

KSPLA
Kerala State Equipped Bench Press Championship 2024
V K Krishna Menon Indoor Stadium, Kozhikode - 06-09-2024 to 07-09-2024
Final Results

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Men													
Open - 59kg													
1	ABHICHAND K	31-08-2004	KNR	44	58.70	0.495923	60.0	65.0	67.5	65.0	12	32.234995	19
Open - 66kg													
1	BIBIN JOY	19-03-1996	TCR	50	65.00	0.440871	157.5	167.5	167.5	167.5	12	73.845893	1 
2	ASRAF KM	31-07-1991	KSD	5	64.50	0.444521	100.0	110.0	110.0	110.0	9	48.897310	10
3	ASWIN C	16-02-1994	KKD	56	62.80	0.457751	95.0	100.0	102.5	102.5	8	46.919478	12
4	TIJO THOMAS	09-02-1985	EKM	67	61.15	0.471942	80.0	85.0	92.5	85.0	7	40.115070	14
5	ABIN E S	08-03-1996	KTM	24	61.90	0.465314	82.5	92.5	92.5	82.5	6	38.388405	16
6	JUBIN MANOJ	16-02-1998	WYD	10	64.05	0.447896	57.5	62.5	67.5	67.5	5	30.232980	20
7	HARIKRISHNAN RAJEEV	25-04-1998	EKM	39	60.80	0.475142	50.0	52.5	52.5	52.5	4	24.944955	22
Open - 74kg													
1	LYASTON PRAJWAL	30-10-1999	KSD	7	73.60	0.391243	130.0	135.0	140.0	135.0	12	52.817805	6
2	JINESH SOMAN	12-01-1996	EKM	12	73.30	0.392636	110.0	130.0	130.0	130.0	9	51.042680	7
3	JOEL THEKKEKKARA	06-03-2004	TCR	48	72.30	0.397428	67.5	75.0	77.5	75.0	8	29.807100	21
Open - 83kg													
1	VIGNESH V R	31-08-1999	TVM	1	79.40	0.367772	167.5	175.0	182.5	182.5	12	67.118390	3 
2	SALMAN S	26-06-2000	EKM	5	81.90	0.359365	100.0	120.0	132.5	132.5	9	47.615863	11
3	VISHNU NITHYANAND	17-12-1992	KNR	1	75.50	0.382861	120.0	130.0	135.0	130.0	8	49.771930	9
4	VISHNU THANKAPPAN	09-04-1996	KTM	17	74.50	0.387180	85.0	87.5	X	87.5	7	33.878250	18
Open - 93kg													
1	SURESH BBABU S	02-11-1985	TVM	49	83.10	0.355633	145.0	147.5	152.5	152.5	12	54.234033	5
2	THOMAS P MATHEW	19-05-1990	KTM	16	89.70	0.338030	150.0	X	X	150.0	9	50.704500	8
3	KHADEV ZISHAN ALI	25-03-2000	KSD	8	92.80	0.331182	130.0	140.0	140.0	130.0	8	43.053660	13
4	DEV DUTH C	14-02-2002	KLM	41	92.80	0.331182	105.0	115.0	120.0	120.0	7	39.741840	15
Open - 105kg													
1	MUHAMMED RAFI	11-07-1999	ALP	13	104.10	0.311755	220.0	230.0	230.0	220.0	12	68.586100	2 
2	BALAGOPAL S UNNITHAN	04-06-2000	ALP	7	94.90	0.326966	180.0	200.0	210.0	200.0	9	65.393200	4
Open - 120kg													
1	SRIHARI P V RAJ	07-01-1999	KNR	1	111.40	0.302596	90.0	115.0	130.0	115.0	12	34.798540	17
Open - 120+Kg													
1	RISHIKESH SANAL	21-10-2004	KTM	5	131.30	0.285934	75.0	77.5	80.0	77.5	12	22.159885	23

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	BIBIN JOY	TCR	66kg	65.00	0.440871	167.5	73.845893
2	MUHAMMED RAFI	ALP	105kg	104.10	0.311755	220.0	68.586100
3	VIGNESH V R	TVM	83kg	79.40	0.367772	182.5	67.118390

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	KOTTAYAM	34	12+9+7+6	145.131040
2	KANNUR	32	12+12+8	116.805465
3	KASARAGOD	29	12+9+8	144.768775
4	ERNAKULAM	29	9+9+7+4	163.718568
5	THIRUVANANTHAPURAM	24	12+12	121.352423
6	ALAPPUZHA	21	12+9	133.979300
7	THRISSUR	20	12+8	103.652993
8	KOZHIKODE	8	8	46.919478
9	KOLLAM	7	7	39.741840
10	WAYANAD	5	5	30.232980

