

Klassisen penkkipunnerruksen SM-kilpailut

23.-25.1.2026 Nousiainen

Ilmoittautuneet

versio 13.1.2026 klo 14:30

* = tulos tehty ylempään painoluokkaan

| Naiset avoin | | | | yht. 42 |
|--------------|----------------------|------|----------|---------|
| Sij. | Nimi | SV | Seura | Tulos |
| 47 kg | | | | |
| 1. | Minna Kettunen | 1986 | IdVo | 55,0 |
| 2. | Ellen Nirhamo | 1998 | PARAPWR | 42,5 |
| 52 kg | | | | |
| 1. | Johanna Kuronen | 1988 | LVK team | 92,5 |
| 2. | Juulia Kauppinen | 1998 | VarpVi | 57,5 |
| 3. | Sanna Kranjc | 1988 | HYV | 45,0 |
| 57 kg | | | | |
| 1. | Jenni Henriksson | 1992 | TurSa | 107,5 |
| 2. | Niina Köninki | 1981 | APW | 90,0 |
| 63 kg | | | | |
| 1. | Minna Pohjola | 1985 | RAV | 95,0 |
| 2. | Neea Flyktman | 2000 | VilpVe | 90,0 |
| 3. | Salla Tanskanen | 1998 | Team365 | 90,0 |
| 4. | Maria Karjalainen | 1990 | JoPuPo | 87,5 |
| 5. | Linda Launiainen | 1989 | HAK | 82,5 |
| 69 kg | | | | |
| 1. | Roosa Valkola | 1998 | OPT | 107,5 |
| 2. | Milla Haapamäki | 2006 | OPT | 102,5 |
| 3. | Tuulia Lohivuo | 1997 | KaVo | 92,5 |
| 4. | Helmi Penttilä | 1993 | KJ | 80,0 |
| 5. | Sanna Viiperi | 1995 | NPower | 77,5 |
| 6. | Miia Niemistö | 2000 | PTVAK | 72,5 |
| 76 kg | | | | |
| 1. | Leena Saastamoinen | 1991 | KiurU | 115,0 |
| 2. | Pauliina Suomela | 1976 | HPV | 115,0 |
| 3. | Johanna Kainulainen | 2002 | PaPu | 95,0 |
| 4. | Suvi-Maaria Heinonen | 2002 | TamRy | 95,0 |
| 5. | Terhi Laine | 2001 | TVN | 92,5 |
| 6. | Dea Henrikson | 1982 | ÅKK | 87,5 |
| 7. | Mette Bärling | 1998 | HeTarmo | 85,0 |
| 84 kg | | | | |
| 1. | Mira Lahtinen | 1987 | Saly | 135,0 |
| 2. | Jenna Laitinen | 2003 | FPC | 115,0 |
| 3. | Malin Olofsson | 1988 | ÅKK | 97,5 |
| 4. | Aurora Jokela | 2000 | LoBo | 92,5 |
| 5. | Heini Myller | 1990 | IdVo | 90,0 |
| 6. | Ella Okko | 2000 | HAK | 85,0 |

84+ kg

| | | | | |
|-----|-----------------------|------|----------|-------|
| 1. | Johanna Laitinen | 1986 | TNT | 147,5 |
| 2. | Emilia Lehtola | 1995 | PyY | 117,5 |
| 3. | Niina Ahola | 1987 | PomPy | 105,0 |
| 4. | Heidi Mikkonen | 1990 | AVo | 100,0 |
| 5. | Elina Jokiniemi | 1994 | KaVo | 97,5 |
| 6. | Ronja Koskinen | 2000 | OpLi | 97,5 |
| 7. | Piia-Marjukka Sankari | 1990 | PLP | 95,0 |
| 8. | Roosa Setälä | 1994 | AVo | 92,5 |
| 9. | Jenni Jatila | 1988 | HeTarmo | 90,0 |
| 10. | Julia Airaksinen | 1999 | SVV | 72,5 |
| 11. | Miina Saxlund | 1993 | LVK team | 72,5 |

Miehet avoin**yht. 45**

| Sij. | Nimi | SV | Seura | Tulos |
|--------------|---------------------|-----------|--------------|--------------|
| 59 kg | | | | |
| 1. | Juha Matti Englund | 1981 | RAYVO | 102,5 |
| 66 kg | | | | |
| 1. | Tenho Talvensaari | 1999 | OPT | 153,5 |
| 2. | Tapio Peltokangas | 1984 | LaPo | 140,0 |
| 3. | Ossi Grönlund | 1985 | TVN | 140,0 |
| 4. | Otto-Oiva Harrikari | 1994 | Hkaanto | 135,0 |
| 5. | Aapo Jokela | 2000 | LVK team | 117,5 |
| 74 kg | | | | |
| 1. | Jani Haapamäki | 1979 | OPT | 172,5 |
| 2. | Erkki Rajala | 1962 | PV | 165,0 |
| 3. | Otto Sjuls | 2005 | ÅKK | 155,0 |
| 83 kg | | | | |
| 1. | Topias Huhtamäki | 1998 | HuiVo | 190,0 |
| 2. | Miikka Hyötylä | 1997 | NaVo | 177,5 |
| 3. | Juha Aalto | 1982 | OPT | 175,0 |
| 4. | Otto Karvinen | 1998 | Team365 | 167,5 |
| 5. | Teemu Hällfors | 1995 | YlöR | 162,5 |
| 6. | Arto Manninen | 1988 | RAYVO | 160,0 |
| 7. | Teemu Tapanainen | 1984 | ViVo | 155,0 |
| 8. | Mikko Keskinen | 1987 | LaPo | 150,0 |
| 9. | Janne Honkasilta | 1986 | NaVo | 140,0 |
| 93 kg | | | | |
| 1. | Mikko Nuolioja | 1994 | TVN | 200,0 |
| 2. | Arttu Korhonen | 2004 | RautU | 185,0 |
| 3. | Toni Silvennoinen | 1989 | HPV | 180,0 |
| 4. | Veikka Pussinen | 2002 | JoPuPo | 170,0 |
| 5. | Eelis Hannuksela | 1994 | TVN | 170,0 |
| 6. | Ville Paldanius | 1996 | KemaKu | 167,5 |
| 7. | Perttu Riipinen | 1992 | JVK | 165,0 |
| 8. | Alexandre Angleraud | 1995 | Hkaanto | 165,0 |
| 9. | Tony Peltonen | 1993 | S-V | 160,0 |

105 kg

| | | | | |
|----|-----------------|------|---------|-------|
| 1. | Joni Tajakka | 1992 | OPT | 242,5 |
| 2. | Pekka Kulju | 1984 | ÄmVoima | 200,0 |
| 3. | Timo Salmi | 1985 | Vilke | 200,0 |
| 4. | Sami Pullinen | 1983 | Team365 | 195,0 |
| 5. | Santtu Turunen | 1995 | JVK | 190,0 |
| 6. | Joonas Vuorinen | 1996 | RAV | 190,0 |
| 7. | Simon Kanckos | 1994 | NyKK | 175,0 |

120 kg

| | | | | |
|----|-----------------|------|---------|-------|
| 1. | Simo Sistonen | 1983 | Team365 | 227,5 |
| 2. | Aaron Nordberg | 2002 | ÅKK | 213,5 |
| 3. | Matias Hyttinen | 1995 | HPV | 180,0 |
| 4. | Niklas Lepoaho | 1999 | Hkaanto | 175,0 |

120+ kg

| | | | | |
|----|--------------------|------|---------|-------|
| 1. | Janne Jääskeläinen | 1982 | FPC | 232,5 |
| 2. | Antti Tommila | 1989 | PomPy | 232,5 |
| 3. | Niku Ketola | 1998 | LaPo | 212,5 |
| 4. | Ben Olenius | 1981 | S-V | 210,0 |
| 5. | Kimmo Matilainen | 1982 | KP | 202,5 |
| 6. | Jyrki Haikama | 1981 | FPC | 190,0 |
| 7. | Santeri Saariokari | 2002 | Team365 | 172,5 |

N14 **yht. 1**

| Sij. | Nimi | SV | Seura | Tulos |
|--------------|--------------|------|-------|-------|
| 57 kg | | | | |
| 1. | Neea Huhtala | 2013 | PomPy | 47,5 |

M14 **yht. 5**

| Sij. | Nimi | SV | Seura | Tulos |
|---------------|--------------------|------|-------|-------|
| 53 kg | | | | |
| 1. | Lauri Harju | 2012 | PomPy | 40,0 |
| 59 kg | | | | |
| 1. | Eelis Salo | 2012 | PomPy | 55,0 |
| 66 kg | | | | |
| 1. | Sampo Pakkala | 2012 | PomPy | 55,0 |
| 2. | Viljami Rajakangas | 2012 | PomPy | 55,0 |
| 120 kg | | | | |
| 1. | Frans Rajakoski | 2012 | PomPy | 57,5 |

N18 **yht. 13**

| Sij. | Nimi | SV | Seura | Tulos |
|--------------|-----------------|------|-------|-------|
| 52 kg | | | | |
| 1. | Nicole Englund | 2009 | HPT | 47,5 |
| 2. | Miisa Rantala | 2011 | PTVAK | 45,0 |
| 3. | Sini Heinonen | 2008 | TamRy | 35,0 |
| 57 kg | | | | |
| 1. | Jenna Tarvainen | 2008 | PomPy | 77,5 |

*

| | | | | |
|---------------|-------------------|------|-------|------|
| 63 kg | | | | |
| 1. | Viivi Kainu | 2010 | HPV | 67,5 |
| 2. | Saara Pösö | 2008 | PomPy | 60,0 |
| 69 kg | | | | |
| 1. | Essi Närvä | 2009 | E-SV | 87,5 |
| 2. | Neea Harri | 2010 | KaVo | 62,5 |
| 3. | Minttu Huhtala | 2010 | PomPy | 55,0 |
| 4. | Helka Känkänen | 2008 | PomPy | 55,0 |
| 76 kg | | | | |
| 1. | Julia Lappalainen | 2009 | IdVo | 55,0 |
| 84 kg | | | | |
| 1. | Matilda Perttu | 2008 | KaVo | 52,5 |
| 84+ kg | | | | |
| 1. | Lyydia Leskinen | 2008 | IdVo | 85,0 |

| M18 | | | | yht. 24 |
|----------------|----------------------|-----------|--------------|----------------|
| Sij. | Nimi | SV | Seura | Tulos |
| 53 kg | | | | |
| 1. | Touko Meschini | 2009 | E-VO | 105,0 |
| 2. | Elias Norrena | 2011 | PV | 70,0 |
| 3. | Elias Virtanen | 2011 | RAV | 50,0 |
| 59 kg | | | | |
| 1. | Valtteri Lavikainen | 2008 | LVK team | 102,5 |
| 2. | Julius Virtanen | 2011 | KaVo | 70,0 |
| 66 kg | | | | |
| 1. | Tyrsky Reunanen | 2008 | HAK | 137,5 |
| 2. | Jonni Lohenoja | 2009 | LVK team | 100,0 |
| 74 kg | | | | |
| 1. | Alexander Björkqvist | 2008 | NyKK | 140,0 |
| 2. | Benjamin Rinne | 2009 | RAV | 122,5 |
| 3. | Onni Luukkonen | 2008 | RautU | 115,0 |
| 4. | Mauno Kuikka | 2008 | OSC | 105,0 |
| 5. | Aaro Hakulinen | 2008 | HAK | 100,0 |
| 6. | Akseli Teini | 2008 | PV-81 | 100,0 |
| 7. | Aatu Virta | 2008 | OSC | 100,0 |
| 93 kg | | | | |
| 1. | Niko Harmaala | 2008 | KeBo | 132,5 |
| 2. | Max Mäkinen | 2010 | SalVo | 130,0 |
| 3. | Saku Pekkarinen | 2008 | OPT | 130,0 |
| 4. | Lassi Viljanmaa | 2009 | TVN | 122,5 |
| 5. | Jooa Toivonen | 2008 | LIKE | 117,5 |
| 6. | Jaro Halmela | 2008 | KaVo | 115,0 |
| 105 kg | | | | |
| 1. | Samuel Lehtonen | 2008 | LIKE | 157,5 |
| 2. | Sisu Louko | 2008 | Team365 | 140,0 |
| 3. | Tommi Hannukainen | 2008 | FTR | 110,0 |
| 120+ kg | | | | |
| 1. | Sebastian Wallen | 2009 | Team365 | 130,0 |

