

LVK-Team Ry
Maksimivoimapunnerruksen SM2013
16.11.2013 Loppisali, LOPPI

| Sij. | M/N | Sarja | Paino | Nimi (Etunimi Sukunimi / SV) | Seura | PENKKIPUNNERRUS | | | Tulos | Wilks pist. | Sij. |
|---------------|-----|--------|-------|----------------------------------|-----------------------|-----------------|--------------|--------------|--------------|----------------|------|
| | | | | | | 1. | 2. | 3. | | | |
| Naiset | | | | | | | | | | | |
| 1. | N | 63N50+ | 61,25 | Raija Heikkilä / 55 | Nokian street workout | 57,5 | 65,0 | 65,0 | 57,5 | 63,09 | 1. |
| 1. | N | 47 | 46,30 | Vera Pesonen / 71 | Lappeenranta | 55,0 | 60,0 | 65,0 | 60,0 | 81,57 | 1. |
| 1. | N | 57 | 56,20 | Annastiina Rajaniemi / 85 | Jyväskylä | 67,5 | 70,0 | 72,5 | 72,5 | 85,07 | 1. |
| 2. | N | 57 | 56,10 | Johanna Bies / 72 | Hamina | 62,5 | 65,0 | 65,0 | 65,0 | 76,37 | 2. |
| 1. | N | 63 | 62,60 | Satu Luoto / 69 | Lappeenranta | 72,5 | 75,0 | 82,5 | 75,0 | 80,94 | 1. |
| 2. | N | 63 | 60,45 | Tiina Valli / 73 | Nokian street workout | 65,0 | 70,0 | 70,0 | 65,0 | 72,05 | 2. |
| 1. | N | 72 | 70,65 | Nina Ruuhivirta / 77 | Espoo | 80,0 | 85,0 | 90,0 | 85,0 | 84,03 | 1. |
| 2. | N | 72 | 69,35 | Nina Löfhjelm / 79 | Vantaa | 70,0 | 75,0 | 75,0 | 70,0 | 70,09 | 2. |
| 1. | N | 84 | 72,55 | Kirsi Liimatainen / 76 | Loppi | 72,5 | 75,0 | 75,0 | 72,5 | 70,41 | 1. |
| 1. | N | 84+ | 93,15 | Merja Mynttinen / 58 | Riihimäki | 95,0 | 100,0 | 102,5 | 102,5 | 87,37 | 1. |
| 2. | N | 84+ | 93,85 | Tarja Perälä / 68 | Keuruu | 90,0 | 95,0 | 95,0 | 90,0 | 76,51 | 2. |
| M 17 | | | | | | | | | | | |
| 1. | M | 66M17 | 65,30 | Ville Väikkynen / 96 | TurSa | 95,0 | 100,0 | 100,0 | 100,0 | 79,22 | 1. |
| M 20 | | | | | | | | | | | |
| 1. | M | 59M20 | 57,55 | Markus Muhonen / 94 | Orivesi, Maksivoima | 75,0 | 80,0 | 82,5 | 80,0 | 70,93 | 1. |
| 1. | M | 66M20 | 66,00 | Toni Hyttinen / 95 | OPT | 90,0 | 102,5 | 105,0 | 102,5 | 80,48 | 1. |
| 1. | M | 74M20 | 73,40 | Niko Koskinen / 94 | Orivesi, TVN | 130,0 | 135,0 | 137,5 | 137,5 | 99,48 | 1. |
| 2. | M | 74M20 | 73,00 | Timi Wuorinen / 95 | Kangasala | 130,0 | 132,5 | 137,5 | 132,5 | 96,24 | 2. |
| 3. | M | 74M20 | 73,85 | Vili Ruuttula / 95 | Sievin Sisü | 97,5 | 102,5 | 105,0 | 102,5 | 73,84 | 3. |

| M 60+ | | | | | | | | | | | |
|----------------|---|---------|--------|--------------------------------|-------------------------|--------------|--------------|--------------|--------------|---------------|----|
| 1. | M | 59M60+ | 58,30 | Timo Palonen / 53 | Tampereen Voimanostajat | 102,5 | 107,5 | 107,5 | 107,5 | 94,16 | 1. |
| 1. | M | 66M60+ | 65,20 | Markku Kempainen / 49 | HeTar | 97,5 | 100,0 | 105,0 | 105,0 | 83,28 | 1. |
| 1. | M | 74M60+ | 73,80 | Antero Kauranen / 48 | NoVo | 120,0 | 122,5 | 125,0 | 122,5 | 88,29 | 1. |
| 1. | M | 83M60+ | 82,75 | Reima Häkkinen / 50 | Heinola | 140,0 | 147,5 | 150,0 | 150,0 | 100,30 | 1. |
| M 50+ | | | | | | | | | | | |
| 1. | M | 66M50+ | 64,05 | Raimo Ijäs / 62 | Imatra | 110,0 | 120,0 | 122,5 | 120,0 | 96,62 | 1. |
| 1. | M | 74M50+ | 72,80 | Ismo Hietanen / 63 | HeTarmo / HKI | 110,0 | 117,5 | 120,0 | 117,5 | 85,52 | 1. |
| 1. | M | 83M50+ | 80,80 | Harri Vahtolampi / 63 | Nokia | 147,5 | 155,0 | 160,0 | 160,0 | 108,55 | 1. |
| 2. | M | 83M50+ | 81,25 | Teijo Kekkonen / 63 | Masku | 130,0 | 140,0 | 140,0 | 130,0 | 87,90 | 2. |
| 1. | M | 93M50+ | 91,00 | Juha Koivisto / 56 | HYV | 152,5 | 155,0 | 160,0 | 160,0 | 101,58 | 1. |
| 2. | M | 93M50+ | 92,00 | Olli Skogberg / 59 | Jokioinen | 155,0 | 157,5 | 160,0 | 160,0 | 101,03 | 2. |
| 3. | M | 93M50+ | 91,40 | Arto Malava / 59 | Lohja | 150,0 | 155,0 | | 150,0 | 95,02 | 3. |
| 4. | M | 93M50+ | 92,80 | Kari Koponen / 62 | Kuopio | 135,0 | 140,0 | 142,5 | 142,5 | 89,61 | 4. |
| 1. | M | 105M50+ | 100,00 | Harri Hagfors / 61 | Jyväskylä | 137,5 | 145,0 | 150,0 | 150,0 | 91,29 | 1. |
| 2. | M | 105M50+ | 102,70 | Tero Kiiskilä / 63 | Turku | 140,0 | 147,5 | 152,5 | 147,5 | 88,85 | 2. |
| 1. | M | 120M50+ | 109,45 | Heikki Hirvonen / 61 | Tap.Erä | 120,0 | 140,0 | 150,0 | 140,0 | 82,52 | 1. |
| M avoin | | | | | | | | | | | |
| 1. | M | 59 | 52,55 | Tapio Ruottinen / 83 | Vantaa | 117,5 | 117,5 | 120,0 | 117,5 | 114,04 | 1. |
| 2. | M | 59 | 57,35 | Juha Matti Englund / 84 | Rauma | 105,0 | 117,5 | 120,0 | 105,0 | 93,41 | 2. |
| 1. | M | 66 | 65,30 | Tomi Halmesmäki / 76 | Lapua | 130,0 | 135,0 | 137,5 | 137,5 | 108,92 | 1. |
| 2. | M | 66 | 65,60 | Mika Visulaaka / 68 | Visuvesi | 130,0 | 132,5 | 137,5 | 137,5 | 108,51 | 2. |
| 3. | M | 66 | 65,70 | Jukka Moberg / 77 | Riihimäki | 125,0 | 132,5 | 137,5 | 132,5 | 104,43 | 3. |
| 4. | M | 66 | 62,60 | Jarkko Hautala / 87 | Seinäjoki | 125,0 | 130,0 | 132,5 | 130,0 | 106,75 | 4. |
| 5. | M | 66 | 63,85 | Raino Hellberg / 83 | Hamina | 125,0 | 127,5 | 130,0 | 127,5 | 102,93 | 5. |
| 6. | M | 66 | 61,00 | Niko Fageström / 92 | Virkkalan Voima | 90,0 | 95,0 | 95,0 | 90,0 | 75,62 | 6. |
| 1. | M | 74 | 73,75 | Jani Syrjänen / 85 | Seinäjoki | 160,0 | 165,0 | 167,5 | 167,5 | 120,78 | 1. |

