12	50.395390	7
-	SREEKUMAR V	31-05-1966	EKM	2	53.40	0.157760	20.0	20.0	20.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Master 2 - 66kg																						
1	JOHN PAUL ROY	31-01-1969	EKM	3	62.10	0.140026	85.0	95.0	100.0	100.0 [2]	65.0	75.0	80.0	75.0 [1]	125.0	140.0	150.0	150.0 [1]	325.0	12	45.508450	8
2	JAYAN M	01-03-1974	KNR	9	65.90	0.134089	110.0	115.0	115.0	110.0 [1]	50.0	60.0	60.0	50.0 [3]	130.0	140.0	145.0	145.0 [2]	305.0	9	40.897145	10
3	SAJEEVAN K	26-01-1967	KNR	8	65.70	0.134380	70.0	85.0	85.0	70.0 [3]	65.0	65.0	70.0	70.0 [2]	80.0	95.0	110.0	110.0 [3]	250.0	8	33.595000	14
Master 2 - 74kg																						
1	JAGANNATH P	15-06-1968	KNR	10	71.60	0.126639	190.0	205.0	220.0	220.0 [1]	120.0	127.5	132.5	127.5 [1]	180.0	195.0	200.0	195.0 [1]	542.5	12	68.701658	1 <u>☺</u>
2	SANJAY PRASAD	05-05-1972	TVM	5	70.10	0.128453	140.0	150.0	150.0	150.0 [3]	100.0	105.0	112.5	105.0 [2]	170.0	175.0	180.0	180.0 [3]	435.0	9	55.877055	3 <u>☺</u>
3	PADMAJAN P V	03-04-1974	KNR	11	69.24	0.129537	135.0	140.0	150.0	150.0 [2]	75.0	82.5	87.5	87.5 [3]	175.0	185.0	197.5	185.0 [2]	422.5	8	54.729383	4
4	RAPHEL V J	30-05-1968	EKM	4	67.40	0.131975	90.0	100.0	110.0	110.0 [4]	55.0	65.0	70.0	70.0 [4]	110.0	110.0	120.0	120.0 [4]	300.0	7	39.592500	11
5	SURENDRAN C	14-04-1965	EKM	5	69.08	0.129743	90.0	100.0	110.0	110.0 [5]	40.0	50.0	60.0	50.0 [5]	110.0	115.0	X	110.0 [5]	270.0	6	35.030610	13
Master 2 - 83kg																						
1	BINU KUMAR R	18-03-1974	TVM	6	80.48	0.117604	190.0	205.0	210.0	210.0 [1]	75.0	80.0	85.0	85.0 [2]	100.0	190.0	205.0	205.0 [1]	500.0	12	58.802000	2 <u>☺</u>
2	DILJITH K K	31-05-1969	KNR	12	78.60	0.119304	160.0	160.0	170.0	170.0 [3]	100.0	110.0	117.5	110.0 [1]	160.0	170.0	180.0	170.0 [3]	450.0	9	53.686800	5
3	SREENATH K	31-05-1973	KNR	13	74.10	0.123819	145.0	157.5	170.0	170.0 [2]	60.0	72.5	82.5	72.5 [3]	150.0	160.0	170.0	170.0 [2]	412.5	8	51.075338	6
Master 2 - 93kg																						
1	SAJID P V	25-05-1973	KNR	23	91.08	0.109645	120.0	130.0	150.0	150.0 [1]	80.0	85.0	90.0	85.0 [1]	100.0	120.0	125.0	125.0 [1]	360.0	12	39.472200	12
Master 2 - 120kg																						
1	ANOOP KUMAR P	03-03-1968	KNR	16	118.78	0.097028	160.0	160.0	175.0	175.0 [1]	80.0	X	X	80.0 [1]	160.0	170.0	X	170.0 [1]	425.0	12	41.236900	9




Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	JAGANNATH P	KNR	74kg	71.60	0.126639	542.5	68.701658
2	BINU KUMAR R	TVM	83kg	80.48	0.117604	500.0	58.802000
3	SANJAY PRASAD	TVM	74kg	70.10	0.128453	435.0	55.877055

Team Championship - Master 2				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	57	12+12+12+12+9	253.492948
2	ERNAKULAM	25	12+7+6	120.131560
3	THIRUVANANTHAPURAM	21	12+9	114.679055

