

KSPLA
Kerala State Classic Powerlifting Championship 2025
Central Stadium, Thiruvananthapuram - 15-04-2025 to 16-04-2025
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	ABHIRAJ R S	26-10-1998	TVM	32	58.30	0.166534	145.0	155.0	160.0	160.0 [1]	90.0	97.5	100.0	100.0 [1]	180.0	192.5	205.0	205.0 [1]	465.0	12	77.438310	10
2	ANIRUDHAN P	09-04-2005	PKD	29	56.50	0.169360	110.0	125.0	132.5	132.5 [2]	65.0	72.5	72.5	65.0 [3]	120.0	125.0	140.0	140.0 [4]	337.5	9	57.159000	28
3	ANUROOP DAS	09-05-1993	ALP	33	57.60	0.167616	100.0	110.0	447.5	110.0 [4]	67.5	72.5	75.0	75.0 [2]	115.0	130.0	150.0	150.0 [3]	335.0	8	56.151360	29
4	SIDHARTH S	19-11-2001	TCR	31	56.80	0.168879	105.0	112.5	447.5	112.5 [3]	60.0	65.0	65.0	60.0 [5]	140.0	152.5	457.5	152.5 [2]	325.0	7	54.885675	32
5	LEO MARTIN	24-09-2000	EKM	30	52.70	0.175822	50.0	60.0	70.0	70.0 [5]	45.0	60.0	62.5	60.0 [4]	70.0	80.0	100.0	100.0 [5]	230.0	6	40.439060	42
6	MUHAMMED SAHAD C	27-10-2006	PKD	28	48.90	0.183055	40.0	45.0	50.0	50.0 [6]	25.0	35.0	X	35.0 [6]	60.0	62.5	65.0	65.0 [6]	150.0	5	27.458250	45
Open - 66kg																						
1	BIBIN JOY	19-03-1996	TCR	62	66.00	0.155884	220.0	230.0	237.5	237.5 [1]	137.5	142.5	147.5	147.5 [1]	225.0	237.5	245.0	237.5 [1]	622.5	12	97.037790	1 
2	DILIP K	04-05-1993	PKD	64	63.40	0.159242	140.0	160.0	170.0	170.0 [2]	70.0	80.0	87.5	87.5 [3]	160.0	185.0	190.0	190.0 [2]	447.5	9	71.260795	14
3	SREERAJ MANIKUTTAN	27-01-2004	TVM	63	64.70	0.157535	145.0	155.0	165.0	165.0 [3]	90.0	95.0	100.0	100.0 [2]	160.0	170.0	180.0	180.0 [3]	445.0	8	70.103075	17
4	SAJWAN NISAR PP	04-03-2006	KNR	61	64.20	0.158185	130.0	140.0	145.0	145.0 [4]	70.0	80.0	87.5	80.0 [4]	140.0	150.0	165.0	165.0 [4]	390.0	7	61.692150	23
5	MOHAMMED ARIF PK	04-03-2001	MPM	59	61.60	0.161704	50.0	70.0	75.0	75.0 [5]	40.0	50.0	55.0	40.0 [5]	60.0	70.0	95.0	70.0 [5]	185.0	6	29.915240	43
Open - 74kg																						
1	JITH T AUGUSTIN	01-06-1998	ALP	109	73.10	0.147746	215.0	225.0	232.5	232.5 [1]	140.0	145.0	150.0	150.0 [1]	225.0	235.0	250.0	250.0 [1]	632.5	12	93.449345	3 
2	AKSHAY JP	04-12-1996	KKD	108	73.40	0.147432	220.0	230.0	230.0	220.0 [2]	110.0	120.0	130.0	130.0 [2]	230.0	240.0	250.0	240.0 [2]	590.0	9	86.984880	5
3	AJIN M S	27-03-2003	TVM	105	73.00	0.147851	170.0	177.5	182.5	182.5 [3]	85.0	92.5	92.5	92.5 [4]	200.0	217.5	225.0	225.0 [3]	500.0	8	73.925500	11
4	MUHAMMED RAHEES E C	01-10-1998	MPM	103	73.10	0.147746	140.0	155.0	475.0	155.0 [4]	90.0	105.0	407.5	105.0 [3]	190.0	220.0	230.0	220.0 [4]	480.0	7	70.918080	15
5	ADVAITH KRISHNA K K	07-08-2004	TCR	107	71.00	0.150009	135.0	147.5	452.5	147.5 [5]	77.5	82.5	85.0	85.0 [6]	145.0	157.5	460.0	157.5 [6]	390.0	6	58.503510	26
6	ABHIJITH B R	25-11-1998	TCR	106	70.10	0.151015	120.0	132.5	135.0	135.0 [7]	70.0	75.0	80.0	80.0 [7]	150.0	162.5	167.5	167.5 [5]	382.5	5	57.763238	27
7	VISHNU PS	30-08-1997	EKM	102	69.80	0.151354	135.0	440.0	440.0	135.0 [6]	80.0	80.0	85.0	85.0 [5]	140.0	145.0	450.0	145.0 [7]	365.0	4	55.244210	31
8	ANCIL RODRIGUES	06-11-2000	EKM	101	68.40	0.152974	90.0	90.0	95.0	95.0 [8]	60.0	65.0	67.5	65.0 [8]	120.0	125.0	430.0	125.0 [8]	285.0	3	43.597590	41
Open - 83kg																						
1	MIRSHAD PK	05-04-1994	KKD	146	81.40	0.139798	220.0	232.5	237.5	237.5 [1]	150.0	157.5	160.0	160.0 [1]	255.0	270.0	275.0	275.0 [1]	672.5	12	94.014155	2 
2	JAIKRISHNAN V	05-11-1996	ALP	141	82.30	0.139021	200.0	217.5	222.5	222.5 [2]	130.0	140.0	145.0	145.0 [2]	217.5	232.5	237.5	237.5 [2]	605.0	9	84.107705	6
3	ABUTHAHIR N M	24-09-2001	EKM	143	81.30	0.139885	195.0	207.5	217.5	217.5 [4]	130.0	140.0	142.5	142.5 [3]	215.0	227.5	232.5	232.5 [3]	592.5	8	82.881863	7
4	SANU ELIAS	02-01-1991	PKD	147	80.10	0.140948	100.0	105.0	110.0	110.0 [6]	70.0	75.0	80.0	80.0 [5]	120.0	125.0	135.0	135.0 [4]	325.0	7	45.808100	38
5	MOHAMMED FASIL P	28-11-2006	MPM	140	75.10	0.145692	70.0	110.0	115.0	115.0 [5]	50.0	65.0	70.0	70.0 [6]	100.0	110.0	120.0	120.0 [5]	305.0	6	44.436060	40
-	SHIBIN S	23-12-2001	KLM	1	83.00	0.138427	220.0	220.0	222.5	222.5 [3]	115.0	420.0	420.0	115.0 [4]	250.0	250.0	X	-	-	-	-	-
Open - 93kg																						
1	KRISHNAPRASAD	20-07-2000	ALP	181	89.60	0.133235	250.0	260.0	270.0	260.0 [1]	130.0	137.5	145.0	145.0 [1]	275.0	290.0	290.0	275.0 [1]	680.0	12	90.599800	4
2	ANANDHU AYYAPPAN	20-07-1999	EKM	176	89.50	0.133308	190.0	200.0	210.0	210.0 [2]	112.5	117.5	422.5	117.5 [2]	217.5	225.0	230.0	225.0 [2]	552.5	9	73.652670	13

