

25-Mar-17

## 2017 Upper Midwest Team Championship-Kg Results

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI	Team	
Stiles, Sheri	29	F_OCR_AAPF	66.6	67.5	0.90915	152.5	160	167.5	167.5	75	80	-85	80	247.5	172.5	185	-190	185	432.5	393.207375	0	1-F_OCR_AAPF-67.5	Meat Locker	
Morel, Ashley	25	F_OCR_AAPF	74.2	75	0.84215	97.5	110	-120	110	70	-80	-80	70	180	125	142.5	-155	142.5	322.5	271.593375	0	1-F_OCR_AAPF-75	Thompson Strength & Barbell	
Wolfswinkel, Jennifer	27	F_OCR_AAPF	70.6	75	0.87125	95	-102.5	-107.5	95	50	55	60	60	155	107.5	115	127.5	127.5	282.5	246.128125	0	2-F_OCR_AAPF-75	Metroflex-Fargo	
Hauck, Briana	20	F_OCR_AAPF	81	82.5	0.79555	-155	-155	155	155	60	65	-70	65	220	145	152.5	160	160	380	302.309	0	1-F_OCR_AAPF-82.5	Thompson Strength & Barbell	
Slama, Darian	21	F_OCR_AAPF	79.6	82.5	0.80435	-137.5	137.5	-142.5	137.5	80	-85	-85	80	217.5	140	150	-162.5	150	367.5	295.598625	0	2-F_OCR_AAPF-82.5	EHOP	
Fodera, Krista	42	F_OCR_AAPF	78.8	82.5	0.80955	80	-87.5	92.5	92.5	52.5	62.5	65	65	157.5	112.5	125	137.5	137.5	295	238.81725	243.593595	3-F_OCR_AAPF-82.5	Metroflex-Fargo	
Quintana, Ecaterina	31	F_OCR_APF	68.8	75	0.88715	-137.5	137.5	160	160	90	95	-102.5	95	255	142.5	152.5	165	165	420	372.603	0	1-F_OCR_APF-75	Meat Locker	
Gass, Christy	25	F_OCR_APF	72.4	75	0.8563	92.5	100	102.5	102.5	52.5	55	57.5	57.5	160	115	130	137.5	137.5	297.5	254.74925	0	2-F_OCR_APF-75	Anytime Fitness	
Kutz, Lynzee	23	F_OCR_APF	69.8	75	0.8782	60	67.5	72.5	72.5	40	42.5	-45	42.5	115	92.5	97.5	102.5	102.5	217.5	191.0085	0	3-F_OCR_APF-75	Anytime Fitness	
Way, Alyssa	25	F_OEM_AAPF	87.8	90	0.75795	195	215	-225	215	92.5	102.5	-107.5	102.5	317.5	162.5	-182.5	-182.5	162.5	480	363.816	0	1-F_OEM_AAPF-90	EHOP	
Dahl, Matt	25	M_OCR_AAPF	73.2	75	0.70115	145	165	185	185	115	125	-137.5	125	310	185	207.5	-227.5	207.5	517.5	362.845125	0	1-M_OCR_AAPF-75	CrossFit Mandan	
Boehm, Levi	21	M_OCR_AAPF	75	75	0.68855	142.5	165	-182.5	165	115	125	-137.5	125	290	170	182.5	190	190	480	330.504	0	2-M_OCR_AAPF-75	CrossFit Mandan	
Bonderud, Steven	29	M_OCR_AAPF	74.8	75	0.6899	-130	130	137.5	137.5	92.5	-102.5	-102.5	92.5	230	117.5	125	-145	125	355	244.9145	0	3-M_OCR_AAPF-75	Anytime Fitness	
Brecker, Eric	25	M_OCR_AAPF	88.8	90	0.61645	192.5	210	227.5	227.5	142.5	152.5	-155	152.5	380	237.5	260	275	275	655	403.77475	0	1-M_OCR_AAPF-90	Metroflex-Fargo	
White, Jason	31	M_OCR_AAPF	86.2	90	0.62725	212.5	227.5	-235	227.5	142.5	-155	155	155	382.5	227.5	260	-272.5	260	642.5	403.008125	0	2-M_OCR_AAPF-90	Thompson Strength & Barbell	
