

KSPLA
Kerala State Sub Junior & Junior Women's Equipped Powerlifting Championship 2024
University College, Thiruvananthapuram - 17-05-2024 to 19-05-2024
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
Women																						
Sub Junior - 43kg																						
1	GOWRI S R	27-01-2008	TVM	4	42.40	0.237782	82.5	87.5	87.5	87.5 [1]	40.0	42.5	45.0	42.5 [1]	90.0	97.5	105.0	105.0 [1]	235.0	12	55.878770	3 🏆
2	SISIRA S	17-09-2006	PKD	2	34.40	-	30.0	30.0	32.5	30.0 [3]	20.0	20.0	22.5	20.0 [2]	40.0	45.0	50.0	50.0 [2]	100.0	9	-	-
-	PREKSHA K P	30-03-2009	PKD	1	37.40	0.265406	30.0	32.5	35.0	35.0 [2]	20.0	20.0	20.0	-	40.0	45.0	50.0	45.0 [3]	-	-	-	-
Sub Junior - 52kg																						
1	PRARTHANA K	25-05-2006	KSD	7	51.40	0.205302	50.0	60.0	70.0	60.0 [2]	25.0	27.5	30.0	30.0 [1]	85.0	95.0	100.0	100.0 [1]	190.0	12	39.007380	13
2	SREENANDHA T	10-11-2009	KNR	9	52.00	0.203655	50.0	60.0	70.0	70.0 [1]	25.0	27.5	27.5	27.5 [2]	65.0	77.5	85.0	85.0 [2]	182.5	9	37.167038	15
Sub Junior - 57kg																						
1	KAVEYNDHU S	19-02-2006	ALP	1	55.00	0.196125	120.0	132.5	132.5	120.0 [1]	45.0	55.0	62.5	55.0 [1]	115.0	125.0	125.0	125.0 [1]	300.0	12	58.837500	2 🏆
2	DEVIKA A	11-03-2008	KNR	6	56.90	0.191892	75.0	85.0	95.0	95.0 [2]	35.0	37.5	37.5	37.5 [3]	85.0	100.0	105.0	105.0 [2]	237.5	9	45.574350	12
3	DIYA A SUJITH	16-09-2009	KNR	2	54.40	0.197544	60.0	60.0	70.0	70.0 [3]	25.0	30.0	37.5	37.5 [2]	60.0	70.0	80.0	80.0 [3]	187.5	8	37.039500	16
4	SIVANI A	06-03-2009	TVM	11	56.10	0.193628	40.0	50.0	60.0	60.0 [4]	35.0	40.0	45.0	35.0 [4]	40.0	65.0	70.0	70.0 [4]	165.0	7	31.948620	19
Sub Junior - 63kg																						
1	NIDHINA B MANOJ	25-09-2007	ALP	3	59.80	0.186109	105.0	115.0	125.0	125.0 [1]	47.5	52.5	60.0	60.0 [1]	105.0	112.5	115.0	105.0 [3]	290.0	12	53.971610	5
2	ABHIRAMI H L	18-07-2009	TVM	9	58.00	0.189608	105.0	110.0	115.0	115.0 [2]	45.0	50.0	55.0	55.0 [2]	105.0	112.5	112.5	105.0 [2]	275.0	9	52.142200	6
3	SAMIYA T H	11-08-2010	ALP	5	58.60	0.188410	95.0	110.0	120.0	110.0 [3]	25.0	35.0	40.0	40.0 [3]	85.0	105.0	115.0	115.0 [1]	265.0	8	49.928650	7
4	ASHWATHI KRISHNAN M	27-04-2009	KSD	8	60.00	0.185738	60.0	70.0	75.0	60.0 [5]	25.0	30.0	35.0	30.0 [4]	80.0	87.5	90.0	90.0 [4]	180.0	7	33.432840	18
5	ARCHANA M	08-04-2006	KNR	7	62.20	0.181857	50.0	60.0	65.0	65.0 [4]	20.0	22.5	25.0	25.0 [5]	60.0	70.0	77.5	77.5 [5]	167.5	6	30.461048	20
Sub Junior - 69kg																						
1	ASHWANI HARIKUMAR	10-01-2008	ALP	4	63.30	0.180051	60.0	70.0	77.5	70.0 [1]	30.0	32.5	35.0	35.0 [1]	55.0	75.0	82.5	82.5 [1]	187.5	12	33.759563	17
Sub Junior - 76kg																						
1	CHANDRALEKHA J	24-04-2009	ALP	6	73.80	0.166320	150.0	162.5	172.5	172.5 [1]	70.0	80.0	90.0	80.0 [1]	120.0	130.0	137.5	137.5 [1]	390.0	12	64.864800	1 🏆
2	SATHIKA AJI M	17-02-2009	TVM	11	74.60	0.165484	110.0	117.5	125.0	125.0 [2]	40.0	45.0	47.5	45.0 [2]	90.0	100.0	107.5	107.5 [2]	277.5	9	45.921810	10
3	SHAFNA K	27-02-2008	KSD	9	70.60	0.169924	40.0	50.0	60.0	60.0 [3]	20.0	25.0	27.5	27.5 [3]	60.0	70.0	80.0	80.0 [3]	167.5	8	28.462270	21
Sub Junior - 84kg																						
1	GOURI KRISHNA R S	08-04-2008	TVM	3	82.10	0.158717	130.0	140.0	147.5	147.5 [1]	55.0	60.0	65.0	65.0 [1]	117.5	127.5	132.5	132.5 [2]	345.0	12	54.757365	4
2	DEVIKA K M	18-05-2006	KNR	2	78.90	0.161386	90.0	100.0	110.0	110.0 [2]	35.0	40.0	42.5	42.5 [2]	120.0	130.0	140.0	140.0 [1]	292.5	9	47.205405	8
Sub Junior - 84+Kg																						
1	ANCY ANTONY	08-02-2007	TVM	6	101.50	0.147392	120.0	130.0	137.5	137.5 [1]	40.0	50.0	50.0	50.0 [2]	105.0	115.0	122.5	122.5 [2]	310.0	12	45.691520	11
2	NAMITHA P V	25-03-2006	KNR	5	88.10	0.154433	100.0	120.0	120.0	120.0 [2]	60.0	67.5	72.5	72.5 [1]	90.0	105.0	110.0	105.0 [3]	297.5	9	45.943818	9
3	HELEN ROSE MARY	11-08-2006	EKM	1	124.00	0.140394	90.0	100.0	125.0	100.0 [3]	45.0	50.0	50.0	45.0 [3]	115.0	125.0	135.0	125.0 [1]	270.0	8	37.906380	14