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
3	PRABIN M S	15-05-1993	TVM	177	89.20	0.133530	170.0	180.0	185.0	185.0 [4]	100.0	105.0	107.5	107.5 [4]	210.0	217.5	222.5	217.5 [3]	510.0	8	68.100300	19
4	SHIHAS S	08-09-2000	KLM	175	83.40	0.138091	180.0	190.0	497.5	190.0 [3]	100.0	115.0	420.0	115.0 [3]	200.0	200.0	240.0	200.0 [5]	505.0	7	69.735955	18
5	VYSHNAV TT	14-08-2001	KKD	180	86.60	0.135507	145.0	155.0	162.5	162.5 [5]	85.0	90.0	95.0	95.0 [7]	175.0	195.0	205.0	205.0 [4]	462.5	6	62.671988	22
6	SREYAS R PANICKER	20-05-2005	ALP	182	83.30	0.138175	140.0	155.0	460.0	155.0 [6]	90.0	95.0	100.0	100.0 [6]	160.0	170.0	177.5	177.5 [6]	432.5	5	59.760688	25
7	AMAL P P	08-04-1998	TCR	178	89.60	0.133235	440.0	110.0	130.0	130.0 [8]	90.0	100.0	102.5	102.5 [5]	140.0	150.0	157.5	157.5 [7]	390.0	4	51.961650	36
8	VINAYAK KANIYARAKKAL	29-08-1991	KKD	179	91.30	0.132007	140.0	150.0	455.0	150.0 [7]	80.0	85.0	90.0	90.0 [8]	120.0	140.0	150.0	150.0 [8]	390.0	3	51.482730	37
-	HARISHANKAR S V	08-04-1989	WYD	174	83.01	0.138418	X	X	X	-	X	X	X	-	X	X	X	-	-	-	-	-
Open - 105kg																						
1	GODWIN K G	19-09-2000	EKM	206	100.40	0.126090	230.0	242.5	252.5	252.5 [1]	142.5	152.5	157.5	157.5 [1]	235.0	245.0	260.0	245.0 [1]	655.0	12	82.588950	8
2	REVISH RAVINDRAN	07-09-1985	KNR	205	96.90	0.128244	230.0	240.0	250.0	250.0 [2]	135.0	140.0	445.0	140.0 [2]	230.0	240.0	265.0	240.0 [2]	630.0	9	80.793720	9
3	SANDEEP SAJU	16-02-1994	EKM	207	97.80	0.127677	200.0	220.0	220.0	220.0 [3]	110.0	120.0	127.5	127.5 [4]	200.0	220.0	230.0	230.0 [3]	577.5	8	73.733468	12
4	AKHIL RAVI R	07-05-1992	KLM	208	93.50	0.130480	170.0	180.0	200.0	200.0 [4]	430.0	130.0	435.0	130.0 [3]	190.0	210.0	250.0	210.0 [4]	540.0	7	70.459200	16
5	SHAUN SHOBY	13-10-2003	TCR	210	93.20	0.130684	150.0	165.0	175.0	175.0 [5]	100.0	405.0	105.0	105.0 [5]	180.0	195.0	200.0	200.0 [5]	480.0	6	62.728320	21
6	ROMY J S	17-01-2003	TVM	209	96.90	0.128244	140.0	160.0	167.5	167.5 [6]	85.0	90.0	92.5	92.5 [6]	140.0	160.0	167.5	167.5 [6]	427.5	5	54.824310	33
7	SHENO N THOMAS	21-09-1989	PTA	211	102.00	0.125151	75.0	75.0	75.0	75.0 [7]	55.0	60.0	65.0	60.0 [7]	75.0	85.0	90.0	90.0 [7]	225.0	4	28.158975	44
Open - 120kg																						
1	FAIZAL A	14-03-2006	TVM	232	105.20	0.123355	195.0	205.0	210.0	210.0 [1]	105.0	117.5	122.5	122.5 [1]	190.0	200.0	202.5	202.5 [1]	535.0	12	65.994925	20
2	SAJI KUMAR V S	07-05-1974	TVM	233	108.40	0.121659	170.0	490.0	190.0	190.0 [2]	90.0	100.0	102.5	102.5 [2]	200.0	220.0	220.0	200.0 [2]	492.5	9	59.917058	24
3	SRIHARI P V RAJ	07-01-1999	KNR	230	112.80	0.119479	150.0	160.0	172.5	172.5 [3]	90.0	95.0	100.0	100.0 [3]	155.0	170.0	190.0	190.0 [4]	462.5	8	55.259038	30
4	VIPIN E	17-03-1988	KKD	234	118.10	0.117061	140.0	152.5	170.0	170.0 [4]	75.0	80.0	87.5	87.5 [4]	170.0	200.0	207.5	200.0 [3]	457.5	7	53.555408	35
5	SAJEEV B	07-12-1988	KLM	231	106.30	0.122761	105.0	115.0	125.0	125.0 [5]	75.0	80.0	82.5	82.5 [5]	145.0	155.0	165.0	165.0 [5]	372.5	6	45.728473	39
Open - 120+Kg																						
1	YASIR PK	04-10-1987	KKD	243	124.50	0.114413	160.0	170.0	480.0	170.0 [1]	80.0	90.0	100.0	100.0 [1]	160.0	180.0	200.0	200.0 [1]	470.0	12	53.774110	34
2	SARATH S	12-10-1995	TVM	242	131.40	0.111847	30.0	50.0	70.0	70.0 [2]	30.0	40.0	50.0	50.0 [2]	70.0	100.0	110.0	110.0 [2]	230.0	9	25.724810	46

Best Lifter - Open							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	BIBIN JOY	TCR	66kg	66.00	0.155884	622.5	97.037790
2	MIRSHAD PK	KKD	83kg	81.40	0.139798	672.5	94.014155
3	JITH T AUGUSTIN	ALP	74kg	73.10	0.147746	632.5	93.449345

Team Championship - Open				
Place	Team	Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM	50	12+12+9+9+8	303.000603
2	ALAPPUZHA	46	12+12+9+8+5	384.068898
3	KOZHIKODE	46	12+12+9+7+6	351.000541
4	ERNAKULAM	43	12+9+8+8+6	353.296011
5	THRISSUR	36	12+7+6+6+5	330.918533
6	PALAKKAD	30	9+9+7+5	201.686145

Team Championship - Open					
Place		Team	Points	Best Points	IPF GL Points
7	KANNUR		24	9+8+7	197.744908
8	KOLLAM		20	7+7+6	185.923628
9	MALAPPURAM		19	7+6+6	145.269380
10	PATHANAMTHITTA		4	4	28.158975
11	IDUKKI		3	3	44.159170
-	WAYANAD		-	-	-

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
Sub Junior - 53kg																						
1	ALSABITH A S	21-04-2007	TVM	19	53.00	0.175285	440.0	112.5	422.5	112.5 [2]	55.0	60.0	62.5	62.5 [4]	160.0	170.0	180.0	180.0 [1]	355.0	12	62.226175	11
2	MUHAMMED SHABAN	25-01-2007	MPM	17	52.20	0.176726	100.0	115.0	425.0	115.0 [1]	65.0	75.0	77.5	77.5 [1]	120.0	130.0	440.0	130.0 [4]	322.5	9	56.994135	17
3	ATHUL RAJ S S	02-05-2007	ALP	21	48.50	0.183866	95.0	105.0	440.0	105.0 [4]	60.0	67.5	70.0	67.5 [2]	120.0	135.0	447.5	135.0 [2]	307.5	8	56.538795	19
4	VIVEK KRISHNA S	31-01-2008	IDK	1	53.00	0.175285	90.0	400.0	110.0	110.0 [3]	50.0	60.0	65.0	65.0 [3]	100.0	115.0	122.5	122.5 [5]	297.5	7	52.147288	34
5	MILAN XAVIER	17-11-2007	ALP	22	49.40	0.182054	90.0	400.0	445.0	90.0 [5]	40.0	50.0	55.0	55.0 [5]	120.0	130.0	440.0	130.0 [3]	275.0	6	50.064850	38
6	MOHAMMED ASLAM V H	09-04-2007	EKM	14	52.50	0.176182	70.0	85.0	405.0	85.0 [7]	40.0	45.0	52.5	45.0 [8]	100.0	120.0	437.5	120.0 [6]	250.0	5	44.045500	54
7	ATHISH PRATHAP	21-05-2009	KNR	15	49.90	0.181069	75.0	85.0	85.0	85.0 [6]	40.0	45.0	50.0	45.0 [7]	95.0	95.0	110.0	110.0 [8]	240.0	4	43.456560	55
8	SREENAND PRASEETH P	30-05-2008	PKD	2	53.00	0.175285	60.0	67.5	75.0	67.5 [8]	40.0	42.5	45.0	42.5 [9]	105.0	115.0	120.0	120.0 [7]	230.0	3	40.315550	60
9	NIKHIL BARIK	16-11-2009	EKM	16	51.30	0.178390	60.0	75.0	75.0	60.0 [9]	40.0	45.0	50.0	50.0 [6]	90.0	100.0	445.0	100.0 [9]	210.0	2	37.461900	63
10	MUHAMMED ABRAR K	17-05-2010	PKD	12	51.70	0.177645	50.0	55.0	70.0	55.0 [10]	30.0	40.0	45.0	40.0 [10]	70.0	80.0	90.0	80.0 [10]	175.0	1	31.087875	66
11	MUHAMMED SHAMIL C	20-05-2010	PKD	13	50.20	0.180485	40.0	45.0	45.0	45.0 [12]	25.0	30.0	45.0	30.0 [11]	60.0	65.0	70.0	70.0 [11]	145.0	1	26.170325	69
12	SHINTO THOMAS	05-03-2011	PTA	20	35.70	-	25.0	30.0	35.0	35.0 [13]	20.0	20.0	22.5	22.5 [12]	45.0	50.0	52.5	50.0 [12]	107.5	1	-	-
-	ABHINAV N R	17-05-2010	MPM	11	43.30	0.195428	30.0	30.0	35.0	-	22.5	X	X	-	50.0	X	X	-	-	-	-	-
-	SOORYANANDAN S	15-09-2008	KLM	18	51.90	0.177276	50.0	55.0	65.0	55.0 [11]	45.0	45.0	50.0	-	70.0	X	X	-	-	-	-	-
Sub Junior - 59kg																						
1	ARJUN A	13-03-2008	KLM	36	56.50	0.169360	130.0	437.5	440.0	130.0 [2]	70.0	75.0	77.5	77.5 [2]	165.0	175.0	485.0	175.0 [1]	382.5	12	64.780200	8
2	ADITHYAN PRASAD	27-03-2007	KLM	41	57.80	0.167305	110.0	115.0	117.5	117.5 [4]	80.0	87.5	87.5	80.0 [1]	155.0	160.0	462.5	160.0 [2]	357.5	9	59.811538	14
3	ANANTHU R KRISHNAN	19-09-2007	ALP	42	58.00	0.166996	115.0	125.0	132.5	132.5 [1]	60.0	67.5	70.0	67.5 [4]	130.0	145.0	150.0	150.0 [5]	350.0	8	58.448600	15
4	ABHINAND B.S	12-09-2008	TVM	2	59.00	0.165473	110.0	120.0	427.5	120.0 [3]	52.5	57.5	62.5	62.5 [5]	130.0	145.0	152.5	152.5 [3]	335.0	7	55.433455	24
5	DAREL DUGSTER KOMATH	04-04-2008	EKM	39	57.90	0.167150	400.0	400.0	100.0	100.0 [7]	70.0	75.0	75.0	70.0 [3]	140.0	150.0	457.5	150.0 [4]	320.0	6	53.488000	30
6	MOHAMMED ZIYAD A	26-01-2009	MPM	40	57.30	0.168086	85.0	100.0	112.5	112.5 [5]	55.0	60.0	62.5	60.0 [6]	125.0	437.5	445.0	125.0 [7]	297.5	5	50.005585	40
7	MIDHUN KM	18-03-2007	PKD	35	55.40	0.171158	90.0	402.5	105.0	105.0 [6]	40.0	47.5	47.5	40.0 [9]	110.0	125.0	430.0	125.0 [6]	270.0	4	46.212660	46
8	SIVNAND RAJEEV C	23-07-2008	KNR	37	58.50	0.166229	85.0	400.0	100.0	100.0 [8]	45.0	50.0	50.0	50.0 [8]	90.0	100.0	107.5	107.5 [9]	257.5	3	42.803968	56
9	DEON ANTONY M R	15-05-2007	EKM	38	53.01	0.175267	70.0	85.0	90.0	90.0 [9]	40.0	50.0	60.0	50.0 [7]	100.0	110.0	115.0	115.0 [8]	255.0	2	44.693085	51
-	ABHINAND JR	26-04-2008	IDK	1	57.00	0.168561	400.0	400.0	400.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Sub Junior - 66kg																						
1	CHRISTY THOMAS	30-03-2007	PTA	79	64.20	0.158185	160.0	172.5	482.5	172.5 [2]	87.5	95.0	400.0	95.0 [1]	185.0	192.5	200.0	200.0 [1]	467.5	12	73.951488	2 
2	SREE HARI	09-10-2007	ALP	77	64.70	0.157535	130.0	150.0	460.0	150.0 [5]	80.0	95.0	402.5	95.0 [2]	170.0	192.5	200.0	200.0 [2]	445.0	9	70.103075	3 
3	KAILAS S	26-07-2008	KLM	73	63.60	0.158976	162.5	467.5	167.5	167.5 [3]	77.5	82.5	85.0	82.5 [3]	487.5	187.5	200.0	187.5 [3]	437.5	8	69.552000	4

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	SURYAN ANU	07-06-2007	WYD	66	63.50	0.159109	155.0	165.0	177.5	177.5 [1]	50.0	50.0	62.5	50.0 [13]	185.0	195.0	210.0	185.0 [4]	412.5	7	65.632463	7
5	ADITHYAN R	20-03-2007	ALP	80	65.40	0.156640	135.0	152.5	165.0	165.0 [4]	75.0	82.5	82.5	75.0 [7]	145.0	160.0	190.0	160.0 [9]	400.0	6	62.656000	9
6	SINAN AHAMMED	22-07-2008	TVM	75	65.80	0.156135	130.0	142.5	150.0	150.0 [6]	70.0	75.0	77.5	75.0 [8]	160.0	175.0	182.5	175.0 [5]	400.0	5	62.454000	10
7	FARHAN ALI	12-08-2007	MPM	72	64.20	0.158185	110.0	125.0	130.0	130.0 [8]	65.0	75.0	80.0	80.0 [4]	145.0	170.0	180.0	170.0 [6]	380.0	4	60.110300	13
8	MOHAMMED SHABEEB	04-11-2007	KSD	1	61.20	0.162267	130.0	130.0	142.5	130.0 [7]	70.0	77.5	77.5	70.0 [9]	147.5	160.0	167.5	160.0 [7]	360.0	3	58.416120	16
9	DIVIN SHANKAR N V	25-11-2008	KKD	76	62.70	0.160186	120.0	127.5	132.5	127.5 [9]	60.0	65.0	67.5	65.0 [11]	150.0	160.0	160.0	160.0 [8]	352.5	2	56.465565	20
10	ABHIJITH B NAIR	22-10-2007	EKM	71	64.20	0.158185	110.0	120.0	130.0	120.0 [10]	60.0	70.0	75.0	75.0 [5]	140.0	150.0	155.0	155.0 [10]	350.0	1	55.364750	25
11	ADITH K	08-02-2007	KNR	70	64.60	0.157665	110.0	120.0	127.5	120.0 [11]	65.0	70.0	75.0	75.0 [6]	130.0	145.0	155.0	155.0 [11]	350.0	1	55.182750	26
12	SREENANDH KALIKOT	26-04-2008	KNR	69	62.90	0.159915	100.0	115.0	122.5	115.0 [12]	55.0	60.0	65.0	65.0 [12]	135.0	145.0	167.5	145.0 [12]	325.0	1	51.972375	35
13	FARHAN A	15-09-2008	WYD	65	63.90	0.158579	70.0	80.0	90.0	90.0 [14]	60.0	65.0	70.0	70.0 [10]	80.0	100.0	130.0	130.0 [13]	290.0	1	45.987910	49
14	NIDHIN DH	30-03-2010	TVM	74	65.00	0.157150	85.0	95.0	105.0	105.0 [13]	42.5	45.0	47.5	47.5 [14]	100.0	107.5	112.5	112.5 [14]	265.0	1	41.644750	58
-	ABHIRUDH M	05-12-2008	PKD	67	63.80	0.158711	130.0	130.0	130.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Sub Junior - 74kg																						
1	PRANAV S	27-03-2007	ALP	118	73.30	0.147536	172.5	185.0	187.5	185.0 [1]	102.5	110.0	110.0	110.0 [1]	195.0	207.5	212.5	212.5 [1]	507.5	12	74.874520	1 
2	HUSSEY AS	03-01-2009	TVM	116	73.00	0.147851	125.0	135.0	140.0	140.0 [3]	60.0	72.5	75.0	72.5 [5]	150.0	160.0	170.0	170.0 [4]	382.5	9	56.553008	18
3	ADHITHYA M S	09-04-2008	EKM	115	72.20	0.148702	100.0	120.0	130.0	130.0 [6]	65.0	75.0	82.5	75.0 [4]	130.0	170.0	172.5	172.5 [2]	377.5	8	56.135005	21
4	SANGEETH P	22-11-2008	KKD	117	73.40	0.147432	130.0	140.0	145.0	140.0 [4]	60.0	67.5	67.5	60.0 [9]	160.0	172.5	180.0	172.5 [3]	372.5	7	54.918420	27
5	ALAN SHIJO	17-08-2007	PKD	112	71.30	0.149679	100.0	130.0	142.5	142.5 [2]	60.0	70.0	70.0	60.0 [8]	150.0	162.5	175.0	162.5 [5]	365.0	6	54.632835	28
6	KISHOR S.R	15-09-2007	KNR	113	70.50	0.150565	115.0	127.5	130.0	130.0 [5]	65.0	75.0	80.0	75.0 [3]	130.0	142.5	155.0	155.0 [6]	360.0	5	54.203400	29
7	SHASANK KVS	11-03-2007	IDK	1	66.60	0.155140	90.0	105.0	112.5	112.5 [7]	40.0	75.0	80.0	75.0 [2]	135.0	145.0	150.0	145.0 [8]	332.5	4	51.584050	37
8	MS AMALSYAM	09-09-2007	KLM	114	69.00	0.152273	110.0	127.5	127.5	110.0 [8]	57.5	62.5	67.5	62.5 [6]	145.0	150.0	152.5	150.0 [7]	322.5	3	49.108043	42
9	KARTHIK UK	15-08-2008	IDK	1	69.00	0.152273	95.0	100.0	105.0	105.0 [9]	55.0	60.0	65.0	60.0 [7]	125.0	125.0	135.0	125.0 [9]	290.0	2	44.159170	53
10	HUSSAN S	08-03-2010	MPM	111	68.00	0.153447	60.0	60.0	X	60.0 [10]	30.0	32.5	35.0	35.0 [10]	70.0	80.0	85.0	80.0 [10]	175.0	1	26.853225	68
11	HASSAN S	08-03-2010	MPM	110	68.10	0.153328	40.0	50.0	55.0	55.0 [11]	25.0	30.0	35.0	30.0 [11]	60.0	80.0	85.0	80.0 [11]	165.0	1	25.299120	70
Sub Junior - 83kg																						
1	AKSHAI MARTIN	14-02-2008	ALP	154	82.70	0.138680	180.0	195.0	X	195.0 [1]	85.0	95.0	100.0	100.0 [1]	170.0	180.0	192.5	180.0 [1]	475.0	12	65.873000	6
2	SHIBIN TV	14-06-2007	KNR	150	81.50	0.139711	110.0	130.0	132.5	130.0 [2]	60.0	67.5	70.0	70.0 [4]	140.0	145.0	150.0	150.0 [3]	350.0	9	48.898850	43
3	RASEEL MUHAMMED KV	23-02-2007	KKD	153	80.80	0.140324	105.0	110.0	117.5	110.0 [5]	70.0	75.0	80.0	75.0 [3]	140.0	150.0	155.0	155.0 [2]	340.0	8	47.710160	45
4	SALMANUL FARIS MK	30-09-2007	MPM	152	81.50	0.139711	110.0	115.0	120.0	120.0 [4]	60.0	65.0	65.0	65.0 [5]	140.0	145.0	160.0	145.0 [5]	330.0	7	46.104630	48
5	ALAN ANTONY MATHEW	13-12-2007	EKM	151	78.00	0.142876	100.0	130.0	130.0	100.0 [6]	65.0	70.0	75.0	75.0 [2]	110.0	125.0	145.0	145.0 [4]	320.0	6	45.720320	50
6	BIJITHUNNI K U	02-08-2008	PKD	149	74.40	0.146400	110.0	120.0	127.5	120.0 [3]	55.0	65.0	65.0	55.0 [6]	130.0	150.0	150.0	130.0 [6]	305.0	5	44.652000	52
7	ABDUL BASITH P	25-04-2009	MPM	148	74.10	0.146707	50.0	52.5	55.0	55.0 [7]	30.0	35.0	X	30.0 [7]	70.0	80.0	80.0	80.0 [7]	165.0	4	24.206655	71
Sub Junior - 93kg																						
1	AMARNADH S M	30-08-2007	KLM	186	89.00	0.133678	100.0	135.0	150.0	135.0 [2]	65.0	70.0	75.0	75.0 [3]	140.0	165.0	185.0	185.0 [1]	395.0	12	52.802810	32
2	ALEKH SREEKESH	10-07-2008	KNR	184	87.50	0.134810	150.0	150.0	170.0	150.0 [1]	70.0	75.0	75.0	75.0 [2]	150.0	165.0	170.0	165.0 [5]	390.0	9	52.575900	33
3	FAHMIL A	16-03-2007	MPM	183	91.80	0.131654	130.0	145.0	145.0	130.0 [3]	60.0	65.0	70.0	70.0 [5]	150.0	170.0	180.0	180.0 [2]	380.0	8	50.028520	39
4	MUHAMMAD IMRAN KP	24-05-2007	KKD	188	83.70	0.137841	80.0	100.0	105.0	105.0 [4]	70.0	77.5	80.0	80.0 [1]	150.0	170.0	177.5	177.5 [3]	362.5	7	49.967363	41
5	SREENANDHAN V	05-07-2009	PKD	187	90.10	0.132869	80.0	100.0	115.0	80.0 [6]	50.0	65.0	70.0	70.0 [4]	130.0	150.0	170.0	170.0 [4]	320.0	6	42.518080	57
6	MOHAMMED ABRAR	24-10-2007	EKM	185	88.30	0.134202	75.0	85.0	100.0	100.0 [5]	45.0	50.0	60.0	60.0 [6]	120.0	130.0	145.0	145.0 [6]	305.0	5	40.931610	59

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
Sub Junior - 105kg																						
1	SREEHARI SUNIL	26-02-2008	KNR	212	100.00	0.126329	150.0	160.0	170.0	170.0 [1]	85.0	90.0	95.0	90.0 [1]	165.0	175.0	180.0	180.0 [2]	440.0	12	55.584760	22
2	ABHINAV V	20-07-2007	ALP	215	99.20	0.126813	145.0	155.0	155.0	155.0 [3]	80.0	80.0	X	80.0 [2]	170.0	185.0	205.0	185.0 [1]	420.0	9	53.261460	31
3	KATHIRAVAN K	08-06-2007	EKM	213	100.60	0.125971	140.0	160.0	180.0	160.0 [2]	70.0	80.0	85.0	80.0 [3]	160.0	170.0	180.0	170.0 [3]	410.0	8	51.648110	36
4	ANSAF A	13-10-2007	TCR	214	99.80	0.126449	130.0	140.0	150.0	150.0 [4]	60.0	65.0	70.0	70.0 [4]	155.0	160.0	165.0	165.0 [4]	385.0	7	48.682865	44
Sub Junior - 120kg																						
1	SANKAR DEV K R	25-02-2009	KKD	236	108.50	0.121608	95.0	105.0	112.5	112.5 [1]	60.0	70.0	72.5	70.0 [1]	120.0	135.0	145.0	145.0 [1]	327.5	12	39.826620	61
2	VISHNU V	27-03-2008	IDK	1	118.60	0.116844	90.0	100.0	112.5	112.5 [2]	55.0	65.0	67.5	67.5 [2]	115.0	125.0	135.0	135.0 [2]	315.0	9	36.805860	64
3	ARSHAD ABDUL NASAR K V	05-06-2007	PKD	235	118.40	0.116931	70.0	90.0	90.0	90.0 [3]	30.0	40.0	47.5	40.0 [3]	70.0	100.0	165.0	100.0 [3]	230.0	8	26.894130	67
Sub Junior - 120+Kg																						
1	VASUDEV MENON	19-11-2007	TCR	249	133.20	0.111222	220.0	232.5	240.0	232.5 [1]	90.0	102.5	110.0	110.0 [2]	245.0	257.5	270.0	270.0 [1]	612.5	12	68.123475	5
2	ABHINAND M	31-12-2007	PKD	246	136.50	0.110119	210.0	225.0	235.0	225.0 [2]	115.0	127.5	127.5	127.5 [1]	202.5	217.5	222.5	202.5 [2]	555.0	9	61.116045	12
3	JOEL K R	04-05-2007	TVM	245	120.10	0.116204	175.0	187.5	192.5	192.5 [3]	80.0	85.0	90.0	90.0 [3]	185.0	195.0	205.0	195.0 [3]	477.5	8	55.487410	23
4	SEBASTIAN RAJ S	04-01-2009	TVM	247	120.30	0.116120	145.0	155.0	165.0	165.0 [4]	70.0	77.5	77.5	70.0 [4]	145.0	157.5	162.5	162.5 [4]	397.5	7	46.157700	47
5	ABHISHIEK K NAIR	05-04-2009	ALP	244	125.50	0.114023	105.0	117.5	135.0	135.0 [5]	50.0	60.0	62.5	62.5 [5]	130.0	150.0	165.0	150.0 [5]	347.5	6	39.622993	62
6	JASIN JAYAN	01-02-2008	KNR	248	135.60	0.110414	120.0	120.0	130.0	120.0 [6]	50.0	60.0	60.0	50.0 [6]	120.0	130.0	130.0	120.0 [6]	290.0	5	32.020060	65

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	PRANAV S	ALP	74kg	73.30	0.147536	507.5	74.874520
2	CHRISTY THOMAS	PTA	66kg	64.20	0.158185	467.5	73.951488
3	SREE HARI	ALP	66kg	64.70	0.157535	445.0	70.103075