Herrera, Ronnie	21	M_OCR_AAPF	84.8	90	0.6335	152.5	162.5	177.5	177.5	102.5	107.5	-115	107.5	285	170	190	195	195	480	304.08	0	3-M_OCR_AAPF-90	Metroflex-Fargo	
Meyer, Ethan	21	M_OCR_AAPF	83.2	90	0.64115	130	140	150	150	80	90	-100	90	240	200	210	227.5	227.5	467.5	299.737625	0	4-M_OCR_AAPF-90	Metroflex-Fargo	
Cater, Levi	23	M_OCR_AAPF	97.8	100	0.58695	217.5	-237.5	237.5	237.5	155	-165	-165	155	392.5	245	260	-267.5	260	652.5	382.984875	0	1-M_OCR_AAPF-100	EHOP	
Duchsherer, Kyle	35	M_OCR_AAPF	110	110	0.5625	252.5	-275	-275	252.5	167.5	175	-192.5	175	427.5	240	262.5	-280	262.5	690	388.125	0	1-M_OCR_AAPF-110	Meat Locker	
Padilla, Jordan	25	M_OCR_APF	73.2	75	0.70115	182.5	187.5	-197.5	187.5	-92.5	100	-105	100	287.5	210	215	-220	215	502.5	352.327875	0	1-M_OCR_APF-75	Anytime Fitness	
Klawon, Nick	25	M_OCR_APF	79.2	82.5	0.66235	185	195	207.5	207.5	-110	117.5	-125	117.5	325	227.5	240	250	250	575	380.85125	0	1-M_OCR_APF-82.5	Anytime Fitness	
Thompson, Jacob	36	M_OCR_APF	123.4	125	0.5473	270	285	295	295	132.5	142.5	152.5	152.5	447.5	275	297.5	305	305	752.5	411.84325	0	1-M_OCR_APF-125	Thompson Strength & Barbell	
Quitana, Jose	33	M_OCR_APF	129.8	140	0.5405	272.5	307.5	-320	307.5	182.5	-192.5	192.5	192.5	500	285	-305	-320	285	785	424.2925	0	1-M_OCR_APF-140	Meat Locker	
Elkin, Patrick	32	M_OEM_AAPF	100	100	0.5813	230	-250	-250	230	-170	170	-182.5	170	400	215	230	-240	230	630	366.219	0	1-M_OEM_AAPF-100	Meat Locker	
Frenzel, Blaise	29	M_OEM_AAPF	119.6	125	0.5514	-272.5	-272.5	-272.5	0	192.5			0	0	0			0	0	0	0	0	0	EHOP
Brown, Zach	30	M_OEM_APF	107.6	110	0.5661	300	-310	-310	300	215	-220	220	215	515	272.5	282.5	-292.5	282.5	797.5	451.46475	0	1-M_OEM_APF-110	Thompson Strength & Barbell	
Dirkes, Shawn	33	M_OEM_APF	111.8	125	0.56005	280	-300	-300	280	240	255	-265	255	535	245	265	272.5	272.5	807.5	452.240375	0	1-M_OEM_APF-125	EHOP	

## 2017 Upper Midwest Team Championship-Lb Results

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Stiles, Sheri	29	F_OCR_AAPF	66.6	67.5	0.90915	336.2015	352.736	369.2705	369.2705	165.345	176.368	-187.391	176.368	545.6385	380.2935	407.851	-418.874	407.851	953.4895	393.207375	0	1-F_OCR_AAPF-67.5	Meat Locker
Morel, Ashley	25	F_OCR_AAPF	74.2	75	0.84215	214.9485	242.506	-264.552	242.506	154.322	-176.368	-176.368	154.322	396.828	275.575	314.1555	-341.713	314.1555	710.9835	271.593375	0	1-F_OCR_AAPF-75	Thompson Strength & Barbell
Wolfswinkel, Jennifer	27	F_OCR_AAPF	70.6	75	0.87125	209.437	-225.9715	-236.9945	209.437	110.23	121.253	132.276	132.276	341.713	236.9945	253.529	281.0865	281.0865	622.7995	246.128125	0	2-F_OCR_AAPF-75	Metroflex-Fargo
Hauck, