

**KSPLA**  
**Kerala State Senior Men Powerlifting Championship 2019**  
**Thiruvananthapuram, Kerala - 13-07-2019 to 14-07-2019**  
**Detailed Results**

| Place              | Name               | DOB        | Team | Lot | Bd. Wt. | SQ1              | SQ2              | SQ3              | Best [PL] | BP1             | BP2              | BP3              | Best [PL] | DL1              | DL2              | DL3              | Best [PL] | Total | Points |
|--------------------|--------------------|------------|------|-----|---------|------------------|------------------|------------------|-----------|-----------------|------------------|------------------|-----------|------------------|------------------|------------------|-----------|-------|--------|
| <b>59kg - Open</b> |                    |            |      |     |         |                  |                  |                  |           |                 |                  |                  |           |                  |                  |                  |           |       |        |
| 1                  | MIDHUN JOSEPH      | 08-01-1900 | ALP  | 8   | 59.00   | 230.0            | 250.0            | 255.0            | 255.0 [1] | 140.0           | X                | X                | 140.0 [1] | 220.0            | 235.0            | <del>242.5</del> | 235.0 [1] | 630.0 | 12     |
| 2                  | VIPIN GEORGE       | 01-01-1900 | TVM  | 1   | 58.70   | 140.0            | <del>152.5</del> | 157.5            | 157.5 [3] | 70.0            | 77.5             | 82.5             | 82.5 [3]  | 170.0            | <del>185.0</del> | 185.0            | 185.0 [2] | 425.0 | 9      |
| 3                  | DILIP K            | 03-01-1900 | PKD  | 3   | 58.10   | <del>150.0</del> | 150.0            | 160.0            | 160.0 [2] | <del>80.0</del> | 82.5             | <del>87.5</del>  | 82.5 [2]  | 155.0            | 160.0            | 165.0            | 165.0 [4] | 407.5 | 8      |
| 4                  | VISHNU V V         | 07-01-1900 | KKD  | 7   | 54.10   | 130.0            | 140.0            | <del>147.5</del> | 140.0 [4] | <del>70.0</del> | 70.0             | 80.0             | 80.0 [4]  | 150.0            | 167.5            | <del>187.5</del> | 167.5 [3] | 387.5 | 7      |
| 5                  | AKHIL K P          | 02-01-1900 | IDK  | 2   | 59.00   | <del>130.0</del> | 130.0            | 140.0            | 140.0 [5] | <del>70.0</del> | 70.0             | 80.0             | 80.0 [6]  | 130.0            | 145.0            | 160.0            | 160.0 [5] | 380.0 | 6      |
| -                  | RISHWIN C          | 06-01-1900 | IDK  | 6   | 51.00   | <del>140.0</del> | X                | X                | -         | <del>60.0</del> | X                | X                | -         | X                | X                | X                | -         | -     | -      |
| -                  | MUHAMMED NIHAL P P | 04-01-1900 | PKD  | 4   | 55.50   | <del>140.0</del> | X                | X                | -         | <del>60.0</del> | X                | X                | -         | X                | X                | X                | -         | -     | -      |
| -                  | AJITH              | 05-01-1900 | KTM  | 5   | 56.80   | <del>140.0</del> | <del>140.0</del> | <del>140.0</del> | -         | 70.0            | 72.5             | 80.0             | 80.0 [5]  | 120.0            | 122.5            | 125.0            | 125.0 [6] | -     | -      |
| <b>66kg - Open</b> |                    |            |      |     |         |                  |                  |                  |           |                 |                  |                  |           |                  |                  |                  |           |       |        |
| 1                  | PRIYARANJAN        | 11-01-1900 | ALP  | 11  | 66.00   | <del>230.0</del> | <del>230.0</del> | 230.0            | 230.0 [1] | 140.0           | 150.0            | <del>160.0</del> | 150.0 [1] | 190.0            | 200.0            | 210.0            | 210.0 [1] | 590.0 | 12     |
| 2                  | RENJITH KUMAR P R  | 09-01-1900 | PTA  | 9   | 59.90   | 115.0            | <del>120.0</del> | <del>120.0</del> | 115.0 [2] | 65.0            | <del>70.0</del>  | <del>70.0</del>  | 65.0 [2]  | 120.0            | 130.0            | 135.0            | 135.0 [2] | 315.0 | 9      |
| -                  | AMEER SUHAIL T K   | 07-05-2004 | PKD  | 10  | 60.80   | <del>145.0</del> | <del>145.0</del> | <del>145.0</del> | -         | <del>65.0</del> | X                | X                | -         | X                | X                | X                | -         | -     | -      |
| <b>74kg - Open</b> |                    |            |      |     |         |                  |                  |                  |           |                 |                  |                  |           |                  |                  |                  |           |       |        |
| 1                  | PRASANTH M G       | 16-01-1900 | TVM  | 16  | 74.00   | 295.0            | <del>315.0</del> | <del>315.0</del> | 295.0 [1] | 160.0           | 167.5            | X                | 167.5 [1] | 255.0            | <del>270.0</del> | 270.0            | 270.0 [1] | 732.5 | 12     |
| 2                  | ANANTHAKRISHNA K S | 17-08-2000 | ALP  | 18  | 74.00   | 220.0            | 235.0            | 247.5            | 247.5 [2] | 130.0           | 140.0            | 145.0            | 145.0 [2] | 220.0            | <del>230.0</del> | 230.0            | 230.0 [2] | 622.5 | 9      |
| 3                  | RINOY J CHAZHOOR   | 13-01-1900 | TCR  | 13  | 71.30   | 120.0            | 130.0            | 140.0            | 140.0 [3] | 70.0            | 75.0             | 80.0             | 80.0 [3]  | 130.0            | <del>140.0</del> | 140.0            | 140.0 [4] | 360.0 | 8      |
| 4                  | PINTO THOMAS       | 15-01-1900 | PTA  | 15  | 70.10   | 120.0            | <del>125.0</del> | 125.0            | 125.0 [4] | 70.0            | <del>80.0</del>  | <del>85.0</del>  | 70.0 [5]  | 125.0            | 135.0            | 145.0            | 145.0 [3] | 340.0 | 7      |
| 5                  | VISHNU K           | 14-01-1900 | TCR  | 14  | 68.70   | <del>120.0</del> | <del>120.0</del> | 120.0            | 120.0 [5] | 70.0            | 77.5             | <del>82.5</del>  | 77.5 [4]  | 125.0            | 130.0            | <del>135.0</del> | 130.0 [5] | 327.5 | 6      |
| -                  | S SARFAZ           | 13-05-2003 | PKD  | 17  | 66.10   | <del>145.0</del> | <del>145.0</del> | <del>145.0</del> | -         | <del>65.0</del> | <del>65.0</del>  | X                | -         | X                | X                | X                | -         | -     | -      |
| <b>83kg - Open</b> |                    |            |      |     |         |                  |                  |                  |           |                 |                  |                  |           |                  |                  |                  |           |       |        |
| 1                  | VIPIN W B          | 22-01-1900 | TVM  | 22  | 74.80   | 220.0            | 240.0            | <del>250.0</del> | 240.0 [1] | 130.0           | 137.5            | <del>142.5</del> | 137.5 [1] | 230.0            | <del>242.5</del> | <del>242.5</del> | 230.0 [1] | 607.5 | 12     |
| 2                  | AKHIL EAPEN JOHN   | 21-01-1900 | PTA  | 21  | 75.00   | 130.0            | <del>140.0</del> | 140.0            | 140.0 [2] | 85.0            | 95.0             | <del>100.0</del> | 95.0 [2]  | <del>150.0</del> | 155.0            | 165.0            | 165.0 [2] | 400.0 | 9      |
| 3                  | VISHNU K B         | 20-01-1900 | TCR  | 20  | 75.60   | 125.0            | 127.5            | 132.5            | 132.5 [3] | 72.5            | 82.5             | 87.5             | 87.5 [3]  | 130.0            | <del>135.0</del> | <del>135.0</del> | 130.0 [3] | 350.0 | 8      |
| -                  | SOORAJ K           | 23-01-1900 | PKD  | 23  | 78.40   | <del>125.0</del> | <del>125.0</del> | <del>125.0</del> | -         | <del>75.0</del> | X                | X                | -         | X                | X                | X                | -         | -     | -      |
| <b>93kg - Open</b> |                    |            |      |     |         |                  |                  |                  |           |                 |                  |                  |           |                  |                  |                  |           |       |        |
| 1                  | KRISHNAKUMAR C     | 27-01-1900 | KKD  | 27  | 92.60   | 282.5            | 295.0            | X                | 295.0 [2] | 182.5           | 192.5            | <del>197.5</del> | 192.5 [1] | 252.5            | 260.0            | 272.5            | 272.5 [1] | 760.0 | 12     |
| 2                  | VINCENT P G        | 01-02-1900 | ALP  | 32  | 90.60   | 310.0            | 320.0            | <del>330.0</del> | 320.0 [1] | 150.0           | 160.0            | <del>170.0</del> | 160.0 [2] | <del>260.0</del> | <del>270.0</del> | 270.0            | 270.0 [2] | 750.0 | 9      |
| 3                  | ABHILASH           | 02-02-1900 | ALP  | 33  | 92.70   | 250.0            | 260.0            | <del>270.0</del> | 260.0 [3] | 140.0           | 150.0            | 160.0            | 160.0 [3] | 220.0            | 225.0            | <del>230.0</del> | 225.0 [3] | 645.0 | 8      |
| 4                  | RAHUL RAJ          | 29-01-1900 | TVM  | 29  | 83.60   | 200.0            | 215.0            | 225.0            | 225.0 [4] | 100.0           | <del>110.0</del> | X                | 100.0 [6] | <del>200.0</del> | 200.0            | <del>215.0</del> | 200.0 [5] | 525.0 | 7      |
| 5                  | ABHINANDH RAM      | 25-01-1900 | TCR  | 25  | 88.00   | <del>180.0</del> | 180.0            | 190.0            | 190.0 [6] | 100.0           | 110.0            | <del>115.0</del> | 110.0 [5] | 200.0            | 210.0            | <del>220.0</del> | 210.0 [4] | 510.0 | 6      |
| 6                  | VASIM KASIM        | 24-01-1900 | EKM  | 24  | 89.60   | 170.0            | 180.0            | <del>187.5</del> | 180.0 [7] | 100.0           | 110.0            | 125.0            | 125.0 [4] | 150.0            | <del>160.0</del> | 160.0            | 160.0 [6] | 465.0 | 5      |

| Place         | Name                 | DOB        | Team | Lot | Bd. Wt. | SQ1              | SQ2              | SQ3              | Best [PL] | BP1              | BP2              | BP3   | Best [PL] | DL1              | DL2              | DL3              | Best [PL] | Total | Points |
|---------------|----------------------|------------|------|-----|---------|------------------|------------------|------------------|-----------|------------------|------------------|-------|-----------|------------------|------------------|------------------|-----------|-------|--------|
| -             | GANESAN A            | 26-01-1900 | KKD  | 26  | 86.00   | 200.0            | <del>220.0</del> | <del>220.0</del> | 200.0 [5] | X                | X                | X     | -         | X                | X                | X                | -         | -     | -      |
| -             | PREM PRASANNAN       | 30-01-1900 | PTA  | 30  | 83.60   | <del>440.0</del> | <del>440.0</del> | X                | -         | <del>80.0</del>  | X                | X     | -         | 145.0            | <del>447.0</del> | <del>447.5</del> | 145.0 [7] | -     | -      |
| 105kg - Open  |                      |            |      |     |         |                  |                  |                  |           |                  |                  |       |           |                  |                  |                  |           |       |        |
| 1             | SARESH S K           | 07-02-1900 | KKD  | 38  | 102.40  | <del>302.5</del> | 302.5            | <del>342.5</del> | 302.5 [2] | 165.0            | <del>475.0</del> | 175.0 | 175.0 [2] | 272.5            | <del>280.0</del> | <del>280.0</del> | 272.5 [1] | 750.0 | 12     |