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Sub Junior - 53kg													
1	ARJUN K S	11-05-2006	EKM	21	51.10	0.603338	60.0	67.5	70.0	70.0	12	42.233660	6
2	AL SABITH A S	21-04-2007	TVM	45	52.90	0.571927	60.0	67.5	72.5	67.5	9	38.605073	13
3	SANATH M	25-04-2006	KSD	30	51.80	0.590558	65.0	70.0	70.0	65.0	8	38.386270	14
4	ARJUN A	13-03-2008	KLM	47	53.00	0.570315	57.5	62.5	67.5	62.5	7	35.644688	17
5	ABHIJITH P	05-09-2006	ALP	14	48.50	0.658404	60.0	60.0	72.5	60.0	6	39.504240	12
6	ALEN BENNY	17-11-2006	EKM	36	51.50	0.595942	57.5	57.5	62.5	57.5	5	34.266665	22
7	PRAKYATH H R	31-03-2007	KSD	15	49.50	0.635661	50.0	55.0	67.5	55.0	4	34.961355	19
8	MOHAMED SHAAN S	24-09-2007	KSD	18	49.50	0.635661	40.0	55.0	67.5	55.0	3	34.961355	20
-	MOHAMMED SAHAL SALAM	26-02-2007	KNR	28	52.80	0.573552	62.5	62.5	62.5	-	-	-	-
Sub Junior - 59kg													
1	MOHAMMED SHABEEB	04-11-2007	KSD	13	58.70	0.495923	75.0	85.0	85.0	85.0	12	42.153455	7
2	AMEER MUHAMMED	09-09-2006	TVM	51	58.80	0.494868	75.0	82.5	82.5	82.5	9	40.826610	10
3	DAREL DUGSTEER KOMATH	04-04-2008	EKM	23	58.90	0.493819	65.0	67.5	70.0	70.0	8	34.567330	21
4	ABDULLA A P	11-12-2007	KSD	55	57.70	0.506879	55.0	60.0	65.0	65.0	7	32.947135	24
5	ALWIN SUNIL	20-04-2006	EKM	33	58.60	0.496986	57.5	65.0	67.5	65.0	6	32.304090	26
6	AKSHAY KRISHNA S	16-05-2009	ALP	20	58.70	0.495923	60.0	65.0	67.5	65.0	5	32.234995	27
7	ANANTHU A E	14-06-2006	KTM	26	54.50	0.547598	50.0	55.0	60.0	55.0	4	30.117890	29
8	ANUROOPKRISHNA P	16-06-2009	KNR	42	55.40	0.535171	40.0	40.0	42.5	42.5	3	22.744768	33

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Sub Junior - 66kg													
1	ABHIJITH P A	06-01-2006	EKM	35	65.80	0.435242	100.0	105.0	110.0	105.0	12	45.700410	3 <u>☞</u>
2	SINAN AHAMMED	22-07-2008	TVM	41	66.00	0.433873	90.0	90.0	97.5	97.5	9	42.302618	4
3	SUBUHAN NAVAS	21-03-2006	KTM	34	66.00	0.433873	80.0	90.0	95.0	95.0	8	41.217935	8
4	SREEHARI S KUMAR	23-09-2006	KNR	66	66.00	0.433873	90.0	92.5	95.0	95.0	7	41.217935	9
5	MOHAMMED JEZEE	11-04-2006	KSD	16	61.40	0.469698	90.0	100.0	100.0	90.0	6	42.272820	5
6	SURYAKIRAN P R	02-06-2006	KLM	17	64.30	0.446010	70.0	80.0	92.5	80.0	5	35.680800	16
7	MUHAMMED ISMAIL	10-10-2006	KLM	48	61.60	0.467928	67.5	72.5	75.0	75.0	4	35.094600	18
8	ASWIN DAS P V	09-02-2008	KNR	43	64.80	0.442319	50.0	55.0	57.5	57.5	3	25.433343	32
Sub Junior - 74kg													
1	AUSTIN SIMON	15-03-2006	EKM	39	68.00	0.420980	90.0	90.0	95.0	95.0	12	39.993100	11
2	WILLIAM JOHN	09-05-2008	EKM	40	67.50	0.424074	80.0	80.0	85.0	80.0	9	33.925920	23
3	HUSSEY	03-01-2009	TVM	3	69.30	0.413307	65.0	75.0	85.0	75.0	8	30.998025	28
4	ADWAITH PRABATH	12-03-2008	TVM	4	67.50	0.424074	40.0	55.0	60.0	40.0	7	16.962960	36
-	MOHAMMED ANAS	15-07-2008	KSD	36	72.90	0.394525	85.0	85.0	92.5	-	-	-	-
Sub Junior - 83kg													
1	MEHAL MANOJ KUMAR	15-06-2007	KSD	14	79.90	0.366018	90.0	X	X	90.0	12	32.941620	25
Sub Junior - 93kg													
1	YADHUKRISHNA N	17-11-2006	KNR	34	83.40	0.354728	130.0	140.0	145.0	145.0	12	51.435560	1 <u>☞</u>
2	EVAN BINU CHIRAYATH	17-09-2006	TCR	43	85.60	0.348421	75.0	77.5	80.0	80.0	9	27.873680	30
3	MOHAMMED HADI KA	27-12-2006	KSD	38	86.30	0.346527	75.0	75.0	80.0	80.0	8	27.722160	31
Sub Junior - 105kg													
1	FAIZAL A	14-03-2006	TVM	9	97.90	0.321467	135.0	142.5	145.0	145.0	12	46.612715	2 <u>☞</u>
2	RIYAS K S	04-05-2006	EKM	3	99.40	0.318926	100.0	117.5	122.5	117.5	9	37.473805	15
3	"SANOOP U	15-11-2006	EKM	10	98.30	0.320776	50.0	60.0	70.0	60.0	8	19.246560	34
Sub Junior - 120+Kg													
1	JASIN JAYAN	01-02-2008	KNR	4	131.70	0.285688	50.0	60.0	62.5	62.5	12	17.855500	35

