

24.4.2010/KSor

Nordic Sub-Junior & Junior Powerlifting Championships
24.04.2010, Lempäälä, Finland

Women Sub-Junior				Squat				Bench Press				Deadlift				Total	Wpts	Pts		
52 kg	Name	YOB	Nat	Bwt	1.	2.	3.	Result	1.	2.	3.	Result	1.	2.	3.				Result	
1.	Frida Leandersson	1995	SWE	51,20	<u>105,0</u>	440,0	<u>110,0</u>	110,0	<u>47,5</u>	<u>50,0</u>	52,5	50,0	<u>110,0</u>	<u>115,0</u>	<u>117,5</u>	117,5	277,5	350,10	12	
60 kg																				
1.	Marie Tunroth	1992	SWE	60,00	<u>110,0</u>	430,0	430,0	110,0	<u>50,0</u>	<u>55,0</u>	<u>57,5</u>	57,5	<u>130,0</u>	<u>150,0</u>	<u>155,0</u>	155,0	322,5	359,55	12	
67,5 kg																				
1.	Hanna Leandersson	1993	SWE	65,80	<u>122,5</u>	430,0	<u>130,0</u>	130,0	<u>52,5</u>	55,0	55,0	52,5	<u>115,0</u>	<u>120,0</u>	427,5	120,0	302,5	314,50	12	
90+ kg																				
1.	Ina Fager	1995	SWE	106,95	<u>150,0</u>	<u>160,0</u>	<u>165,0</u>	165,0	<u>62,5</u>	<u>65,0</u>	70,0	65,0	<u>145,0</u>	<u>155,0</u>	<u>167,5</u>	167,5	397,5	325,21	12	

3 Best Lifters on Wpts

1. Marie Tunroth SWE 359,55 pts
2. Frida Leandersson SWE 350,10 pts
3. Ina Fager SWE 325,21 pts

Nation Points

1. Sweden 48 pts

Women Junior				Squat				Bench Press				Deadlift				Total	Wpts	Pts		
52 kg	Name	YOB	Nat	Bwt	1.	2.	3.	Result	1.	2.	3.	Result	1.	2.	3.				Result	
1.	Emelie Ullström	1989	SWE	51,40	<u>90,0</u>	<u>97,5</u>	<u>105,0</u>	105,0	<u>57,5</u>	60,0	60,0	57,5	<u>105,0</u>	<u>110,0</u>	442,5	110,0	272,5	342,76	12	
60 kg																				
1.	Silje Marie Amundsen	1991	NOR	59,30	425,0	<u>125,0</u>	<u>135,0</u>	135,0	62,5	<u>62,5</u>	70,0	62,5	<u>115,0</u>	<u>125,0</u>	<u>130,0</u>	130,0	327,5	368,47	12	
67,5 kg																				
1.	Anni Vuohijoki	1988	FIN	67,00	<u>175,0</u>	494,0	494,0	175,0	<u>100,0</u>	<u>106,5</u>	442,5	106,5	465,0	<u>165,0</u>	<u>177,5</u>	177,5	459,0	470,98	12	
75 kg																				
1.	Marthe Stavik Aas	1991	NOR	70,85	<u>147,5</u>	<u>155,0</u>	<u>162,5</u>	162,5	<u>82,5</u>	<u>87,5</u>	92,5	87,5	<u>145,0</u>	<u>150,0</u>	<u>155,0</u>	155,0	405,0	399,60	12	
82,5 kg																				
1.	Josefine Bark	1988	SWE	80,05	<u>155,0</u>	475,0	475,0	155,0	<u>72,5</u>	80,0	80,0	72,5	<u>155,0</u>	467,5	<u>167,5</u>	167,5	395,0	361,30	12	
90 kg																				
1.	Victoria Gvozdenovic	1990	SWE	86,85	<u>180,0</u>	490,0	<u>190,0</u>	190,0	<u>95,0</u>	<u>97,5</u>	<u>97,5</u>	97,5	<u>150,0</u>	<u>160,0</u>	465,0	160,0	447,5	392,73	12	