| N23 | | | yht. 14 | |
|---------------|----------------------|------|---------|-------|
| Sij. | Nimi | SV | Seura | Tulos |
| 63 kg | | | | |
| 1. | Milla Haapamäki | 2006 | OPT | 92,5 |
| 2. | Jenni Kahri | 2003 | MeVo | 90,0 |
| 3. | Siri Nybäck | 2007 | NyKK | 72,5 |
| 69 kg | | | | |
| 1. | Oona Kujala | 2004 | OPT | 100,0 |
| 2. | Anni Palomäki | 2006 | OSC | 80,0 |
| 3. | Nathalie Braun | 2005 | ÅKK | 75,0 |
| 76 kg | | | | |
| 1. | Janika Anttila | 2003 | KJ | 95,0 |
| 2. | Nathalie Jakobsson | 2006 | KK Eken | 90,0 |
| 84 kg | | | | |
| 1. | Jenna Laitinen | 2003 | FPC | 115,0 |
| 2. | Nea Santa | 2003 | RAV | 90,0 |
| 84+ kg | | | | |
| 1. | Janna Huuho | 2004 | PaPu | 100,0 |
| 2. | Martta Nieminen | 2007 | KaVo | 90,0 |
| 3. | Marikki Virtanen | 2003 | FPC | 77,5 |
| 4. | Patricia Vettenranta | 2006 | PomPy | 57,5 |

| M23 | | | yht. 29 | |
|--------------|---------------------|------|---------|-------|
| Sij. | Nimi | SV | Seura | Tulos |
| 66 kg | | | | |
| 1. | Ville Janhunen | 2003 | Hkaanto | 115,0 |
| 2. | Erkki Seppälä | 2007 | RAV | 105,0 |
| 74 kg | | | | |
| 1. | Otto Sjuls | 2005 | ÅKK | 155,0 |
| 2. | Miska Haukka | 2007 | OpLi | 140,0 |
| 3. | Tuomas Laurikainen | 2005 | KP | 130,0 |
| 4. | Akseli Virta | 2006 | OSC | 107,5 |
| 5. | Elias Kuusikko | 2007 | ViitVi | 105,0 |
| 83 kg | | | | |
| 1. | Anton Nykänen | 2003 | RautU | 211,5 |
| 2. | Joonatan Merenluoto | 2004 | M-Club | 155,0 |
| 3. | Eeli Kuusikko | 2004 | ViitVi | 130,0 |
| 93 kg | | | | |
| 1. | Arttu Korhonen | 2004 | RautU | 185,0 |
| 2. | Kaapo Turkki | 2007 | MiVo | 170,5 |
| 3. | Miika Kenakkala | 2004 | OPT | 166,0 |
| 4. | Markus Maja | 2004 | KaVo | 162,5 |
| 5. | Axel Hiidenheimo | 2003 | KGB | 152,5 |
| 6. | Teemu Luoto | 2007 | OripVe | 132,5 |

*

105 kg

| | | | | |
|----|-------------------|------|-------|-------|
| 1. | Antti Hakamäki | 2005 | PV-81 | 200,0 |
| 2. | Hermann Järvenpää | 2003 | PomPy | 180,0 |
| 3. | Mikail Ekinci | 2004 | OSC | 167,5 |
| 4. | Akseli Soini | 2004 | OSC | 155,0 |
| 5. | Olli Tura | 2003 | PyY | 150,0 |
| 6. | Eetu Forsell | 2007 | ViVo | 147,5 |
| 7. | Kimmo Mäkinen | 2006 | PV-81 | 135,0 |

120 kg

| | | | | |
|----|-----------------|------|----------|-------|
| 1. | Mico Hämäläinen | 2006 | LVK team | 150,0 |
| 2. | Eero Ruokoski | 2007 | PomPy | 130,0 |