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	50	12+12+9+9+8	322.560655
2	KOLLAM	44	12+12+9+8+3	296.054591
3	THIRUVANANTHAPURAM	43	12+9+8+7+7	275.857748
4	KANNUR	40	12+9+9+5+5	243.282970
5	KOZHIKODE	36	12+8+7+7+2	248.888128
6	PALAKKAD	34	9+8+6+6+5	229.813090
7	MALAPPURAM	33	9+8+7+5+4	263.243170
8	ERNAKULAM	33	8+8+6+6+5	251.036935
9	IDUKKI	22	9+7+4+2	184.696368
10	THRISSUR	19	12+7	116.806340
11	PATHANAMTHITTA	13	12+1	73.951488
12	WAYANAD	8	7+1	111.620373
13	KASARAGOD	3	3	58.416120

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
Junior - 53kg																						
1	NIDHIN R R	26-06-2003	TCR	25	52.20	0.176726	130.0	137.5	142.5	142.5 [2]	77.5	82.5	87.5	87.5 [1]	170.0	180.0	490.0	180.0 [1]	410.0	12	72.457660	13
2	MICHLE SEBASTIAN	14-10-2003	TVM	26	52.30	0.176544	140.0	147.5	147.5	147.5 [1]	70.0	75.0	77.5	77.5 [3]	160.0	170.0	172.5	172.5 [2]	397.5	9	70.176240	15
3	ANANDHU KRISHNAN S	01-06-2006	ALP	27	51.30	0.178390	120.0	130.0	140.0	140.0 [3]	70.0	82.5	87.5	82.5 [2]	140.0	155.0	170.0	155.0 [3]	377.5	8	67.342225	22
4	SANJU K SAJAYKUMAR	15-06-2005	EKM	23	51.70	0.177645	75.0	85.0	85.0	75.0 [4]	60.0	60.0	65.0	60.0 [4]	135.0	140.0	145.0	140.0 [4]	275.0	7	48.852375	49
Junior - 59kg																						
1	ADHIL S	28-03-2003	IDK	43	57.40	0.167929	120.0	135.0	155.0	155.0 [1]	75.0	85.0	95.0	95.0 [2]	170.0	185.0	202.5	202.5 [1]	452.5	12	75.987873	8
2	ADHARSH LAL	25-09-2002	TVM	48	58.40	0.166382	150.0	160.0	160.0	150.0 [2]	85.0	92.5	97.5	97.5 [1]	190.0	200.0	202.5	200.0 [2]	447.5	9	74.455945	11
3	ANURAG TK	25-01-2006	KNR	44	57.80	0.167305	120.0	130.0	140.0	140.0 [3]	70.0	72.5	75.0	72.5 [4]	160.0	175.0	180.0	180.0 [3]	392.5	8	65.667213	27
4	ATHUL K RAJU	17-05-2005	KTM	45	55.70	0.170662	110.0	120.0	125.0	120.0 [4]	70.0	75.0	77.5	77.5 [3]	150.0	165.0	195.0	165.0 [5]	362.5	7	61.864975	29
5	JITHIN K J	06-05-2006	ALP	49	57.80	0.167305	90.0	100.0	110.0	110.0 [5]	60.0	67.5	70.0	70.0 [5]	160.0	167.5	190.0	167.5 [4]	347.5	6	58.138488	36
Junior - 66kg																						
1	SAFVAN FAZAL	25-02-2005	ALP	90	65.40	0.156640	155.0	165.0	175.0	165.0 [3]	97.5	105.0	110.0	105.0 [1]	200.0	210.0	220.0	210.0 [1]	480.0	12	75.187200	10
2	PRANOY AUGUSTIN FRANCIS	30-10-2002	EKM	82	63.00	0.159779	160.0	170.0	175.0	175.0 [1]	90.0	100.0	102.5	100.0 [2]	190.0	200.0	215.0	200.0 [2]	475.0	9	75.895025	9
3	ABHINAND V	25-10-2004	KNR	83	64.40	0.157924	135.0	145.0	155.0	155.0 [5]	75.0	80.0	85.0	80.0 [7]	180.0	190.0	200.0	190.0 [3]	425.0	8	67.117700	23
4	ARJUN A	25-05-2005	IDK	86	65.10	0.157022	147.5	160.0	165.0	165.0 [2]	70.0	77.5	80.0	77.5 [8]	170.0	180.0	190.0	180.0 [4]	422.5	7	66.341795	26
5	AKASH S MANOJ	20-09-2006	ALP	91	62.20	0.160870	140.0	155.0	165.0	155.0 [4]	80.0	85.0	90.0	90.0 [3]	155.0	170.0	177.5	170.0 [6]	415.0	6	66.761050	25
6	SUKHDEV PK	12-05-2005	KKD	88	65.60	0.156386	125.0	135.0	142.5	142.5 [6]	75.0	82.5	87.5	87.5 [5]	160.0	170.0	180.0	180.0 [5]	410.0	5	64.118260	28
7	MUHAMMED ISMAIL	10-10-2006	KLM	81	64.40	0.157924	110.0	125.0	130.0	130.0 [7]	77.5	87.5	95.0	87.5 [4]	120.0	132.5	135.0	132.5 [8]	350.0	4	55.273400	40
8	NIHAD MN	23-11-2005	PKD	87	61.60	0.161704	100.0	120.0	130.0	120.0 [8]	60.0	67.5	75.0	67.5 [9]	130.0	150.0	170.0	150.0 [7]	337.5	3	54.575100	42
9	ABHISHEK SUNDER	03-09-2005	KLM	85	62.10	0.161008	70.0	90.0	110.0	90.0 [10]	60.0	70.0	80.0	80.0 [6]	80.0	100.0	120.0	120.0 [9]	290.0	2	46.692320	51
10	DANIEL EASO JOHN	19-10-2005	PTA	89	59.50	0.164728	55.0	60.0	65.0	65.0 [11]	35.0	35.0	40.0	40.0 [10]	85.0	95.0	105.0	105.0 [10]	210.0	1	34.592880	56
-	LIBNI PUNNOOSE	31-10-2004	EKM	84	64.30	0.158055	90.0	105.0	105.0	105.0 [9]	X	X	X	-	X	X	X	-	-	-	-	-
Junior - 74kg																						
1	DEVANAND C S	16-05-2005	ALP	130	70.20	0.150902	190.0	205.0	210.0	205.0 [2]	100.0	110.0	112.5	112.5 [2]	230.0	240.0	252.5	252.5 [1]	570.0	12	86.014140	2 
2	ARJUN S J	12-08-2003	TVM	119	73.10	0.147746	200.0	212.5	222.5	212.5 [1]	112.5	122.5	130.0	130.0 [1]	210.0	220.0	227.5	227.5 [3]	570.0	9	84.215220	3 
3	AL MUHAMMAD FIYAAN OFFOOR	11-10-2005	KLM	126	70.30	0.150789	180.0	190.0	197.5	197.5 [3]	105.0	107.5	112.5	107.5 [4]	205.0	217.5	225.0	225.0 [4]	530.0	8	79.918170	4
4	ANANDHU P A	08-07-2004	TCR	128	73.30	0.147536	175.0	185.0	195.0	185.0 [6]	87.5	95.0	95.0	95.0 [6]	220.0	237.5	257.5	237.5 [2]	517.5	7	76.349880	6
5	MOHAMMED NIYAL	03-04-2004	KSD	1	72.90	0.147957	175.0	187.5	192.5	187.5 [4]	105.0	112.5	112.5	112.5 [3]	200.0	X	X	200.0 [5]	500.0	6	73.978500	12
6	SREEHARI S KUMAR	23-09-2006	KNR	123	73.10	0.147746	185.0	195.0	195.0	185.0 [5]	90.0	97.5	102.5	102.5 [5]	185.0	195.0	195.0	185.0 [6]	472.5	5	69.809985	17
7	ABHINAV H S	29-07-2005	WYD	120	72.30	0.148595	125.0	135.0	140.0	140.0 [7]	75.0	80.0	85.0	85.0 [8]	165.0	175.0	180.0	175.0 [8]	400.0	4	59.438000	33
8	SANJAI KUMAR S	23-10-2005	ALP	129	72.40	0.148488	120.0	132.5	145.0	132.5 [8]	75.0	82.5	87.5	87.5 [7]	130.0	150.0	180.0	180.0 [7]	400.0	3	59.395200	34
9	ALAN XAVIER	27-09-2004	EKM	125	71.70	0.149242	90.0	110.0	120.0	120.0 [10]	60.0	70.0	77.5	77.5 [9]	110.0	130.0	150.0	150.0 [9]	347.5	2	51.861595	46
10	JOEL THEKKEKKARA	06-03-2004	TCR	127	69.50	0.151697	100.0	115.0	120.0	120.0 [9]	60.0	67.5	75.0	67.5 [10]	120.0	135.0	145.0	145.0 [10]	332.5	1	50.439253	47
11	ADITH P	01-11-2002	KNR	124	67.10	0.154529	75.0	80.0	90.0	90.0 [11]	40.0	50.0	52.5	52.5 [11]	120.0	122.5	127.5	122.5 [11]	265.0	1	40.950185	54
Junior - 83kg																						
1	MOHAMMED APSAL	08-02-2002	KSD	1	82.20	0.139106	210.0	220.0	235.0	235.0 [1]	130.0	137.5	142.5	142.5 [1]	240.0	255.0	255.0	255.0 [1]	632.5	12	87.984545	1 
2	AROMAL P	14-08-2005	TVM	161	82.90	0.138511	200.0	217.5	222.5	217.5 [2]	105.0	112.5	120.0	112.5 [3]	200.0	220.0	240.0	220.0 [2]	550.0	9	76.181050	7
3	DHARVESH EBRAHIM GOUSU	17-03-2003	TCR	159	82.30	0.139021	185.0	187.5	187.5	185.0 [4]	122.5	132.5	132.5	132.5 [2]	180.0	192.5	200.0	200.0 [4]	517.5	8	71.943368	14