| | | | | | | | | | | | |
|----|---|-----|--------|----------------------------------|----------------------------|--------------|--------------|--------------|--------------|---------------|----|
| 2. | M | 74 | 72,75 | Arto Manninen / 88 | Rauma | 145,0 | 150,0 | 150,0 | 145,0 | 105,58 | 2. |
| 3. | M | 74 | 73,00 | Kimmo Kiiskilä / 88 | Sievin Sisu | 140,0 | 142,5 | 147,5 | 140,0 | 101,69 | 3. |
| 4. | M | 74 | 73,65 | Tommi Salminen / 84 | Lahti | 140,0 | 150,0 | 150,0 | 140,0 | 101,04 | 4. |
| 5. | M | 74 | 72,90 | Henri Talja / 75 | Kangasala | 120,0 | 125,0 | 127,5 | 125,0 | 90,88 | 5. |
| | | | | | | | | | 0,0 | | |
| 1. | M | 83 | 82,60 | Risto Joensuu / 88 | Vantaa | 170,0 | 177,5 | 180,0 | 170,0 | 113,80 | 1. |
| 2. | M | 83 | 82,90 | Timo Salmi / 85 | Lahti / Team Maken Fitness | 155,0 | 162,5 | 165,0 | 162,5 | 108,55 | 2. |
| 3. | M | 83 | 78,95 | Vilho Miettinen / 68 | Tammela | 142,5 | 145,0 | 150,0 | 145,0 | 99,83 | 3. |
| 4. | M | 83 | 82,50 | Petri Väikkynen / 73 | TurSa | 142,5 | 145,0 | 150,0 | 145,0 | 97,14 | 4. |
| 5. | M | 83 | 82,70 | Anssi Mäkelä / 89 | Lapuan ponnistus | 135,0 | 140,0 | 147,5 | 140,0 | 93,65 | 5. |
| 1. | M | 93 | 90,75 | Jarno Kärkkäinen / 79 | Virkkalan Voima | 172,5 | 175,0 | 175,0 | 172,5 | 109,66 | 1. |
| 2. | M | 93 | 92,00 | Sauli Viitaniemi / 78 | Hämeenkyrö | 160,0 | 165,0 | 172,5 | 172,5 | 108,93 | 2. |
| 3. | M | 93 | 92,00 | Kai Söderman / 79 | Raahe | 170,0 | 175,0 | 175,0 | 170,0 | 107,35 | 3. |
| 4. | M | 93 | 92,96 | Janne Halmesmäki / 77 | Lapuan ponnistus | 162,5 | 165,0 | 167,5 | 167,5 | 105,24 | 4. |
| 5. | M | 93 | 92,95 | Jussi Rajala / 84 | Lahti / Team Maken Fitness | 160,0 | 165,0 | 167,5 | 165,0 | 103,68 | 5. |
| 6. | M | 93 | 92,00 | Ville Paananen / 83 | Hattula | 150,0 | 160,0 | 162,5 | 162,5 | 102,61 | 6. |
| 7. | M | 93 | 92,60 | Juha Nygren / 80 | Lempäälän Voimailijat | 155,0 | 160,0 | 165,0 | 160,0 | 100,72 | 7. |
| 8. | M | 93 | 91,00 | Harri Häyrinen / 65 | Tampereen Voimanostajat | 147,5 | 155,0 | 155,0 | 147,5 | 93,64 | 8. |
| 1. | M | 105 | 104,00 | Jarno Leppämäki / 85 | Kuikankisailijat | 195,0 | 202,5 | 210,0 | 210,0 | 125,91 | 1. |
| 2. | M | 105 | 103,25 | Juha Lehto / 64 | Tap.Erä | 170,0 | 177,5 | 182,5 | 177,5 | 106,71 | 2. |
| 3. | M | 105 | 103,75 | Jukka-Pekka Rinkinen / 79 | TurSa | 170,0 | 172,5 | 175,0 | 175,0 | 105,02 | 3. |
| 4. | M | 105 | 100,00 | Anssi Juutilainen / 68 | Tuusula | 162,5 | 170,0 | 172,5 | 170,0 | 103,46 | 4. |
| 1. | M | 120 | 119,90 | Jarno Hietala / 82 | Sievin Sisu | 195,0 | 200,0 | 200,0 | 195,0 | 112,13 | 1. |
| 2. | M | 120 | 115,00 | Janne Moisio / 71 | Porvoo | 192,5 | 197,5 | 197,5 | 192,5 | 111,85 | 2. |
| 3. | M | 120 | 117,90 | Tero Tuohenmaa / 83 | Siivikkala | 185,0 | 195,0 | 195,0 | 185,0 | 106,81 | 3. |
| 4. | M | 120 | 109,50 | Henri Lehto / 77 | Paimio | 180,0 | 190,0 | 190,0 | 180,0 | 106,08 | 4. |