120+ kg

| | | | | |
|----|-----------------|------|-------|-------|
| 1. | Ossi Rantala | 2005 | PTVAK | 180,0 |
| 2. | Leevi Grönholm | 2004 | PyY | 155,0 |
| 3. | Mikael Salomäki | 2003 | KaVo | 125,0 |
| 4. | Jesse Miettinen | 2005 | JuPu | 122,5 |

N40**yht. 22**

| Sij. | Nimi | SV | Seura | Tulos | |
|---------------|---------------------|------|----------|-------|---|
| 47 kg | | | | | |
| 1. | Minna Kettunen | 1986 | IdVo | 55,0 | |
| 57 kg | | | | | |
| 1. | Niina Köninki | 1981 | APW | 90,0 | |
| 2. | Vappu Väliviita | 1979 | YlöR | 60,0 | |
| 63 kg | | | | | |
| 1. | Hanna Koskenranta | 1981 | HAK | 80,0 | * |
| 2. | Soila Ranta | 1982 | PV-81 | 77,5 | |
| 3. | Anu Virtanen | 1984 | HeTarmo | 65,0 | |
| 69 kg | | | | | |
| 1. | Mari Engberg | 1982 | LVK team | 110,0 | |
| 2. | Tanja Petman | 1982 | YlöR | 80,0 | * |
| 76 kg | | | | | |
| 1. | Vilja Kajanti | 1983 | E-IT | 87,5 | |
| 2. | Hanna Karhu | 1984 | OPT | 87,5 | |
| 3. | Maria Kumlin | 1983 | Sawo | 77,5 | |
| 84 kg | | | | | |
| 1. | Jessica Sinikoski | 1977 | KoJy | 105,0 | |
| 2. | Henna Simberg | 1985 | TurSa | 87,5 | * |
| 3. | Hannele Eerikäinen | 1977 | HAK | 80,0 | |
| 4. | Karoliina Santala | 1981 | PomPy | 45,0 | |
| 84+ kg | | | | | |
| 1. | Anne Kekäläinen | 1980 | JuPu | 110,0 | |
| 2. | Anni Veck | 1982 | LVK team | 107,5 | |
| 3. | Nanny Wallén | 1984 | KK Eken | 107,5 | |
| 4. | Heidi Wasström | 1980 | KK Eken | 87,5 | |
| 5. | Sanna Venäläinen | 1982 | SVV | 85,0 | |
| 6. | Katarina Grundfeldt | 1983 | NIL | 85,0 | |
| 7. | Sonja Aaltonen | 1986 | KaVo | 77,5 | |

| M40 | | | | yht. 42 | |
|---------------|----------------------|------|---------|---------|---|
| Sij. | Nimi | SV | Seura | Tulos | |
| 59 kg | | | | | |
| 1. | Juha Matti Englund | 1981 | RAYVO | 102,5 | |
| 66 kg | | | | | |
| 1. | Tapio Peltokangas | 1984 | LaPo | 140,0 | |
| 2. | Tommi Tiihonen | 1979 | TVN | 112,5 | |
| 74 kg | | | | | |
| 1. | Antti Laamanen | 1983 | SalVo | 155,0 | * |
| 2. | Jani Tuovinen | 1979 | KEV | 150,0 | * |
| 3. | Ville Vaivila | 1977 | E-IT | 105,0 | |
| 83 kg | | | | | |
| 1. | Lasse Arkela | 1978 | E-IT | 160,0 | |
| 2. | Jani Vaskivuori | 1985 | LaPo | 160,0 | |
| 3. | Teemu Tapanainen | 1984 | ViVo | 155,0 | |
| 4. | Kari Hyppönen | 1985 | KiurU | 150,0 | |
| 5. | Ville Virtanen | 1978 | RAV | 150,0 | |
| 6. | Jari Kaarnais | 1980 | E-VO | 145,0 | |
| 7. | Jose Friman | 1983 | MiVo | 142,5 | |
| 8. | Aki Pitkänen | 1980 | JoPuPo | 125,0 | |
| 93 kg | | | | | |
| 1. | Jyrki Koivisto | 1980 | KP | 177,5 | |
| 2. | Anssi Malkamäki | 1985 | HPV | 170,0 | |
| 3. | Anssi Laukkanen | 1977 | IOV | 155,0 | |
| 4. | Sakari Sivonen | 1982 | OPT | 140,0 | * |
| 5. | Ilkka Kempainen | 1980 | LoBo | 130,0 | |
| 6. | Lasse Tunturivuori | 1978 | RAYVO | 105,0 | * |
| 105 kg | | | | | |
| 1. | Janne Halmesmäki | 1977 | LaPo | 200,0 | * |
| 2. | Timo Salmi | 1985 | Vilke | 200,0 | |
| 3. | Niko-Mikael Syri | 1984 | KoJy | 190,0 | |
| 4. | Jani Syrjälä | 1980 | PV | 185,0 | |
| 5. | Toni Haapala | 1982 | PV-81 | 180,0 | |
| 6. | Jukka-Pekka Rinkinen | 1979 | LIKE | 180,0 | * |
| 7. | Aleksi Nummi | 1978 | PV-81 | 177,5 | |
| 8. | Teemu Hirvonen | 1984 | HeTarmo | 167,5 | |
| 9. | Mikko Hänninen | 1983 | NIL | 165,0 | |
| 10. | Sami Saltiola | 1986 | Vilke | 160,0 | |
| 11. | Petri Haapala | 1977 | PV-81 | 157,5 | |
| 120 kg | | | | | |
| 1. | Simo Sistonen | 1983 | Team365 | 227,5 | |
| 2. | Tero Tuohenmaa | 1983 | HuiVo | 192,5 | * |
| 3. | Janne Hakala | 1979 | TamRy | 140,0 | |
| 4. | Mikko Lähteenmäki | 1979 | PomPy | 130,0 | |
| 5. | Jussi Hirvimies | 1977 | TVN | 25,0 | * |

