

**EASTSIDE IRON TRIBE ennätykset**

| Nimi ( lifter )                   | Sarja/ikäluokka | Synt. | Paino    | Tulos   | Pvm.       | Paikka      |
|-----------------------------------|-----------------|-------|----------|---------|------------|-------------|
| <b>KYYKKY ( squat ) klassinen</b> |                 |       |          |         |            |             |
| Emmi Räsänen                      | 63kg            | 99    | 62,95    | 135,0kg | 29.10.2020 | Helsinki    |
| Kiara Akshaya                     | 63N18           | 06    | 58,37kg  | 85,0kg  | 13.5.2023  | Pornainen   |
| Emmi Räsänen                      | 63N23           | 99    | 62,32kg  | 135,0kg | 18.6.2022  | Helsinki    |
| Liisa Tiensuu-Hirvonen            | 63N60           | 60    | 61,32kg  | 67,5kg  | 19.11.2022 | Oulu        |
| Liisa Tiensuu-Hirvonen            | 63N70           | 60    | 60,37kg  | 82,5kg  | 13.5.2023  | Pornainen   |
| Mette Bärling                     | 69kg            | 98    | 61,30kg  | 107,5kg | 14.10.2023 | Helsinki    |
| Vilja Kajanti                     | 69N40           | 83    | 68,20kg  | 112,5kg | 30.9.2023  | Pori        |
| Tiina Uotila                      | 69N50           | 70    | 66,16kg  | 97,5kg  | 13.5.2023  | Pornainen   |
| Vilja Kajanti                     | 72kg            | 83    | 70,65kg  | 125,0kg | 26.5.2018  | Helsinki    |
| Pirkko Vattulainen                | 76kg            | 98    | 74,05kg  | 142,5kg | 14.10.2023 | Helsinki    |
| Laura Sorsa                       | 84kg            | 3     | 73,15kg  | 132,5kg | 14.10.2023 | Helsinki    |
| Mimi Cajander                     | 84N40           | 81    | 79,35kg  | 80,0kg  | 18.6.2022  | Helsinki    |
| Jussi Mäntylä                     | 83kg            | 91    | 82,95kg  | 187,5kg | 14.10.2023 | Helsinki    |
| Raimo Ovaska                      | 83M50           | 60    | 80,51kg  | 160,0kg | 19.3.2016  | Äänekoski   |
| Tomi Koskinen                     | 93kg            | 91    | 88,7kg   | 170,0kg | 10.6.2017  | Helsinki    |
| Matti Hamarila                    | 105kg           | 79    | 97,25kg  | 180,0kg | 26.5.2018  | Helsinki    |
| Kaj Wasenius                      | 105M50          | 72    | 103,80kg | 202,5kg | 26.5.2018  | Ulaanbaatar |

**KYYKKY ( squat ) varuste**

|              |         |    |          |       |           |             |
|--------------|---------|----|----------|-------|-----------|-------------|
| Antti Orava  | 105/M40 | 77 | 98,45    | 265kg | 11.2.2023 | Hämeenlinna |
| Kaj Wasenius | 105/M50 | 72 | 103,94kg | 240kg | 11.2.2023 | Hämeenlinna |

