

19th Tallinn - Helsinki - Stockholm townmeeting in powerlifting.

Tallinn. 16.01.2010

Lifters	Weight	WF	City	Squat		Bench			Deadlift			TOTAL			W. Points						
Women			1.	Stockholm																813	
Women			2.	Tallinn																0	
Women			3.	Helsinki																0	
Linda Samuelsson 77	66,20	1,03510	Stockholm	155,0	170,0		155,0	97,5	100,0	102,5	100,0	150,0	155,0	165,0	155,0	405,0	410,0	420,0	410,0	424	
Annica Palmkvist 75	54,90	1,19500	Stockholm	120,0	125,0	125,0	125,0	60,0	60,0	62,5	60,0	120,0	130,0	140,0	140,0	305,0	315,0	325,0	325,0	388	
			Tallinn																		
			Tallinn																		
			Helsinki																		
			Helsinki																		
Men			1.	Tallinn																2364	
Men			2.	Stockholm																2338	
Men			3.	Helsinki																2323	
Stefan Olsson 68	97,10	0,61610	Stockholm	290,0	310,0	320,0	310,0	195,0	205,0	205,0	195,0	270,0	280,0	290,0	280,0	775,0	785,0	795,0	785,0	484	
Linus Hedberg 81	84,60	0,66010	Stockholm	240,0	260,0	272,5	272,5	175,0	175,0	182,5	175,0	240,0	260,0	270,0	270,0	687,5	707,5	717,5	717,5	474	
Niklas Turunen 78	136,20	0,56120	Stockholm	280,0	300,0	310,0	300,0	240,0	250,0	250,0	240,0	260,0	280,0	295,0	295,0	800,0	820,0	835,0	835,0	469	
Ronnie Westergren 73	99,50	0,60980	Stockholm	280,0	295,0	305,0	295,0	200,0	200,0	212,5	212,5	240,0	252,5	262,5	252,5	747,5	760,0	770,0	760,0	463	
Mikael Folkesson 71	122,70	0,57210	Stockholm	280,0	280,0	280,0	280,0	220,0	225,0	225,0	225,0	270,0	280,0	290,0	280,0	775,0	785,0	795,0	785,0	449	
Raigo Kuusnõmm 88	82,50	0,66990	Tallinn	280,0	295,0 n,j	300,0 n,j	295,0 n,j	220,0 n,j	230,0 n,j	237,5 n,j	237,5 n,j	265,0	272,5	290,0	290,0	797,5 n,j	805,0 n,j	822,5 n,j	822,5 n,j	551	
Erkki Hirsnik 82	96,30	0,61830	Tallinn	275,0	280,0	285,0	285,0	180,0	187,5	192,5	187,5	310,0	325,0	330,0	330,0	782,5	797,5	802,5	802,5	496	
Siim Rast 88	161,70	0,54740	Tallinn	305,0 j	321,0 n,j	327,5 n,j	321,0 n,j	200,0 j	212,5 j	220,0 j	212,5 j	280,0	305,0	317,5 j	305,0	813,5 j	838,5 j	854,0 n,j	838,5 j	459	
Priit Paakspuu 89	94,70	0,62290	Tallinn	220,0	250,0	270,0	250,0	170,0	190,0	200,0	200,0	210,0	230,0	245,0	245,0	660,0	680,0	695,0	695,0	433	
Rain Kuusnõmm 87	73,90	0,72000	Tallinn	225,0	235,0	235,0	225,0	160,0	170,0	170,0	160,0	190,0	190,0	205,0	205,0	575,0	575,0	590,0	590,0	425	
Sami Pullinen 83	112,50	0,58460	Helsinki	300,0	315,0	315,0	300,0	265,0	275,0	285,0	275,0	270,0	290,0	305,0	305,0	845,0	865,0	880,0	880,0	514	
Jani Ratilainen 75	89,90	0,63880	Helsinki	250,0	265,0	275,0	265,0	200,0	205,0	205,0	205,0	240,0	255,0	260,0	260,0	710,0	725,0	730,0	730,0	466	
Tapani Laitala 63	109,40	0,58950	Helsinki	290,0	305,0	310,0	305,0	180,0	185,0	190,0	185,0	270,0	280,0	290,0	280,0	760,0	770,0	780,0	770,0	454	
Timo Inkinen 82	92,10	0,63110	Helsinki	245,0	255,0	265,0	255,0	200,0	205,0	210,0	210,0	250,0	250,0	265,0	250,0	715,0	715,0	730,0	715,0	451	
Antti Orava 77	99,20	0,61060	Helsinki	275,0	295,0	295,0	275,0	170,0	170,0	175,0	170,0	240,0	255,0	270,0	270,0	685,0	700,0	715,0	715,0	437	

n - National Record; j - National Junior's Record

Referees: Ants Rosenbaum EST, Ake Koponen FIN, Marko Terasmaa EST