120+ kg

| | | | | |
|----|--------------------|------|-------|-------|
| 1. | Janne Jääskeläinen | 1982 | FPC | 232,5 |
| 2. | Ben Olenius | 1981 | S-V | 210,0 |
| 3. | Kimmo Matilainen | 1982 | KP | 202,5 |
| 4. | Jyrki Haikama | 1981 | FPC | 190,0 |
| 5. | Sami Pakkala | 1981 | PomPy | 125,0 |

N50**yht. 14**

| Sij. | Nimi | SV | Seura | Tulos |
|---------------|-----------------------|------|----------|-------|
| 57 kg | | | | |
| 1. | Mervi Sirkiä | 1972 | TNT | 65,0 |
| 63 kg | | | | |
| 1. | Milla Flinckman | 1973 | E-IT | 70,0 |
| 69 kg | | | | |
| 1. | Pirita Ruusulaakso | 1975 | E-IT | 87,5 |
| 76 kg | | | | |
| 1. | Pauliina Suomela | 1976 | HPV | 115,0 |
| 84 kg | | | | |
| 1. | Joanna Linna | 1974 | JP 2000 | 87,5 |
| 2. | Marjut Kuismin | 1975 | FPC | 82,5 |
| 3. | Katja Hellsten | 1973 | LVK team | 75,0 |
| 4. | Johanna Tiitinen | 1975 | SVV | 67,5 |
| 5. | Marjaana Vähäsantanen | 1976 | PomPy | 65,0 |
| 84+ kg | | | | |
| 1. | Katariina Nokua | 1973 | KaVo | 90,0 |
| 2. | Susan Sinimäki | 1975 | PTVAK | 85,0 |
| 3. | Anne-Maarit Hyttinen | 1973 | ToU | 75,0 |
| 4. | Kristiina Ahlgrén | 1968 | LIKE | 62,5 |
| 5. | Kirsi Lehmuskanta | 1972 | E-IT | 62,5 |

M50**yht. 29**

| Sij. | Nimi | SV | Seura | Tulos | |
|--------------|-----------------|------|----------|-------|---|
| 66 kg | | | | | |
| 1. | Esa Metsälä | 1971 | FPC | 110,0 | |
| 74 kg | | | | | |
| 1. | Janne Palmu | 1969 | FPC | 145,0 | |
| 83 kg | | | | | |
| 1. | Petri Ronkainen | 1972 | E-SV | 155,0 | * |
| 2. | Sami Oinas | 1974 | NaVo | 135,0 | |
| 3. | Anders Enkvist | 1972 | PV | 132,5 | |
| 4. | Aki Vesterback | 1969 | MaxPower | 130,0 | * |
| 5. | Mikko Fasse | 1973 | OPT | 125,0 | |
| 6. | Marko Korpela | 1972 | SeiVo | 125,0 | |
| 7. | Janne Kovaniemi | 1974 | OPT | 120,0 | |
| 8. | Sami Leino | 1967 | RAV | 120,0 | |
| 9. | Tomi Silvast | 1974 | Saly | 120,0 | |

