FPO SM 2010

Miehet			Body	SQUAT			BENCH			SUB	DEADLIFT			TOT.	RBC	PTS
	NAME	Sarja	MASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	TOT.	DL1	DL2	DL3			
	RYHMÄ 1															
	Rytivaara Anna	-60	59	~~140,0~~	140,0	~~155,0~~	~~72,5~~	75,0	~~80,0~~	**215,0**	130,0	140,0	~~145,0~~	**355,0**	1,460	518,3000
	Fräntilä Jonne	-67,5	65,3	160,0	175,0	185,0	130,0	~~145,0~~	145,0	**330,0**	160,0	180,0	190,0	**520,0**	1,279	665,0800
	Haaparanta Toni	-75	73,7	300,0	320,0		75,0	~~195,5~~	~~195,5~~	**395,0**	225,0	245,0	~~260,0~~	**640,0**	1,136	727,0400
	Selkäinaho Sakari	-82,5	82,4	295,0	315,0	330,0	195,0	210,0	220,0	**550,0**	230,0	255,0	~~265,0~~	**805,0**	1,029	828,3450
	Kalmi Satu	-82,5	80,00	200,0	230,0	245,0	60,0	~~125,0~~	125,0	**370,0**	140,0	155,0	162,5	**532,5**	1,054	561,2550
	Lantiainen Jani	-82,5	80,5	290,0	310,0	~~330,0~~	~~182,5~~	182,5	~~200,0~~	**492,5**	280,0	~~300,0~~	~~300,0~~	**772,5**	1,048	809,5800
	Kaukola Hannu	-90	88,6	250,0	270,0	290,0	160,0	~~180,0~~	180,0	**470,0**	260,0	280,0	~~300,0~~	**750,0**	0,978	733,5000
	Susiluoto Santeri	-90	87,6	~~225,0~~	235,0	255,0	185,0	~~200,0~~	~~200,0~~	**440,0**	200,0	225,0	240,0	**680,0**	0,985	669,8000
	Haaparanta Rami	-90	89,8	70,0			~~280,0~~	280,0	~~292,5~~	**350,0**	150,0	~~215,0~~		**500,0**	0,969	484,5000
	Vallasjoki Eetu	-110	108,9	~~310,0~~	320,0	330,0	235,0	250,0	~~255,0~~	**580,0**	270,0	290,0		**870,0**	0,887	771,6900
	Rahkonen Pauli	-125	113,4	360,0	~~380,0~~		~~250,0~~	250,0	~~270,0~~	**610,0**	300,0	317,5	~~325,0~~	**927,5**	0,876	812,4900
	Heikkilä Kari	-125	115,7	315,0	325,0	332,5	215,0	~~225,0~~	~~230,0~~	**547,5**	250,0	260,0	272,5	**820,0**	0,871	714,2200
	Ihalainen Janne	-125	114,3	270,0	~~290,0~~	305,0	~~200,0~~	200,0	220,0	**525,0**	240,0	255,0	~~270,0~~	**780,0**	0,873	680,9400
	Neuvonen Matias	-125	117,1	175,0	~~180,0~~		~~150,0~~	160,0		**335,0**	200,0	~~230,0~~		**535,0**	0,868	464,3800

FPO SM 2010 Open

Miehet			Body	SQUAT			BENCH			SUB	DEADLIFT			TOT.	RBC	PTS
	NAME	Sarja	MASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	TOT.	DL1	DL2	DL3			
	RYHMÄ 1															
	Kaipio Sami	-100	99,5	400,0	~~420,5~~	420,5	200,0	~~210,0~~	212,5	633,0	300,0	310,0	~~315,0~~	943,0	0,917	864,7310
	Lehtola Henry	-100	99,3	320,0	340,0	~~365,0~~	290,0	~~300,0~~	~~300,0~~	630,0	240,0	250,0	~~260,0~~	880,0	0,917	806,9600
	Salmela Petri	-100	95,7	315,0	330,0	345,0	215,0	~~225,0~~	~~225,0~~	560,0	~~300,0~~	~~315,0~~	~~315,0~~	560,0	0,933	
	Someroja Juha	-110	109,2	425,0	~~445,0~~	~~450,0~~	~~330,0~~	330,0	~~352,5~~	755,0	330,0	~~360,0~~	~~360,0~~	1085,0	0,887	962,3950
	Kousa Antti	-110	108,2	370,0	~~390,0~~	400,0	50,0			450,0	280,0	300,0	310,0	760,0	0,889	675,6400
	Jälkö Eero	-125	115,6	400,0	~~415,0~~	~~415,0~~	277,5	~~285,0~~	285,0	685,0	330,0	340,0	~~352,5~~	1025,0	0,871	892,7750
	Tuomisto Petteri	-125	124,4	390,0	415,0	~~435,0~~	280,0	~~300,0~~	~~300,0~~	695,0	305,0	~~322,5~~	~~332,5~~	1000,0	0,858	858,0000
	Mentula Juha	-125	125,0	~~360,0~~	360,0	~~400,0~~	250,0	270,0	280,0	640,0	300,0	325,0	~~362,5~~	965,0	0,858	827,9700
	Hosio Petteri	-125	122,1	340,0	~~360,0~~	360,0	323,0	~~330,0~~	~~330,0~~	683,0	280,0	~~300,0~~	~~302,5~~	963,0	0,861	829,1430
	Kousa Esa	-125	118,8	240,0	260,0	~~280,0~~	180,0	~~190,0~~	190,0	450,0	240,0	260,0	270,0	720,0	0,866	623,5200
	Lehto Matti	-140	130,1	430,0	455,0		210,0	~~240,0~~	240,0	695,0	320,0	357,5	~~365,0~~	1052,5	0,851	895,6775
	Keisala Jarkko	-140	128,9	430,0	450,0	~~457,5~~	230,0	252,5	265,0	715,0	310,0	330,0	~~342,5~~	1045,0	0,853	891,3850