3 Best Lifters on Wpts

1. Anni Vuohijoki FIN 470,98 pts
2. Marthe Stavik Aas NOR 399,60 pts
3. Victoria Gvozdenovic NOR 392,73 pts

Nation Points

1. Sweden 36 pts
2. Norway 24 pts
3. Finland 12 pts

Men Sub-Junior				Squat				Bench Press				Deadlift				Total	Wpts	Pts		
56 kg	Name	YOB	Nat	Bwt	1.	2.	3.	Result	1.	2.	3.	Result	1.	2.	3.				Result	
1.	Topi Nevalainen	1994	FIN	55,15	<u>90,0</u>	400,0	<u>105,0</u>	105,0	<u>75,0</u>	80,0	<u>80,0</u>	80,0	<u>130,0</u>	<u>140,0</u>	450,0	140,0	325,0	300,35	12	
67,5 kg																				
1.	Jonne Ylisirniö	1994	FIN	65,80	440,0	<u>147,5</u>	<u>157,5</u>	157,5	<u>87,5</u>	<u>92,5</u>	95,0	92,5	<u>135,0</u>	<u>145,0</u>	<u>152,5</u>	152,5	402,5	316,83	12	
2.	Rikhard Pirkkiö	1994	FIN	65,65	<u>145,0</u>	<u>155,0</u>	462,5	155,0	<u>65,0</u>	<u>70,0</u>	72,5	70,0	<u>150,0</u>	470,0	470,0	150,0	375,0	295,74	9	
75 kg																				
1.	Niklas Nordling	1993	SWE	74,60	440,0	<u>210,0</u>	<u>220,0</u>	220,0	<u>110,0</u>	<u>115,0</u>	<u>120,0</u>	120,0	245,0	<u>215,0</u>	225,0	215,0	555,0	396,95	12	
2.	Jussi Tolonen	1992	FIN	72,75	<u>190,0</u>	<u>200,0</u>	<u>210,0</u>	210,0	<u>112,5</u>	<u>117,5</u>	<u>120,0</u>	120,0	<u>190,0</u>	<u>200,0</u>	225,0	200,0	530,0	385,93	9	
82,5 kg																				
1.	Jarkko Perttula	1993	FIN	82,30	205,0	<u>215,0</u>	<u>230,0</u>	230,0	<u>127,5</u>	<u>132,5</u>	435,0	132,5	<u>200,0</u>	<u>210,0</u>	<u>217,5</u>	217,5	580,0	389,11	12	
2.	Jonas Wennberg	1992	SWE	81,25	245,0	<u>215,0</u>	225,0	215,0	<u>105,0</u>	<u>110,0</u>	-----	110,0	<u>230,0</u>	247,5	255,0	230,0	555,0	375,26	9	
3.	Jyri Taanila	1993	FIN	80,50	<u>160,0</u>	<u>175,0</u>	485,0	175,0	<u>110,0</u>	<u>122,5</u>	427,5	122,5	<u>160,0</u>	<u>175,0</u>	<u>185,0</u>	185,0	482,5	328,12	8	
90 kg																				
1.	Erik Gunhamn	1992	SWE	89,00	<u>250,0</u>	<u>270,0</u>	<u>282,5</u>	282,5	<u>135,0</u>	<u>145,0</u>	452,5	145,0	<u>265,0</u>	<u>288,0</u>	295,0	288,0	715,5	459,40	12	
2.	Ville Patjas	1993	FIN	85,75	200,0	<u>210,0</u>	220,0	210,0	<u>120,0</u>	430,0	<u>130,0</u>	130,0	<u>200,0</u>	<u>215,0</u>	<u>222,5</u>	222,5	562,5	368,49	9	
3.	Mikko Kortelainen	1992	FIN	86,00	<u>195,0</u>	<u>207,5</u>	<u>215,0</u>	215,0	<u>125,0</u>	<u>127,5</u>	<u>130,0</u>	130,0	<u>180,0</u>	205,0	205,0	180,0	525,0	343,36	8	
100 kg																				
1.	Teemu Leppänen	1993	FIN	97,65	<u>240,0</u>	<u>250,0</u>	<u>260,0</u>	260,0	<u>147,5</u>	<u>155,0</u>	<u>160,0</u>	160,0	<u>285,0</u>	<u>300,0</u>	<u>315,0</u>	315,0	735,0	451,71	12	
2.	Jonatan Gönge	1992	DEN	93,60	280,0	280,0	<u>280,0</u>	280,0	<u>152,5</u>	457,5	457,5	152,5	<u>250,0</u>	260,0	<u>260,0</u>	260,0	692,5	433,71	9	
3.	Matias Mäkinen	1992	FIN	99,50	<u>225,0</u>	230,0	<u>230,0</u>	230,0	435,0	<u>135,0</u>	<u>140,0</u>	140,0	<u>235,0</u>	<u>245,0</u>	<u>250,0</u>	250,0	620,0	378,09	8	
-	Johannes Eklund	1993	SWE	97,20	220,0	220,0	220,0	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	disq