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	CHRISTIN JOSEPH	31-03-2005	ALP	163	80.40	0.140679	185.0	200.0	215.0	200.0 [3]	95.0	105.0	105.0	95.0 [4]	190.0	202.5	X	202.5 [3]	497.5	7	69.987803	16
5	MUHAMMED ATHINAN	15-07-2004	EKM	158	75.90	0.144896	140.0	150.0	160.0	150.0 [6]	75.0	80.0	85.0	80.0 [6]	180.0	195.0	205.0	195.0 [5]	425.0	6	61.580800	30
6	ANOOP MP	30-06-2005	KNR	157	78.80	0.142130	150.0	155.0	162.5	155.0 [5]	60.0	70.0	75.0	70.0 [8]	165.0	170.0	177.5	177.5 [6]	402.5	5	57.207325	38
7	SHIVANAND R	20-06-2005	KLM	156	80.50	0.140590	115.0	132.5	140.0	140.0 [7]	85.0	92.5	92.5	92.5 [5]	150.0	165.0	180.0	165.0 [7]	397.5	4	55.884525	39
8	DEVARAJ VN	19-01-2006	PKD	162	79.60	0.141398	90.0	120.0	135.0	120.0 [8]	50.0	65.0	72.5	72.5 [7]	130.0	145.0	155.0	155.0 [8]	347.5	3	49.135805	48
9	MANU ANAND	04-12-2006	KLM	155	74.90	0.145893	90.0	90.0	100.0	90.0 [9]	50.0	60.0	60.0	50.0 [9]	125.0	135.0	150.0	150.0 [9]	290.0	2	42.308970	53
Junior - 93kg																						
1	ALEX SUNIL	09-02-2003	KTM	194	91.30	0.132007	200.0	210.0	220.0	210.0 [1]	110.0	120.0	130.0	120.0 [2]	250.0	260.0	260.0	250.0 [1]	580.0	12	76.564060	5
2	ADHITH KRISHNA	06-10-2005	TVM	195	88.50	0.134052	190.0	190.0	190.0	190.0 [2]	107.5	115.0	120.0	120.0 [1]	190.0	200.0	207.5	207.5 [2]	517.5	9	69.371910	19
3	NAVEEN KUMAR H	17-12-2005	ALP	196	87.60	0.134734	150.0	160.0	170.0	170.0 [3]	75.0	85.0	90.0	90.0 [5]	160.0	175.0	185.0	185.0 [4]	445.0	8	59.956630	32
4	ARJUN KRISHNA R	27-02-2002	KLM	189	89.80	0.133088	120.0	140.0	140.0	140.0 [5]	90.0	105.0	112.5	105.0 [3]	160.0	180.0	190.0	190.0 [3]	435.0	7	57.893280	37
5	ARJUN SANEESH	18-01-2005	KTM	193	90.10	0.132869	120.0	140.0	155.0	140.0 [6]	90.0	100.0	105.0	105.0 [4]	130.0	150.0	170.0	170.0 [5]	415.0	6	55.140635	41
6	EVAN BINU CHIRAYATH	17-09-2005	KLM	190	86.60	0.135507	115.0	132.5	147.5	147.5 [4]	70.0	80.0	85.0	85.0 [6]	145.0	160.0	165.0	165.0 [7]	397.5	5	53.864033	44
7	FASIN NASEEMUDIN	17-04-2006	KNR	192	84.10	0.137511	100.0	115.0	115.0	100.0 [7]	70.0	75.0	80.0	80.0 [7]	150.0	160.0	165.0	165.0 [6]	345.0	4	47.441295	50
8	LAKSHMANA PERUMAL K	12-06-2002	EKM	191	89.40	0.133382	70.0	90.0	100.0	90.0 [8]	50.0	60.0	60.0	50.0 [8]	110.0	120.0	130.0	120.0 [8]	260.0	3	34.679320	55
Junior - 105kg																						
1	ALEN ROY	15-07-2006	PTA	220	102.60	0.124807	185.0	195.0	210.0	210.0 [2]	97.5	105.0	110.0	105.0 [3]	210.0	210.0	225.0	225.0 [1]	540.0	12	67.395780	21
2	JIJAY MON CA	07-06-2006	TVM	219	103.60	0.124240	217.5	217.5	222.5	217.5 [1]	117.5	122.5	125.0	125.0 [1]	190.0	197.5	202.5	197.5 [3]	540.0	9	67.089600	24
3	IRFAN H N	23-09-2005	WYD	216	94.10	0.130074	180.0	200.0	210.0	200.0 [3]	95.0	105.0	110.0	110.0 [2]	180.0	200.0	210.0	210.0 [2]	520.0	8	67.638480	20
4	ABHINAV SANTHOSH	25-04-2005	KNR	218	93.10	0.130753	172.5	182.5	192.5	182.5 [4]	80.0	87.5	87.5	87.5 [5]	175.0	185.0	195.0	195.0 [4]	465.0	7	60.800145	31
5	ABHISHEK A S	17-09-2002	EKM	217	104.30	0.123850	140.0	160.0	180.0	160.0 [5]	80.0	95.0	100.0	95.0 [4]	150.0	180.0	200.0	180.0 [5]	435.0	6	53.874750	43
Junior - 120kg																						
1	MUHAMMED SHA	30-08-2005	TVM	239	117.60	0.117280	220.0	237.5	250.0	250.0 [1]	100.0	110.0	115.0	115.0 [1]	200.0	220.0	230.0	230.0 [1]	595.0	12	69.781600	18
2	SREEHARI SANTHOSH	11-06-2005	WYD	237	110.60	0.120548	150.0	170.0	180.0	180.0 [2]	85.0	92.5	95.0	95.0 [2]	150.0	170.0	190.0	170.0 [2]	445.0	9	53.643860	45
3	SANOOP U	15-11-2006	EKM	238	107.40	0.122179	130.0	140.0	150.0	150.0 [3]	50.0	55.0	60.0	60.0 [3]	140.0	150.0	160.0	160.0 [3]	370.0	8	45.206230	52
Junior - 120+Kg																						
1	ATHUL KRISHNA S	08-09-2006	TVM	251	129.80	0.112417	185.0	195.0	205.0	205.0 [1]	90.0	100.0	107.5	107.5 [1]	190.0	190.0	210.0	210.0 [1]	522.5	12	58.737883	35

Best Lifter - Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	MOHAMMED APSAL	KSD	83kg	82.20	0.139106	632.5	87.984545
2	DEVANAND C S	ALP	74kg	70.20	0.150902	570.0	86.014140
3	ARJUN S J	TVM	74kg	73.10	0.147746	570.0	84.215220

Team Championship - Junior				
Place	Team	Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM	51	12+12+9+9+9	363.371698
2	ALAPPUZHA	47	12+12+8+8+7	358.487998
3	ERNAKULAM	36	9+8+7+6+6	285.409180

Team Championship - Junior					
Place		Team	Points	Best Points	IPF GL Points
4	KANNUR		33	8+8+7+5+5	320.602368
5	THRISSUR		28	12+8+7+1	271.190161
6	KOLLAM		28	8+7+5+4+4	302.833408
7	KOTTAYAM		25	12+7+6	193.569670
8	WAYANAD		21	9+8+4	180.720340
9	IDUKKI		19	12+7	142.329668
10	KASARAGOD		18	12+6	161.963045
11	PATHANAMTHITTA		13	12+1	101.988660
12	PALAKKAD		6	3+3	103.710905
13	KOZHIKODE		5	5	64.118260