| 2             | NITHIL K M           | 05-02-1900 | TCR  | 36  | 101.70  | <del>345.0</del> | 315.0            | <del>320.0</del> | 315.0 [1] | 160.0            | 170.0            | 180.0 | 180.0 [1] | <del>250.0</del> | 250.0            | <del>257.5</del> | 250.0 [2] | 745.0 | 9      |
| 3             | SAJI KUMAR V S       | 08-02-1900 | TVM  | 39  | 104.30  | 210.0            | <del>230.0</del> | <del>230.0</del> | 210.0 [3] | 100.0            | 110.0            | 112.5 | 112.5 [3] | 210.0            | <del>230.0</del> | 230.0            | 230.0 [3] | 552.5 | 8      |
| -             | AMAL M NAIR          | 10-02-1900 | PTA  | 41  | 95.90   | <del>445.0</del> | <del>445.0</del> | <del>445.0</del> | -         | X                | X                | X     | -         | X                | X                | X                | -         | -     | -      |
| -             | JIMMY DAS            | 09-02-1900 | TVM  | 40  | 98.70   | <del>305.0</del> | <del>305.0</del> | <del>305.0</del> | -         | X                | X                | X     | -         | X                | X                | X                | -         | -     | -      |
| 120kg - Open  |                      |            |      |     |         |                  |                  |                  |           |                  |                  |       |           |                  |                  |                  |           |       |        |
| 1             | ASIF ALI B S         | 14-02-1900 | TVM  | 45  | 119.10  | 370.0            | <del>390.0</del> | <del>390.0</del> | 370.0 [1] | <del>240.0</del> | 240.0            | 250.0 | 250.0 [1] | 260.0            | 270.0            | 280.0            | 280.0 [1] | 900.0 | 12     |
| 2             | AJAY JAMES           | 15-02-1900 | ALP  | 46  | 118.30  | <del>280.0</del> | 280.0            | <del>300.0</del> | 280.0 [2] | 140.0            | 147.5            | 155.0 | 155.0 [2] | 200.0            | 212.5            | <del>225.0</del> | 212.5 [2] | 647.5 | 9      |
| 3             | GIRISH HARIDAS       | 13-02-1900 | TCR  | 44  | 105.10  | 250.0            | X                | X                | 250.0 [3] | 100.0            | X                | X     | 100.0 [4] | 200.0            | X                | X                | 200.0 [4] | 550.0 | 8      |
| 4             | JYOTHIS P ACHANKUNJU | 11-02-1900 | PTA  | 42  | 109.20  | 185.0            | 195.0            | 205.0            | 205.0 [4] | 105.0            | 110.0            | 115.0 | 115.0 [3] | 185.0            | 195.0            | 205.0            | 205.0 [3] | 525.0 | 7      |
| 120+Kg - Open |                      |            |      |     |         |                  |                  |                  |           |                  |                  |       |           |                  |                  |                  |           |       |        |
| 1             | VIJINKRISHNA V T     | 17-02-1900 | KKD  | 48  | 137.60  | 330.0            | 350.0            | <del>365.0</del> | 350.0 [1] | 175.0            | 180.0            | X     | 180.0 [2] | 250.0            | 260.0            | <del>270.0</del> | 260.0 [2] | 790.0 | 12     |
| 2             | SARATHKUMAR R        | 18-02-1900 | ALP  | 49  | 123.40  | <del>280.0</del> | <del>280.0</del> | 290.0            | 290.0 [2] | 185.0            | 192.5            | 200.0 | 200.0 [1] | 265.0            | 280.0            | <del>300.0</del> | 280.0 [1] | 770.0 | 9      |
| 3             | AL FIROS             | 16-02-1900 | EKM  | 47  | 146.20  | 250.0            | 265.0            | 272.5            | 272.5 [3] | 100.0            | <del>445.0</del> | X     | 100.0 [3] | 210.0            | 230.0            | X                | 230.0 [3] | 602.5 | 8      |

Abbreviations:

ALP = Alappuzha    EKM = Ernakulam    IDK = Idukki    KTM = Kottayam    KKD = Kozhikode    PKD = Palakkad    PTA = Pathanamthitta    TVM = Thiruvananthapuram    TCR = Thrissur