3 Best Lifters on Wpts

1. Erik Gunhamn SWE 459,40 pts
- Teemu Leppänen

2. FIN 451,71 pts
3. Jonatan Gönge DEN 433,71 pts

Nation Points

1. Finland 66 pts
2. Sweden 33 pts
3. Denmark 9 pts

Men Junior				Squat				Bench Press				Deadlift				Total	Wpts	Pts		
67,5 kg	Name	YOB	Nat	Bwt	1.	2.	3.	Result	1.	2.	3.	Result	1.	2.	3.				Result	
1.	Hans Erik Folkseth	1989	NOR	65,65	<u>205.0</u>	<u>215.0</u>	<u>220.0</u>	220,0	440.0	<u>140.0</u>	445.0	140,0	<u>232.5</u>	<u>240.0</u>	245.0	240,0	600,0	473,19	12	
2.	Erik Svensson	1991	SWE	67,20	<u>210.0</u>	<u>225.0</u>	<u>230.0</u>	230,0	445.0	<u>115.0</u>	425.0	115,0	<u>210.0</u>	<u>230.0</u>	<u>242.5</u>	242,5	587,5	454,59	9	
3.	Joakim Talus	1987	FIN	66,70	475.0	<u>180.0</u>	<u>187.5</u>	187,5	<u>132.5</u>	440.0	440.0	132,5	<u>185.0</u>	<u>195.0</u>	<u>202.5</u>	202,5	522,5	406,75	8	
75 kg																				
1.	Petteri Keränen	1987	FIN	74,35	<u>280.0</u>	287.5	295.0	280,0	<u>170.0</u>	<u>177.5</u>	482.5	177,5	<u>280.0</u>	297.5	306.5	280,0	737,5	528,73	12	
2.	Jacob Beermann	1989	DEN	74,45	245.0	<u>245.0</u>	255.0	245,0	<u>130.0</u>	435.0	435.0	130,0	<u>240.0</u>	<u>252.5</u>	265.0	252,5	627,5	449,44	9	
3.	Espen A. Rodsjo	1990	NOR	73,90	<u>197.5</u>	<u>205.0</u>	<u>215.0</u>	215,0	<u>132.5</u>	437.5	<u>137.5</u>	137,5	<u>240.0</u>	<u>255.0</u>	<u>262.5</u>	262,5	615,0	442,80	8	
4.	Marcus Gabriellsson	1990	SWE	71,00	<u>215.0</u>	<u>227.5</u>	<u>232.5</u>	232,5	<u>130.0</u>	<u>137.5</u>	<u>142.5</u>	142,5	<u>212.5</u>	<u>225.0</u>	<u>232.5</u>	232,5	607,5	450,39	7	
5.	Tuomas Tolvanen	1989	FIN	74,10	245.0	<u>215.0</u>	225.0	215,0	435.0	<u>135.0</u>	<u>142.5</u>	142,5	<u>220.0</u>	<u>240.0</u>	252.5	240,0	597,5	429,38	6	
6.	Stian Bjorge	1987	NOR	73,50	<u>215.0</u>	220.0	220.0	215,0	<u>165.0</u>	<u>170.0</u>	472.5	170,0	<u>210.0</u>	220.0	220.0	210,0	595,0	430,06	5	
82,5 kg																				
1.	Thomas B. Pedersen	1987	DEN	81,50	<u>240.0</u>	<u>250.0</u>	<u>255.0</u>	255,0	470.0	470.0	<u>170.0</u>	170,0	<u>240.0</u>	<u>255.0</u>	262.5	255,0	680,0	458,91	12	
2.	Danni Iversen	1987	DEN	81,20	<u>235.0</u>	<u>245.0</u>	<u>255.0</u>	255,0	455.0	<u>155.0</u>	465.0	155,0	<u>230.0</u>	<u>242.5</u>	<u>247.5</u>	247,5	657,5	444,73	9	
3.	Jan Lipponen	1990	FIN	81,75	230.0	<u>240.0</u>	250.0	240,0	<u>145.0</u>	450.0	<u>150.0</u>	150,0	<u>230.0</u>	252.5	252.5	230,0	620,0	417,64	8	
4.	Timoteus Strågefors	1989	SWE	79,10	<u>207.5</u>	<u>220.0</u>	232.5	220,0	440.0	440.0	<u>147.5</u>	147,5	<u>225.0</u>	252.5	252.5	225,0	592,5	407,42	7	
90 kg																				
1.	Anton Bergman	1990	SWE	89,80	260.0	<u>260.0</u>	280.0	260,0	455.0	<u>155.0</u>	465.0	155,0	<u>250.0</u>	<u>270.0</u>	285.0	270,0	685,0	437,80	12	
2.	Lars Andreas Bruland	1991	NOR	89,45	250.0	<u>250.0</u>	262.5	250,0	460.0	<u>160.0</u>	467.5	160,0	<u>240.0</u>	250.0	<u>250.0</u>	250,0	660,0	422,66	9	