93 kg

| | | | | |
|----|-------------------|------|----------|-------|
| 1. | Janne Pöntinen | 1974 | MiVo | 160,0 |
| 2. | Anssi Juutilainen | 1968 | LVK team | 155,0 |
| 3. | Keijo Huttunen | 1975 | I-HV | 150,0 |

105 kg

| | | | | |
|----|-------------------|------|--------|-------|
| 1. | Jussi Kuusikko | 1975 | ViitVi | 197,5 |
| 2. | Pasi Putkonen | 1971 | OPT | 187,5 |
| 3. | Petri Rinkinen | 1967 | RAV | 182,5 |
| 4. | Sami Huhtala | 1974 | SalVo | 150,0 |
| 5. | Ari Hakulinen | 1976 | IdVo | 140,0 |
| 6. | Marko Poikolainen | 1967 | HVV | 140,0 |
| 7. | Risto Rouru | 1974 | OpLi | 130,0 |
| 8. | Jarkko Kemppi | 1967 | PV-81 | 127,5 |

120 kg

| | | | | |
|----|---------------------------|------|-------|-------|
| 1. | Janne Jämsä | 1974 | TVN | 192,5 |
| 2. | Tomi Turpeinen | 1974 | AavKi | 177,5 |
| 3. | Mika Jokiahon | 1969 | SeiVo | 175,0 |
| 4. | Ville Repokorpi Hakulinen | 1973 | TVN | 137,5 |

120+ kg

| | | | | |
|----|-----------------|------|-------|-------|
| 1. | Marko Palokoski | 1969 | PTVAK | 170,0 |
| 2. | Tero Lampinen | 1972 | KeBo | 150,0 |
| 3. | Juha Strandberg | 1974 | TamRy | 130,0 |

N60 **yht. 9**

| Sij. | Nimi | SV | Seura | Tulos | |
|---------------|-------------------|------|----------|-------|---|
| 52 kg | | | | | |
| 1. | Merja Malin | 1963 | HAK | 60,0 | |
| 2. | Johanna Jaaranen | 1965 | HAK | 50,0 | * |
| 69 kg | | | | | |
| 1. | Margetta Salminen | 1961 | LVK team | 62,5 | |
| 2. | Elina Tauriainen | 1961 | LVK team | 62,5 | |
| 76 kg | | | | | |
| 1. | Minna Elgland | 1965 | HAK | 75,0 | |
| 84 kg | | | | | |
| 1. | Mirva-Liisa Rohi | 1963 | KoVo | 55,0 | |
| 2. | Riitta Marklund | 1963 | PV-81 | 50,0 | |
| 84+ kg | | | | | |
| 1. | Tiina Kiviranta | 1966 | KJ | 77,5 | |
| 2. | Tiina Karppinen | 1966 | IOV | 60,0 | |

M60 **yht. 30**

| Sij. | Nimi | SV | Seura | Tulos | |
|--------------|------------------|------|-------|-------|---|
| 59 kg | | | | | |
| 1. | Sampo Pulju | 1960 | NaVo | 100,0 | |
| 66 kg | | | | | |
| 1. | Pekka Kovalainen | 1961 | KoJy | 100,0 | * |

74 kg

| | | | | |
|----|------------------|------|-----|-------|
| 1. | Erkki Rajala | 1962 | PV | 165,0 |
| 2. | Stefan Hörhammer | 1961 | HAK | 110,0 |
| 3. | Pekka Nykänen | 1965 | S-V | 92,5 |
| 4. | Hannu Peräsalo | 1962 | TVN | 90,0 |