**PENKKI ( bench ) klassinen**

|                        |       |    |         |         |            |            |
|------------------------|-------|----|---------|---------|------------|------------|
| Susanna Hottinen       | 57kg  | 89 | 63,63kg | 85,0kg  | 25.9.2021  | Tammela    |
| Emmi Räsänen           | 63kg  | 99 | 62,95kg | 92,5kg  | 29.10.2020 | Helsinki   |
| Kiara Akshaya          | 63N18 | 06 | 58,37kg | 60kg    | 13.5.2023  | Pornainen  |
| Emmi Räsänen           | 63N23 | 99 | 62,35kg | 95kg    | 7.5.2022   | Loppi      |
| Tiina Uotila           | 63N40 | 72 | 61,50kg | 60kg    | 25.10.2020 | Pornainen  |
| Sanna Oksanen          | 63N50 | 71 | 62,89kg | 72,5kg  | 24.2.2023  | Tammisaari |
| Liisa Tiensuu-Hirvonen | 63N60 | 60 | 61,32kg | 55,0kg  | 19.11.2022 | Oulu       |
| Liisa Tiensuu-Hirvonen | 63N70 | 60 | 60,68kg | 50,5kg  | 13.5.2023  | Pornainen  |
| Mette Bärling          | 69kg  | 98 | 61,30kg | 67,5kg  | 14.10.2023 | Helsinki   |
| Vilja Kajanti          | 69N40 | 83 | 68,20kg | 77,5kg  | 30.9.2023  | Pori       |
| Tiina Uotila           | 69N50 | 72 | 64,50kg | 67,5kg  | 2.8.2022   | Budapest   |
| Vilja Kajanti          | 72kg  | 83 | 70,65kg | 75,0kg  | 26.5.2018  | Helsinki   |
| Pirkko Vattulainen     | 76kg  | 98 | 74,05kg | 65,0kg  | 14.10.2023 | Helsinki   |
| Mimi Cajander          | 84kg  | 81 | 79,10kg | 87,5kg  | 10.10.2020 | Helsinki   |
| Susanna Luoma          | 72N40 | 80 | 70,14kg | 85,0kg  | 22.2.2020  | Salo       |
| Mimi Cajander          | 84N40 | 81 | 79,35kg | 80,0kg  | 18.6.2022  | Helsinki   |
| Marko Santala          | 74M50 | 65 | 72,6kg  | 65,0kg  | 4.5.2019   | Lohja      |
| Lasse Arkela           | 83kg  | 78 | 81,80kg | 150,0kg | 4.1.2020   | Helsinki   |
| Lasse Arkela           | 83M40 | 78 | 82,58kg | 147,5kg | 25.2.2023  | Tammisaari |
| Raimo Ovaska           | 83M50 | 60 | 80,51kg | 112,5kg | 19.3.2016  | Äänekoski  |
| Petteri Laurikainen    | 93kg  | 69 | 91,00kg | 160,0kg | 29.9.2019  | Pornainen  |

|                     |        |    |          |         |            |            |
|---------------------|--------|----|----------|---------|------------|------------|
| Lasse Arkela        | 93M40  | 78 | 86,55kg  | 155,0kg | 6.5.2023   | Kokkola    |
| Petteri Laurikainen | 93M50  | 69 | 92,0kg   | 152,2kg | 10.10.2020 | Helsinki   |
| Vesa Ohvo           | 105kg  | 79 | 95,65kg  | 157,5kg | 7.5.2016   | Helsinki   |
| Ari Ukskoski        | 105M40 | 76 | 100,4kg  | 130,0kg | 22.2.2019  | Sotkamo    |
| Kaj Wasenius        | 105M50 | 72 | 104,32kg | 137,5kg | 24.2.2023  | Tammisaari |
| Timo Rukkila        | 120kg  | 72 | 113,72kg | 160,0kg | 25.2.2018  | Tammela    |
| Timo Rukkila        | 120M40 | 72 | 116,47kg | 167,5kg | 25.9.2021  | Tammela    |
| Timo Rukkila        | 120M50 | 72 | 115,58kg | 160,0kg | 25.2.2020  | Oulu       |