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	YADHUKRISHNA N	KNR	93kg	83.40	0.354728	145.0	51.435560
2	FAIZAL A	TVM	105kg	97.90	0.321467	145.0	46.612715
3	ABHIJITH P A	EKM	66kg	65.80	0.435242	105.0	45.700410

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	54	12+12+12+9+9	199.326895
2	KASARAGOD	47	12+12+8+8+7	174.150640

Team Championship - Sub Junior

Place	Team	Points	Best Points	IPF GL Points
3	THIRUVANANTHAPURAM	47	12+9+9+9+8	199.345041
4	KANNUR	37	12+12+7+3+3	158.687106
5	KOLLAM	16	7+5+4	106.420088
6	KOTTAYAM	12	8+4	71.335825
7	ALAPPUZHA	11	6+5	71.739235
8	THRISSUR	9	9	27.873680

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Junior - 53kg													
1	AMALJITH S	02-09-2004	ALP	9	52.60	0.576842	85.0	90.0	95.0	90.0	12	51.915780	7
Junior - 59kg													
1	ABDUL ASHAD RAISHAN	15-05-2002	KSD	6	57.20	0.512644	440.0	110.0	425.0	110.0	12	56.390840	4
2	MUHAMMED AJMAL H	23-09-2004	KLM	32	53.80	0.557868	85.0	85.0	92.5	92.5	9	51.602790	8
3	SAHFAN P C	24-02-2001	KKD	40	57.90	0.504628	80.0	82.5	85.0	82.5	8	41.631810	14
4	ISHAN RAGESH	17-12-2005	KNR	37	57.50	0.509161	70.0	72.5	77.5	72.5	7	36.914173	19
5	ARJUN T N	20-01-2007	KTM	25	58.70	0.495923	45.0	47.5	50.0	47.5	6	23.556343	27
Junior - 66kg													
1	YADHAVENDH P	20-06-2005	KKD	38	65.40	0.438025	105.0	110.0	112.5	112.5	12	49.277813	10
2	KANNAN RAJA	14-07-2004	ALP	12	63.10	0.455319	100.0	107.5	110.0	110.0	9	50.085090	9
3	ANANDAKRISHNAN N	16-02-2003	EKM	54	65.30	0.438731	90.0	100.0	407.5	100.0	8	43.873100	12
4	AL MUHAMMD FIYAN	11-10-2005	KLM	49	65.40	0.438025	82.5	90.0	97.5	90.0	7	39.422250	15
5	M AMEGH	24-08-2005	KKD	29	60.90	0.474221	80.0	90.0	92.5	80.0	6	37.937680	17
6	VISAKH T S	26-04-2005	KNR	19	64.10	0.447517	65.0	70.0	80.0	70.0	5	31.326190	23
Junior - 74kg													
1	ABDUL ASHFAK	13-07-2001	KSD	31	72.90	0.394525	130.0	440.0	140.0	140.0	12	55.233500	5
2	ANOOP M P	30-06-2005	KNR	1	74.00	0.389416	90.0	92.5	X	90.0	9	35.047440	21
3	RITHIC S RAJEEV	23-10-2002	EKM	28	73.60	0.391243	60.0	65.0	75.0	65.0	8	25.430795	25
Junior - 83kg													
1	MOHAMMED APSAL	08-02-2002	KSD	6	82.60	0.357166	160.0	465.0	165.0	165.0	12	58.932390	1 
2	PRANAV G	20-09-2005	ALP	9	83.00	0.355937	150.0	165.0	470.0	165.0	9	58.729605	2 
3	DHARVESH EBRAHIM GOUSU	17-03-2003	EKM	30	80.40	0.364302	150.0	160.0	470.0	160.0	8	58.288320	3 
4	KAUSTUB SANGRAM POTFODE	20-12-2002	KLM	42	77.40	0.375182	90.0	100.0	405.0	100.0	7	37.518200	18
5	ABHIJJITH CHEMBADAN	23-04-2003	KNR	22	80.01	0.365637	85.0	90.0	100.0	100.0	6	36.563700	20
6	ABHINAV SANTHOSH	25-04-2005	KNR	11	81.90	0.359365	90.0	95.0	402.5	95.0	5	34.139675	22
7	SIVAJITH T A	29-12-2005	KTM	23	82.10	0.358730	77.5	85.0	X	85.0	4	30.492050	24
8	LAKSHMANA PERUMAL K	12-06-2002	EKM	35	82.30	0.358101	60.0	65.0	65.0	60.0	3	21.486060	28
Junior - 93kg													