83 kg

| | | | | |
|----|----------------------|------|---------|-------|
| 1. | Harri Vahtolammi | 1963 | TVN | 157,5 |
| 2. | Stig-Erik Björkqvist | 1960 | NyKK | 137,5 |
| 3. | Keijo Pasanen | 1963 | I-HV | 127,5 |
| 4. | Vesa Niemi | 1964 | LoBo | 125,0 |
| 5. | Keijo Stenholm | 1964 | PP | 110,0 |
| 6. | Pauli Linna | 1957 | JP 2000 | 70,0 |

93 kg

| | | | | |
|----|-----------------|------|----------|-------|
| 1. | Pentti Pitkänen | 1965 | SVV | 180,5 |
| 2. | Harri Blom | 1966 | E-IT | 152,5 |
| 3. | Jari Salste | 1965 | PV | 130,0 |
| 4. | Pete Tamminen | 1965 | LVK team | 117,5 |

105 kg

| | | | | |
|-----|-------------------|------|----------|-------|
| 1. | Kari Seliverstow | 1962 | E-IT | 152,5 |
| 2. | Ari Aalto | 1965 | ViVo | 145,0 |
| 3. | Rami Eloranta | 1966 | E-SV | 145,0 |
| 4. | Petri Ekman | 1965 | HVV | 140,0 |
| 5. | Jukka Hokkanen | 1960 | PetPet | 140,0 |
| 6. | Juha Pohjonen | 1966 | KoJy | 140,0 |
| 7. | Kimmo Heinonen | 1960 | RAV | 132,5 |
| 8. | Kari Jämsä | 1962 | JP 2000 | 120,0 |
| 9. | Markku Savolainen | 1959 | LVK team | 120,0 |
| 10. | Heikki Ikonen | 1961 | TVN | 95,0 |

120 kg

| | | | | |
|----|---------------|------|-------|-------|
| 1. | Olli Skogberg | 1959 | TamRy | 140,0 |
| 2. | Jari Kaiho | 1963 | JVK | 130,0 |

120+ kg

| | | | | |
|----|--------------------|------|------|-------|
| 1. | Jari Niemelä | 1961 | RAV | 140,0 |
| 2. | Jukka Kallionkieli | 1966 | KaVo | 125,0 |

N70 yht. 2

| Sij. | Nimi | SV | Seura | Tulos |
|--------------|----------------|------|-------|-------|
| 57 kg | | | | |
| 1. | Silja Sorokin | 1955 | HAK | 52,5 |
| 76 kg | | | | |
| 1. | Irja Määttänen | 1954 | PomPy | 50,0 |

M70 yht. 15

| Sij. | Nimi | SV | Seura | Tulos |
|--------------|-------------------|------|-------|-------|
| 74 kg | | | | |
| 1. | Juhani Rasilainen | 1949 | TiKa | 115,0 |

83 kg

| | | | |
|-------------------|------|--------|-------|
| 1. Pekka Valtanen | 1954 | TiKa | 135,0 |
| 2. Arto Leppänen | 1956 | VilpVe | 130,0 |
| 3. Olli Rantanen | 1956 | I-HV | 115,0 |
| 4. Heikki Rautio | 1950 | OV-86 | 85,0 |

93 kg

| | | | |
|--------------------|------|----------|-------|
| 1. Juha Koivisto | 1956 | HYV | 140,0 |
| 2. Kari Hollsten | 1950 | RAV | 135,0 |
| 3. Timo Poutiainen | 1951 | OutVe | 112,5 |
| 4. Ari Lehtinen | 1954 | MY-Power | 105,0 |
| 5. Eino Antila | 1955 | SeiVo | 100,0 |

105 kg

| | | | |
|----------------------|------|--------|-------|
| 1. Harri Tirronen | 1953 | JoPuPo | 157,5 |
| 2. Pertti Mäkeläinen | 1951 | PV-81 | 125,0 |
| 3. Bertel Holmlund | 1951 | NyKK | 117,5 |

120 kg

| | | | |
|-------------------|------|-------|------|
| 1. Raimo Sandelin | 1940 | PTVAK | 75,0 |
|-------------------|------|-------|------|

120+ kg

| | | | |
|----------------|------|------|-------|
| 1. Juha Paimen | 1956 | LaPo | 140,0 |
|----------------|------|------|-------|