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Master 3 - 59kg																						
1	BABU V	03-11-1964	TVM	6	54.50	0.155118	125.0	432.5	132.5	132.5 [1]	77.5	85.0	87.5	85.0 [1]	125.0	135.0	145.0	145.0 [1]	362.5	12	56.230275	1 🏆
2	GIRIDHARA GHOSH C V	28-10-1962	EKM	5	59.00	0.145591	100.0	440.0	110.0	110.0 [2]	40.0	52.5	57.5	52.5 [3]	110.0	125.0	435.0	125.0 [2]	287.5	9	41.857413	5
3	RAMESAN P	05-08-1955	KNR	9	53.46	0.157612	70.0	75.0	82.5	82.5 [3]	50.0	55.0	57.5	55.0 [2]	85.0	90.0	95.0	95.0 [3]	232.5	8	36.644790	6
Master 3 - 66kg																						
1	V J XAVIER	19-01-1960	EKM	4	62.16	0.139925	100.0	110.0	120.0	120.0 [1]	50.0	55.0	60.0	60.0 [1]	130.0	150.0	460.0	150.0 [1]	330.0	12	46.175250	3 🏆
Master 3 - 74kg																						
1	B HEMACHANDRAN	20-11-1957	KLM	1	68.36	0.130683	120.0	130.0	140.0	140.0 [1]	100.0	440.0	110.0	110.0 [1]	130.0	440.0	X	130.0 [1]	380.0	12	49.659540	2 🏆
Master 3 - 83kg																						
1	C K SADANANDAN	15-05-1962	KNR	7	75.50	0.122342	90.0	110.0	130.0	130.0 [1]	60.0	85.0	95.0	95.0 [1]	90.0	120.0	140.0	140.0 [1]	365.0	12	44.654830	4
Master 3 - 93kg																						
1	KISHOR KUMAR M	09-05-1964	KNR	10	86.60	0.112708	60.0	70.0	80.0	80.0 [1]	60.0	70.0	80.0	70.0 [1]	80.0	100.0	120.0	120.0 [1]	270.0	12	30.431160	7

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	BABU V	TVM	59kg	54.50	0.155118	362.5	56.230275
2	B HEMACHANDRAN	KLM	74kg	68.36	0.130683	380.0	49.659540
3	V J XAVIER	EKM	66kg	62.16	0.139925	330.0	46.175250

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	KANNUR	32	12+12+8	111.730780
2	ERNAKULAM	21	12+9	88.032663
3	THIRUVANANTHAPURAM	12	12	56.230275
4	KOLLAM	12	12	49.659540

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	SQ1	SQ2	SQ3	SQ [PL]	BP1	BP2	BP3	BP [PL]	DL1	DL2	DL3	DL [PL]	Total	Points	IPF GL Points	Place
Master 4 - 59kg																						
1	SEBASTIAN I	12-11-1954	TVM	3	57.40	0.148763	140.0	150.0	X	150.0 [1]	65.0	70.0	75.0	70.0 [2]	150.0	170.0	180.0	170.0 [1]	390.0	12	58.017570	1 
2	K C SREENIVASAN	28-01-1950	EKM	1	56.20	0.151292	50.0	60.0	65.0	65.0 [2]	60.0	70.0	75.0	75.0 [1]	70.0	80.0	85.0	85.0 [2]	225.0	9	34.040700	4
Master 4 - 66kg																						
1	PREMACHANDRAN NAIR N	12-04-1952	EKM	1	63.40	0.137894	85.0	90.0	95.0	95.0 [1]	65.0	70.0	72.5	70.0 [1]	120.0	125.0	130.0	130.0 [1]	295.0	12	40.678730	2 
Master 4 - 74kg																						
1	ABDUL AZEEM C C	15-07-1950	KNR	12	73.80	0.124145	65.0	75.0	90.0	90.0 [1]	65.0	70.0	80.0	80.0 [1]	105.0	120.0	120.0	105.0 [1]	275.0	12	34.139875	3 
Master 4 - 93kg																						
1	VARGHESE P J	13-08-1947	EKM	2	84.30	0.114443	40.0	50.0	X	50.0 [1]	45.0	50.0	55.0	55.0 [1]	85.0	X	X	85.0 [1]	190.0	12	21.744170	5

Best Lifter - Master 4

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	SEBASTIAN I	TVM	59kg	57.40	0.148763	390.0	58.017570
2	PREMACHANDRAN NAIR N	EKM	66kg	63.40	0.137894	295.0	40.678730
3	ABDUL AZEEM C C	KNR	74kg	73.80	0.124145	275.0	34.139875

Team Championship - Master 4

Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	33	12+12+9	96.463600
2	THIRUVANANTHAPURAM	12	12	58.017570
3	KANNUR	12	12	34.139875

Abbreviations:

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