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 CP	19-01-1976	KNR	51	57.10	0.168402	112.5	117.5	125.0	125.0 [1]	70.0	75.0	77.5	77.5 [2]	130.0	140.0	450.0	140.0 [3]	342.5	12	57.677685	13
2	ANEESH K V	12-05-1982	EKM	50	57.60	0.167616	80.0	90.0	115.0	90.0 [4]	60.0	80.0	90.0	80.0 [1]	125.0	135.0	155.0	155.0 [1]	325.0	9	54.475200	16
3	RIJITH ARUMAL	05-12-1981	KNR	52	58.00	0.166996	110.0	120.0	127.5	120.0 [2]	60.0	60.0	62.5	60.0 [3]	120.0	130.0	135.0	135.0 [4]	315.0	8	52.603740	17
4	MANAS C P	27-08-1979	KKD	54	59.00	0.165473	85.0	95.0	102.5	102.5 [3]	40.0	45.0	47.5	45.0 [4]	130.0	140.0	147.5	147.5 [2]	295.0	7	48.814535	19
-	BIJU TB	02-02-1976	KKD	53	58.60	0.166077	140.0	140.0	140.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Master 1 - 66kg																						
1	SAJITH S	15-03-1980	ALP	96	65.20	0.156894	125.0	137.5	147.5	147.5 [2]	97.5	105.0	107.5	107.5 [1]	155.0	172.5	192.5	192.5 [1]	447.5	12	70.210065	6
2	PRAVEENKUMAR V K	06-03-1982	EKM	92	63.50	0.159109	150.0	160.0	170.0	160.0 [1]	105.0	110.0	110.0	105.0 [2]	160.0	175.0	180.0	180.0 [2]	445.0	9	70.803505	5
3	BABU DAS T	16-08-1980	PKD	93	65.00	0.157150	135.0	140.0	140.0	135.0 [3]	85.0	90.0	90.0	90.0 [3]	150.0	150.0	165.0	165.0 [3]	390.0	8	61.288500	10
4	SAJAVAN SREEKUMAR SADASHIVAN	30-11-1981	TVM	95	65.00	0.157150	70.0	90.0	110.0	110.0 [4]	70.0	80.0	85.0	85.0 [4]	70.0	90.0	120.0	120.0 [5]	315.0	7	49.502250	18
5	RAHUL R	01-05-1980	TVM	94	65.20	0.156894	75.0	85.0	90.0	90.0 [5]	60.0	65.0	70.0	65.0 [5]	110.0	125.0	130.0	130.0 [4]	285.0	6	44.714790	21
Master 1 - 74kg																						
1	SUJITH M	26-03-1980	ALP	135	73.30	0.147536	155.0	165.0	175.0	175.0 [1]	85.0	95.0	102.5	102.5 [1]	185.0	205.0	215.0	215.0 [1]	492.5	12	72.661480	2 <u>☹</u>
2	SUNIL KUMAR MV	25-05-1982	EKM	131	72.10	0.148810	150.0	160.0	165.0	165.0 [2]	90.0	97.5	100.0	97.5 [2]	180.0	190.0	200.0	190.0 [2]	452.5	9	67.336525	8
3	RAJESH M K	03-05-1978	KNR	133	66.10	0.155759	100.0	110.0	120.0	120.0 [3]	85.0	90.0	95.0	95.0 [3]	125.0	135.0	145.0	145.0 [3]	360.0	8	56.073240	15
4	MANIKANDAN M	16-04-1983	TVM	134	68.90	0.152389	80.0	90.0	95.0	90.0 [4]	60.0	65.0	65.0	65.0 [5]	140.0	X	X	140.0 [4]	295.0	7	44.954755	20
5	ELDO PAUL	21-12-1982	EKM	132	66.20	0.155635	70.0	80.0	80.0	80.0 [5]	65.0	70.0	75.0	70.0 [4]	110.0	120.0	130.0	130.0 [5]	280.0	6	43.577800	22
Master 1 - 83kg																						
1	THARIF N P	03-01-1981	KKD	164	74.90	0.145893	150.0	160.0	167.5	160.0 [1]	100.0	107.5	110.0	110.0 [1]	160.0	170.0	175.0	170.0 [2]	440.0	12	64.192920	9
2	LESLEE THOMAS PEREIRA	12-06-1982	TVM	166	82.40	0.138935	140.0	150.0	157.5	157.5 [2]	90.0	97.5	102.5	97.5 [2]	160.0	180.0	192.5	180.0 [1]	435.0	9	60.436725	12
3	GODWIN GEORGE	20-08-1983	EKM	165	74.50	0.146298	80.0	90.0	100.0	100.0 [3]	40.0	50.0	60.0	50.0 [3]	100.0	100.0	110.0	110.0 [3]	260.0	8	38.037480	25
Master 1 - 93kg																						
1	SURESH BABU S	02-11-1985	TVM	200	85.00	0.136777	175.0	185.0	205.0	205.0 [1]	115.0	125.0	135.0	135.0 [1]	185.0	195.0	205.0	205.0 [2]	545.0	12	74.543465	1 <u>☹</u>
2	PRASANTH UTHAMAN	20-05-1982	ALP	199	88.50	0.134052	180.0	200.0	210.0	200.0 [2]	100.0	105.0	110.0	110.0 [2]	195.0	207.5	220.0	220.0 [1]	530.0	9	71.047560	4
3	MANISH K C	22-10-1977	KNR	198	92.00	0.131514	100.0	100.0	X	100.0 [3]	80.0	85.0	90.0	90.0 [3]	120.0	X	X	120.0 [3]	310.0	8	40.769340	24

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 - 105kg																							
1		MIDHUN KUMAR	09-07-1982	KKD	223	100.80	0.125853	225.0	235.0	240.0	240.0 [1]	100.0	405.0	405.0	100.0 [2]	220.0	230.0	240.0	230.0 [1]	570.0	12	71.736210	3 <u>☺</u>
2		JIMMY DAS CHANDRIKA MOHAN	10-12-1978	ALP	224	103.60	0.124240	210.0	230.0	245.0	230.0 [2]	130.0	140.0	145.0	145.0 [1]	170.0	190.0	240.0	190.0 [2]	565.0	9	70.195600	7
3		VIPIN MOHANAN	02-04-1983	KNR	221	93.10	0.130753	90.0	400.0	440.0	90.0 [3]	70.0	80.0	85.0	85.0 [3]	120.0	130.0	145.0	145.0 [3]	320.0	8	41.840960	23
Master 1 - 120kg																							
1		SHANAVAS KC	08-09-1982	KNR	240	114.50	0.118680	150.0	170.0	185.0	185.0 [2]	100.0	110.0	445.0	110.0 [1]	180.0	200.0	220.0	220.0 [1]	515.0	12	61.120200	11
2		GIRISH HARIDAS	21-07-1984	TCR	241	105.40	0.123246	165.0	177.5	192.5	192.5 [1]	92.5	400.0	400.0	92.5 [2]	165.0	180.0	X	180.0 [2]	465.0	9	57.309390	14

Best Lifter - Master 1								
Place		Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1		SURESH BABU S	TVM	93kg	85.00	0.136777	545.0	74.543465
2		SUJITH M	ALP	74kg	73.30	0.147536	492.5	72.661480
3		MIDHUN KUMAR	KKD	105kg	100.80	0.125853	570.0	71.736210

Team Championship - Master 1					
Place		Team	Points	Best Points	IPF GL Points
1		KANNUR	48	12+12+8+8+8	269.315825
2		ALAPPUZHA	42	12+12+9+9	284.114705
3		THIRUVANANTHAPURAM	41	12+9+7+7+6	274.151985
4		ERNAKULAM	41	9+9+9+8+6	274.230510
5		KOZHIKODE	31	12+12+7	184.743665
6		THRISSUR	9	9	57.309390
7		PALAKKAD	8	8	61.288500