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
1	SASI V	18-04-1969	PKD	25	83.20	0.355330	105.0	110.0	X	110.0	12	39.086300	4
Master 2 - 105kg													
1	SAJID P V	25-05-1973	KNR	14	93.10	0.330560	80.0	100.0	110.0	110.0	12	36.361600	6
Master 2 - 120kg													
1	ANOOP KUMAR P	30-03-1968	KNR	6	116.50	0.297340	80.0	87.5	X	87.5	12	26.017250	9

Best Lifter - Master 2							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	RAJAGOPALAN V	KKD	59kg	59.00	0.492778	105.0	51.741690
2	SANJAY PRASAD	TVM	74kg	71.20	0.402976	115.0	46.342240
3	AJAIKUMAR M	KNR	59kg	54.60	0.546175	77.5	42.328563

Team Championship - Master 2					
Place	Team	Points	Best Points	IPF GL Points	
1	KANNUR	33	12+12+9	104.707413	
2	ERNAKULAM	29	12+9+8	96.338973	
3	KOZHIKODE	12	12	51.741690	
4	THIRUVANANTHAPURAM	12	12	46.342240	
5	PALAKKAD	12	12	39.086300	

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 3 - 59kg													
1	BABU V	03-11-1964	TVM	31	55.60	0.532521	80.0	85.0	87.5	87.5	12	46.595588	1 
2	VELAYUDHAN	07-04-1955	PKD	52	58.20	0.501308	35.0	40.0	42.5	40.0	9	20.052320	4
Master 3 - 74kg													
1	B HEMACHANDRAN	20-11-1957	KLM	21	67.90	0.421593	110.0	115.0	115.0	110.0	12	46.375230	2 
Master 3 - 93kg													
1	RAJEEV P MENON	24-10-1962	PKD	32	87.20	0.344168	57.5	62.5	65.0	62.5	12	21.510500	3 

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	BABU V	TVM	59kg	55.60	0.532521	87.5	46.595588
2	B HEMACHANDRAN	KLM	74kg	67.90	0.421593	110.0	46.375230
3	RAJEEV P MENON	PKD	93kg	87.20	0.344168	62.5	21.510500

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	PALAKKAD	21	12+9	41.562820
2	THIRUVANANTHAPURAM	12	12	46.595588
3	KOLLAM	12	12	46.375230

Place	Name	DOB	Team	Lot	Bd. Wt.	Coeff.	BP1	BP2	BP3	Best	Points	IPF GL Points	Place
Master 4 - 59kg													
1	K C SREENIVASAN	28-08-1950	EKM	2	56.45	0.521679	75.0	80.0	85.0	85.0	12	44.342715	1 
Master 4 - 66kg													
1	PREMACHANDRAN NAIR	12-04-1952	EKM	4	63.90	0.449041	72.5	77.5	80.0	77.5	12	34.800678	2 
Master 4 - 74kg													
1	ABDUL AZEEM C C	15-07-1950	KNR	10	73.70	0.390783	70.0	80.0	87.5	87.5	12	34.193513	3 

Best Lifter - Master 4							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Best BP	IPF GL Points
1	K C SREENIVASAN	EKM	59kg	56.45	0.521679	85.0	44.342715
2	PREMACHANDRAN NAIR	EKM	66kg	63.90	0.449041	77.5	34.800678
3	ABDUL AZEEM C C	KNR	74kg	73.70	0.390783	87.5	34.193513

Team Championship - Master 4				
Place	Team	Points	Best Points	IPF GL Points
1	ERNAKULAM	24	12+12	79.143393
2	KANNUR	12	12	34.193513

Abbreviations:

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