### PENKKI ( bench ) varuste

|                     |        |    |          |         |            |           |
|---------------------|--------|----|----------|---------|------------|-----------|
| Lasse Arkela        | 83kg   | 78 | 82,62kg  | 180,0kg | 29.9.2019  | Pornainen |
| Lasse Arkela        | 83M40  | 78 | 82,22kg  | 182,5kg | 7.12.2019  | Pornainen |
| Risto Hirvonen      | 83M50  | 61 | 82,0kg   | 130,0kg | 7.2.2016   | Ylitornio |
| Petteri Laurikainen | 93M40  | 69 | 91,51kg  | 235,0kg | 7.2.2016   | Ylitornio |
| Petteri Laurikainen | 93M50  | 69 | 92,41kg  | 241,5kg | 25.10.2020 | Pornainen |
| Petteri Laurikainen | 105kg  | 69 | 97,63kg  | 237,5kg | 11.12.2021 | Tampere   |
| Antti Orava         | 105M40 | 77 | 98,85kg  | 185,0kg | 18.6.2022  | Helsinki  |
| Petteri Laurikainen | 105M50 | 69 | 97,49kg  | 242,5kg | 11.12.2021 | Tampere   |
| Timo Rukkila        | 120kg  | 72 | 108,5kg  | 197,5kg | 22.1.2017  | Loppi     |
| Timo Rukkila        | 120M40 | 72 | 109,25kg | 212,5kg | 28.10.2017 | Rauma     |
| Timo Rukkila        | 120M50 | 72 | 118,73kg | 215,0kg | 5.11.2022  | Pornainen |

### MAKSIMIVOIMA

|              |        |    |         |         |          |        |
|--------------|--------|----|---------|---------|----------|--------|
| Ina Valtola  | 84,0kg | 87 | 77,45kg | 65,0kg  | 4.5.2019 | Lohja  |
| Kaj Wasenius | 105M50 | 72 | 104,1kg | 120,0kg | 28.20266 | Hamina |

### TOISTOPUNNERRUS

|              |        |    |         |           |          |        |
|--------------|--------|----|---------|-----------|----------|--------|
| Ina Valtola  | 80,0kg | 87 | 77,45kg | 15x52,5kg | 4.5.2019 | Lohja  |
| Kaj Wasenius | 105M50 | 72 | 104,1kg | 5x105,0kg | 28.20266 | Hamina |

### MAASTANOSTO ( deadlift ) klassinen

|                        |        |    |          |         |            |             |
|------------------------|--------|----|----------|---------|------------|-------------|
| Emmi Räsänen           | 63kg   | 99 | 62,95kg  | 155,0kg | 20.10.2022 | Helsinki    |
| Kiara Akshaya          | 63N18  | 06 | 58,37kg  | 137,5kg | 13.5.2023  | Pornainen   |
| Emmi Räsänen           | 63N23  | 99 | 62,55kg  | 147,5kg | 18.6.2022  | Helsinki    |
| Liisa Tiensuu-Hirvonen | 63N60  | 60 | 61,32kg  | 120,0kg | 19.11.2022 | Oulu        |
| Liisa Tiensuu-Hirvonen | 63N70  | 60 | 61,32kg  | 113,0kg | 13.5.2023  | Pornainen   |
| Mette Bärling          | 69kg   | 98 | 61,30kg  | 135,0kg | 14.10.2023 | Helsinki    |
| Vilja Kajanti          | 69N40  | 83 | 68,20kg  | 135,0kg | 30.9.2023  | Pori        |
| Tiina Uotila           | 69N50  | 70 | 66,16kg  | 122,5kg | 13.5.2023  | Pornainen   |
| Vilja Kajanti          | 72kg   | 83 | 70,65kg  | 152,5kg | 26.5.2018  | Helsinki    |
| Pirkko Vattulainen     | 76kg   | 98 | 74,05kg  | 147,5kg | 14.10.2023 | Helsinki    |
| Mimi Cajander          | 84kg   | 81 | 79,10kg  | 155,0kg | 10.10.2020 | Helsinki    |
| Mimi Cajander          | 84N40  | 81 | 79,35kg  | 90,0kg  | 18.6.2022  | Helsinki    |
| Jussi Mäntylä          | 83kg   | 91 | 82,95kg  | 220,0kg | 14.10.2023 | Helsinki    |
| Raimo Ovaska           | 83M50  | 60 | 80,51kg  | 217,5kg | 19.3.2016  | Äänekoski   |
| Tomi Koskinen          | 93kg   | 91 | 88,7kg   | 227,5kg | 10.6.2017  | Helsinki    |
| Matti Hamarila         | 105kg  | 79 | 97,25kg  | 220,0kg | 26.5.2018  | Helsinki    |
| Kaj Wasenius           | 105M50 | 72 | 103,80kg | 242,5kg | 26.5.2018  | Ulaanbaatar |