LVK-Team Ry
Maksimivoimapunnerruksen Ruotsin mestaruus 2013
16.11.2013 Loppisali, LOPPI

| Sij. | M/N | Sarja | Paino | Nimi (Etunimi Sukunimi / SV) | Maa | PENKKIPUNNERRUS Tulos | | | Wilks pist. | Sij. | |
|---------------|-----|-------|-------|---------------------------------|--------|-----------------------|--------------|--------------|----------------|--------------|----|
| | | | | | | 1. | 2. | 3. | | | |
| Naiset | | | | | | | | | | | |
| 1. | N | 63 | 61,85 | Miranda Tirri / 89 | Ruotsi | 65,0 | 70,0 | 70,0 | 65,0 | 70,79 | 1. |
| 1. | M | 105 | 96,50 | Kim-Sebastian Tirri / 90 | Ruotsi | 120,0 | 130,0 | 140,0 | 130,0 | 80,30 | 1. |
| | | | | | | | | | | | |
| | | | | | | | | | | | |

Tuomarit

Pentti Rimpi
Jarmo Arvaja
Kalle Tonteri

Suomen ennätykset

Vera Pesonen, N avoin 47, 60,0 kg
Annastiina Rajaniemi, N avoin 57, 72,5 kg
Nina Ruuhivirta, N avoin 72, 85,0 kg
Merja Mynttinen, N avoin 84+, 102,5 kg
Merja Mynttinen, N50+ 84+, 102,5 kg
Ville Väikkynen, M17 66, 100,0 kg
Markus Muhonen, M20 59, 80,0 kg
Toni Hyttinen, M20 66, 102,5 kg
Niko Koskinen, M20 74, 137,5 kg
Timo Palonen, M60+, M50+ 59, 107,5 kg

Markku Kemppainen, M60+, M50+ 66, 105,0 kg
Antero Kauranen, M60+ 74, 122,5 kg
Reima Häkkinen, M60+ 83, 150,0 kg
Raimo Ijäs, M50+ 66, 120,0 kg
Harri Vahtolampi, M50+ 83, 160,0 kg
Olli Skogberg, M50+ 93, 160,0 kg
Tapio Ruottinen, M avoin 59, 117,5 kg
Mika Visulaaka, M avoin 66, 137,5 kg
Jani Syrjänen, M avoin 74, 167,5 kg
Risto Joensuu, M avoin 83, 170,0 kg
Jarno Leppämäki, M avoin 105, 210,0 kg