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		RAJENDRABABU K G	11-12-1972	TVM	55	57.40	0.167929	50.0	65.0	75.0	75.0 [1]	40.0	55.0	65.0	65.0 [1]	100.0	120.0	130.0	130.0 [1]	270.0	12	45.340830	11
Master 2 - 66kg																							
1		M S JAYAN	05-05-1974	TVM	1	66.00	0.155884	130.0	145.0	455.0	145.0 [1]	90.0	95.0	400.0	95.0 [1]	140.0	150.0	165.0	165.0 [1]	405.0	12	63.133020	5
Master 2 - 74kg																							
1		SANJAY PRASAD	05-05-1972	TVM	3	71.30	0.149679	140.0	145.0	147.5	147.5 [1]	95.0	100.0	102.5	102.5 [1]	180.0	182.5	X	182.5 [1]	432.5	12	64.736168	2 <u>☺</u>
2		SREENATH K	31-05-1973	KNR	136	71.30	0.149679	115.0	125.0	130.0	130.0 [2]	55.0	60.0	62.5	62.5 [2]	130.0	140.0	150.0	150.0 [2]	342.5	9	51.265058	8
3		MATHEW ALEXANDER	21-09-1974	TVM	137	74.00	0.146810	60.0	70.0	80.0	80.0 [3]	30.0	40.0	50.0	50.0 [3]	70.0	100.0	110.0	110.0 [3]	240.0	8	35.234400	16
Master 2 - 83kg																							
1		BINUKUMAR R	18-03-1974	TVM	1	80.90	0.140236	175.0	185.0	X	185.0 [1]	75.0	80.0	X	80.0 [5]	195.0	X	X	195.0 [1]	460.0	12	64.508560	3 <u>☺</u>
2		DILJITH KK	31-05-1969	KNR	168	79.20	0.141763	155.0	165.0	170.0	170.0 [2]	90.0	100.0	405.0	100.0 [3]	150.0	170.0	490.0	170.0 [2]	440.0	9	62.375720	6
3		SURESH KUMAR	10-05-1968	ALP	171	80.50	0.140590	100.0	112.5	117.5	117.5 [3]	85.0	100.0	105.0	105.0 [1]	120.0	130.0	140.0	140.0 [4]	362.5	8	50.963875	9
4		SAJU S	20-03-1975	TVM	169	83.00	0.138427	100.0	407.5	442.5	100.0 [4]	95.0	402.5	102.5	102.5 [2]	120.0	130.0	150.0	150.0 [3]	352.5	7	48.795518	10

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
5	GEORGE K PETER	07-02-1974	EKM	167	79.30	0.141671	80.0	85.0	90.0	90.0 [6]	70.0	75.0	80.0	80.0 [4]	90.0	95.0	110.0	110.0 [6]	280.0	6	39.667880	13
6	NARAYANAN R S	03-05-1967	TVM	170	78.00	0.142876	70.0	80.0	90.0	90.0 [5]	40.0	45.0	50.0	50.0 [6]	110.0	120.0	130.0	130.0 [5]	270.0	5	38.576520	14
Master 2 - 93kg																						
1	ABDUSSALEEM CV	04-04-1972	KKD	202	90.00	0.132942	170.0	180.0	190.0	190.0 [1]	95.0	102.5	107.5	107.5 [2]	190.0	200.0	240.0	200.0 [1]	497.5	12	66.138645	1 <u>🏆</u>
2	SASI V	18-04-1969	PKD	203	83.80	0.137758	160.0	180.0	200.0	180.0 [2]	105.0	110.0	115.0	110.0 [1]	160.0	170.0	175.0	175.0 [2]	465.0	9	64.057470	4
Master 2 - 105kg																						
1	ANIL KUMAR K	04-05-1970	TVM	227	94.20	0.130007	120.0	140.0	160.0	160.0 [1]	80.0	80.0	95.0	80.0 [2]	160.0	175.0	205.0	175.0 [1]	415.0	12	53.952905	7
2	SAJID PV	25-05-1973	KNR	226	93.50	0.130480	100.0	120.0	130.0	130.0 [2]	75.0	80.0	85.0	80.0 [1]	100.0	110.0	120.0	120.0 [2]	330.0	9	43.058400	12
3	K J GEORGE	24-05-1971	EKM	225	94.20	0.130007	100.0	105.0	110.0	105.0 [3]	50.0	55.0	60.0	60.0 [3]	100.0	105.0	110.0	110.0 [3]	275.0	8	35.751925	15
-	MURUKAN A M	23-05-1973	TCR	228	94.50	0.129807	140.0	150.0	160.0	150.0 [-]	80.0	90.0	95.0	95.0 [-]	160.0	180.0	190.0	190.0 -	435.0	-	56.466045	-

Best Lifter - Master 2								
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points	
1	ABDUSSALEEM CV	KKD	93kg	90.00	0.132942	497.5	66.138645	
2	SANJAY PRASAD	TVM	74kg	71.30	0.149679	432.5	64.736168	
3	BINUKUMAR R	TVM	83kg	80.90	0.140236	460.0	64.508560	

Team Championship - Master 2						
Place	Team			Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM			60	12+12+12+12+12	291.671483
2	KANNUR			27	9+9+9	94.323458
3	ERNAKULAM			14	8+6	75.419805
4	KOZHIKODE			12	12	66.138645
5	PALAKKAD			9	9	64.057470
6	ALAPPUZHA			8	8	50.963875

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	SUBRAMANNIAN CP	02-10-1960	KNR	56	57.90	0.167150	90.0	100.0	107.5	100.0 [1]	50.0	55.0	60.0	60.0 [1]	110.0	120.0	125.0	125.0 [1]	285.0	12	47.637750	2 <u>🏆</u>
Master 3 - 74kg																						
1	HEMACHANDRAN B	20-11-1957	KLM	138	68.40	0.152974	110.0	115.0	X	110.0 [1]	95.0	105.0	X	105.0 [1]	120.0	130.0	X	120.0 [1]	335.0	12	51.246290	1 <u>🏆</u>
-	SOMARAJ M V	18-03-1965	PKD	139	73.80	0.147016	80.0	80.0	80.0	-	X	X	X	-	X	X	X	-	-	-	-	-
Master 3 - 83kg																						
1	G OMANAKUTTAN NAIR	28-05-1965	KLM	2	76.20	0.144602	80.0	85.0	95.0	95.0 [1]	30.0	40.0	50.0	40.0 [2]	80.0	100.0	120.0	100.0 [1]	235.0	12	33.981470	4
2	BOBAN NEELANKAL	24-05-1960	EKM	173	74.20	0.146604	50.0	60.0	65.0	65.0 [2]	30.0	45.0	55.0	55.0 [1]	60.0	70.0	80.0	80.0 [2]	200.0	9	29.320800	5
Master 3 - 105kg																						
1	JOHN THOMAS NEROOR	28-04-1962	ALP	229	96.40	0.128564	95.0	100.0	110.0	110.0 [1]	45.0	60.0	65.0	65.0 [1]	140.0	147.5	160.0	160.0 [1]	335.0	12	43.068940	3 <u>🏆</u>

Best Lifter - Master 3							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	HEMACHANDRAN B	KLM	74kg	68.40	0.152974	335.0	51.246290
2	SUBRAMANNIAN CP	KNR	59kg	57.90	0.167150	285.0	47.637750
3	JOHN THOMAS NEROOR	ALP	105kg	96.40	0.128564	335.0	43.068940

Team Championship - Master 3				
Place	Team	Points	Best Points	IPF GL Points
1	KOLLAM	24	12+12	85.227760
2	KANNUR	12	12	47.637750
3	ALAPPUZHA	12	12	43.068940
4	ERNAKULAM	9	9	29.320800
-	PALAKKAD	-	-	-

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	RAMESAN P	05-08-1955	KNR	57	52.60	0.176001	70.0	75.0	77.5	77.5 [1]	50.0	52.5	X	52.5 [1]	80.0	90.0	95.0	95.0 [1]	225.0	12	39.600225	3 
Master 4 - 66kg																						
1	PREMACHANDRAN C	01-12-1950	KKD	99	62.10	0.161008	120.0	127.5	X	127.5 [1]	55.0	60.0	62.5	60.0 [2]	145.0	152.5	X	152.5 [1]	340.0	12	54.742720	1 
2	N PREMACHANDRAN NAIR	12-04-1952	EKM	98	65.00	0.157150	100.0	110.0	115.0	115.0 [2]	65.0	70.0	70.0	65.0 [1]	140.0	150.0	155.0	150.0 [2]	330.0	9	51.859500	2 

Best Lifter - Master 4							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	PREMACHANDRAN C	KKD	66kg	62.10	0.161008	340.0	54.742720
2	N PREMACHANDRAN NAIR	EKM	66kg	65.00	0.157150	330.0	51.859500
3	RAMESAN P	KNR	59kg	52.60	0.176001	225.0	39.600225

Team Championship - Master 4				
Place	Team	Points	Best Points	IPF GL Points
1	KOZHIKODE	12	12	54.742720
2	KANNUR	12	12	39.600225
3	ERNAKULAM	9	9	51.859500

Abbreviations:

ALP = Alappuzha EKM = Ernakulam IDK = Idukki KNR = Kannur KSD = Kasaragod KLM = Kollam KTM = Kottayam KKD = Kozhikode MPM = Malappuram PKD = Palakkad PTA = Pathanamthitta TVM = Thiruvananthapuram TCR = Thrissur WYD = Wayanad