### MAASTAVETO ( deadlift ) varuste

|              |        |    |          |         |           |             |
|--------------|--------|----|----------|---------|-----------|-------------|
| Antti Orava  | 105M40 | 77 | 100,68kg | 250,0kg | 13.2.2022 | Hämeenlinna |
| Kaj Wasenius | 105M50 | 72 | 103,94kg | 275,0kg | 11.2.2023 | Hämeenlinna |

**YHTEISTULOS ( total ) klassinen**

|                        |        |    |          |           |            |             |
|------------------------|--------|----|----------|-----------|------------|-------------|
| Emmi Räsänen           | 63kg   | 99 | 62,95    | 377,5     | 29.10.2022 | Helsinki    |
| Kiara Akshaya          | 63N18  | 06 | 58,37kg  | 282,5kgkg | 13.5.2023  | Pornainen   |
| Emmi Räsänen           | 63N23  | 99 | 62,55kg  | 375,0kg   | 18.6.2022  | Helsinki    |
| Liisa Tiensuu-Hirvonen | 63N60  | 60 | 61,32kg  | 242,5kg   | 19.11.2022 | Oulu        |
| Liisa Tiensuu-Hirvonen | 63N70  | 60 | 61,32kg  | 246,0kg   | 13.5.2023  | Pornainen   |
| Mette Bärling          | 69kg   | 98 | 61,30kg  | 310,0kg   | 14.10.2023 | Helsinki    |
| Vilja Kajanti          | 69N40  | 83 | 68,20kg  | 352,5kg   | 30.9.2023  | Pori        |
| Tiina Uotila           | 69N50  | 70 | 66,16kg  | 287,5kgkg | 13.5.2023  | Pornainen   |
| Vilja Kajanti          | 72kg   | 83 | 70,65kg  | 352,5kg   | 26.5.2018  | Helsinki    |
| Pirkko Vattulainen     | 76kg   | 98 | 74,05kg  | 357,5kg   | 14.10.2023 | Helsinki    |
| Mimi Cajander          | 84kg   | 81 | 79,10kg  | 370,0kg   | 10.10.2020 | Helsinki    |
| Mimi Cajander          | 84N40  | 81 | 79,35kg  | 250,0kg   | 18.6.2022  | Helsinki    |
| Jussi Mäntylä          | 83kg   | 91 | 82,95kg  | 527,5kg   | 14.10.2023 | Helsinki    |
| Raimo Ovaska           | 83M50  | 60 | 80,51kg  | 490,0kg   | 19.3.2016  | Äänekoski   |
| Tomi Koskinen          | 93kg   | 91 | 88,7kg   | 522,5kg   | 10.6.2017  | Helsinki    |
| Matti Hamarila         | 105kg  | 79 | 97,25kg  | 540,0kg   | 26.5.2018  | Helsinki    |
| Kaj Wasenius           | 105M50 | 72 | 103,80kg | 575,0kg   | 26.5.2018  | Ulaanbaatar |

**YHTEISTULOS varuste**

|              |        |    |          |         |           |             |
|--------------|--------|----|----------|---------|-----------|-------------|
| Antti Orava  | 105M40 | 77 | 98,45kg  | 690,0kg | 11.2.2023 | Hämeenlinna |
| Kaj Wasenius | 105M50 | 72 | 103,94kg | 710,0kg | 11.2.2023 | Hämeenlinna |

**LEAUANVETO**

|                |        |    |          |            |            |          |
|----------------|--------|----|----------|------------|------------|----------|
| Marko Salminen | 100kg  |    | 94,60kg  | 33 toistoa | 11.3.2019  | Espoo    |
| Marko Salminen | 110kg  |    | 102,70kg | 29 toistoa | 31.10.2020 | Hyvinkää |
| Kaj Wasenius   | 110M50 | 72 | 106,20kg | 13 toistoa | 11.3.2023  | Espoo    |