Best Lifter - Sub Junior							
Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	CHANDRALEKHA J	ALP	76kg	73.80	0.166320	390.0	64.864800
2	KAVEYNDHU S	ALP	57kg	55.00	0.196125	300.0	58.837500
3	GOWRI S R	TVM	43kg	42.40	0.237782	235.0	55.878770

Team Championship - Sub Junior				
Place	Team	Points	Best Points	IPF GL Points
1	ALAPPUZHA	56	12+12+12+12+8	261.362123
2	THIRUVANANTHAPURAM	54	12+12+12+9+9	254.391665
3	KANNUR	44	9+9+9+9+8	212.930111
4	KASARAGOD	27	12+8+7	100.902490
5	PALAKKAD	9	9	0.000000
6	ERNAKULAM	8	8	37.906380

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 - 43kg																						
1	AKHILA J	20-12-2005	PKD	3	43.00	0.235042	82.5	95.0	102.5	102.5 [1]	25.0	35.0	35.0	25.0 [1]	80.0	90.0	97.5	97.5 [1]	225.0	12	52.884450	9
Junior - 47kg																						
1	PRAGATHI P NAIR	05-05-2005	KKD	11	46.70	0.220186	100.0	112.5	127.5	127.5 [1]	32.5	42.5	42.5	32.5 [3]	100.0	120.0	130.0	130.0 [1]	290.0	12	63.853940	4
2	NAILA NAJOOB	05-02-2005	EKM	8	46.55	0.220727	75.0	85.0	90.0	90.0 [3]	40.0	47.5	47.5	40.0 [1]	90.0	110.0	115.0	110.0 [2]	240.0	9	52.974480	8
3	AISWARYA S PRASAD	31-10-2003	ALP	6	47.00	0.219117	95.0	100.0	105.0	105.0 [2]	40.0	42.5	42.5	40.0 [2]	70.0	80.0	90.0	80.0 [3]	225.0	8	49.301325	10
Junior - 52kg																						
1	ANAGHA A	25-09-2003	PKD	10	51.20	0.205862	140.0	152.5	162.5	162.5 [1]	40.0	47.5	47.5	47.5 [1]	120.0	132.5	145.0	145.0 [1]	355.0	12	73.081010	1 <u>🏆</u>
2	ABHIRAMI A	23-08-2003	ALP	5	50.50	0.207869	105.0	117.5	127.5	117.5 [2]	37.5	42.5	45.0	45.0 [2]	120.0	130.0	137.5	130.0 [2]	292.5	9	60.801683	5
Junior - 63kg																						
1	ANAKHA A S	09-06-2002	TVM	10	62.40	0.181522	130.0	137.5	142.5	142.5 [1]	52.5	57.5	60.0	60.0 [1]	100.0	107.5	112.5	112.5 [2]	315.0	12	57.179430	7
2	AKHILA A M	29-05-2003	TVM	4	59.85	0.186016	70.0	80.0	80.0	80.0 [2]	35.0	37.5	37.5	35.0 [2]	100.0	115.0	120.0	115.0 [1]	230.0	9	42.783680	16
Junior - 69kg																						
1	KRIPA P BABU	02-09-2004	KNR	1	64.50	0.178173	80.0	90.0	105.0	105.0 [1]	50.0	57.5	57.5	50.0 [1]	100.0	110.0	120.0	120.0 [1]	275.0	12	48.997575	11