3.	Iiro Jokipalo	1990	FIN	89,85	<u>265.0</u>	275.0	275.0	265,0	<u>135.0</u>	445.0	<u>150.0</u>	150,0	<u>225.0</u>	232.5	<u>237.5</u>	237,5	652,5	416,91	8	
4.	Jiri Grönman	1991	FIN	89,05	240.0	<u>245.0</u>	<u>260.0</u>	260,0	427.5	432.5	<u>137.5</u>	137,5	<u>240.0</u>	<u>250.0</u>	255.0	250,0	647,5	415,62	7	
5.	Timo-Pekka Laine	1987	FIN	89,50	245.0	<u>215.0</u>	230.0	215,0	<u>130.0</u>	<u>135.0</u>	437.5	135,0	<u>235.0</u>	<u>257.5</u>	265.0	257,5	607,5	388,93	6	
-	Lars Ainasoja	1990	SWE	89,40	<u>245.0</u>	255.0	255.0	245,0	470.0	470.0	470.0	-----	-----	-----	-----	-----	disq			
100 kg																				
1.	Kim Andre Blikås	1990	NOR	98,95	<u>270.0</u>	<u>277.5</u>	<u>285.0</u>	285,0	<u>200.0</u>	205.0	<u>205.0</u>	205,0	<u>275.0</u>	285.0	<u>285.0</u>	285,0	775,0	473,68	12	
2.	Jussi Kangasvieri	1987	FIN	99,60	<u>270.0</u>	282.5	<u>290.0</u>	290,0	<u>175.0</u>	<u>182.5</u>	<u>190.0</u>	190,0	265.0	<u>265.0</u>	287.5	265,0	745,0	454,13	9	
3.	Casper Futtrup	1989	DEN	98,90	<u>275.0</u>	285.0	285.0	275,0	280.0	<u>200.0</u>	210.0	200,0	<u>260.0</u>	275.0	275.0	260,0	735,0	449,32	8	
-	Oskar Dahl	1987	SWE	99,20	265.0	<u>265.0</u>	280.0	265,0	465.0	465.0	470.0	-----	-----	-----	-----	-----	disq			
-	Bill Hald	1989	DEN	95,75	250.0	250.0	250.0	-----	-----	-----	-----	-----	-----	-----	-----	-----	disq			
110 kg																				
1.	Bo Andre Bergan	1989	NOR	107,75	<u>305.0</u>	<u>315.0</u>	<u>325.0</u>	325,0	<u>190.0</u>	<u>197.5</u>	<u>205.0</u>	205,0	<u>295.0</u>	<u>305.0</u>	<u>315.0</u>	315,0	845,0	500,54	12	
2.	Tommy Odland	1991	NOR	106,05	<u>272.5</u>	<u>282.5</u>	287.5	282,5	<u>190.0</u>	<u>197.5</u>	<u>202.5</u>	202,5	<u>230.0</u>	<u>240.0</u>	<u>250.0</u>	250,0	735,0	437,69	9	
125 kg																				
1.	Emil Sundberg	1989	FIN	123,95	<u>295.0</u>	<u>305.0</u>	315.0	305,0	<u>200.0</u>	<u>210.0</u>	220.0	210,0	<u>260.0</u>	<u>285.0</u>	300.0	285,0	800,0	456,67	12	

3 Best Lifters on Wpts

1. Petteri Keränen FIN 528,73 pts
2. Bo Andre Bergan NOR 500,54 pts
3. Kim Andre Blikås NOR 473,68 pts

Nation Points

1. Norway 62 pts
2. Finland 57 pts
3. Denmark 38 pts
4. Sweden 35 pts

Records:

Ina Fager, SWE Squat 165,0 kg, Deadlift 167,5 kg, Total 397,5 kg, Sub-Junior 90+ kg class Nordic records
Anni Vuohijoki, FIN Bench Press 106,5 kg, Junior 67,5 kg class Nordic Record and Finnish record, Deadlift 177,5 kg Junior Finnish Record
Erik Gunhamn, SWE Deadlift 288,0 kg, Total 715,5 kg, Sub-Junior 90 kg class Nordic records
Teemu Leppänen, FIN Deadlift 315,0 kg, Sub-Junior Nordic Record and M17 90+ kg class and M20 100 kg class Finnish records

Referees:

Arvidsson, SWE Margetta Salminen, FIN Ilkka Seppälä, FIN
Bigseth, NOR Ville Orasmaa, FIN
Diter, DEN Heikki Peräsalo, FIN