2	ANUPAMA B	30-01-2001	KLM	2	69.00	0.171899	95.0	95.0	110.0	95.0 [3]	37.5	37.5	42.5	37.5 [3]	105.0	115.0	120.0	120.0 [2]	252.5	9	43.404498	15
3	POORNIMA S	14-08-2004	ALP	5	68.50	0.172541	100.0	110.0	110.0	100.0 [2]	35.0	37.5	40.0	37.5 [2]	100.0	107.5	110.0	100.0 [3]	237.5	8	40.978488	17
Junior - 76kg																						
1	ANGEL P A	01-11-2002	TCR	10	74.80	0.165279	180.0	192.5	197.5	192.5 [1]	75.0	82.5	87.5	87.5 [1]	120.0	135.0	142.5	142.5 [1]	422.5	12	69.830378	2 <u>🏆</u>
2	SREESHNA SUNIL	01-06-2004	KNR	8	75.20	0.164873	130.0	145.0	160.0	145.0 [2]	60.0	70.0	77.5	70.0 [2]	110.0	120.0	135.0	135.0 [2]	350.0	9	57.705550	6
3	NANDHANA LIJAN	13-06-2003	ALP	7	72.10	0.168180	100.0	115.0	125.0	115.0 [3]	40.0	47.5	50.0	47.5 [3]	100.0	110.0	125.0	125.0 [3]	287.5	8	48.351750	12
4	HIMA MOHAN	24-04-2001	KLM	3	74.60	0.165484	95.0	107.5	115.0	107.5 [4]	40.0	45.0	45.0	40.0 [4]	110.0	117.5	125.0	117.5 [4]	265.0	7	43.853260	14
Junior - 84+Kg																						
1	GOURI NAIR A	04-04-2003	TVM	8	93.30	0.151344	180.0	190.0	197.5	197.5 [1]	82.5	90.0	95.0	95.0 [1]	130.0	140.0	145.0	145.0 [1]	437.5	12	66.213000	3 <u>🏆</u>
2	APARNA HARI G	05-06-2001	TVM	7	98.20	0.148864	100.0	115.0	130.0	130.0 [2]	45.0	50.0	55.0	50.0 [2]	100.0	120.0	130.0	120.0 [2]	300.0	9	44.659200	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	AALIYA FAZAL	19-04-2004	ALP	4	96.10	0.149881	80.0	90.0	90.0	80.0 [3]	30.0	37.5	37.5	30.0 [3]	90.0	97.5	100.0	100.0 [3]	210.0	8	31.475010	18

Best Lifter - Junior

Place	Name	Team	Wt.Cat.	Bd.Wt.	Coeff.	Total	IPF GL Points
1	ANAGHA A	PKD	52kg	51.20	0.205862	355.0	73.081010
2	ANGEL P A	TCR	76kg	74.80	0.165279	422.5	69.830378
3	GOURI NAIR A	TVM	84+kg	93.30	0.151344	437.5	66.213000

Team Championship - Junior

Place	Team	Points	Best Points	IPF GL Points
1	THIRUVANANTHAPURAM	42	12+12+9+9	210.835310
2	ALAPPUZHA	41	9+8+8+8+8	230.908256
3	PALAKKAD	24	12+12	125.965460
4	KANNUR	21	12+9	106.703125
5	KOLLAM	16	9+7	87.257758
6	THRISSUR	12	12	69.830378
7	KOZHIKODE	12	12	63.853940
8	ERNAKULAM	9	9	52.974480

Abbreviations:

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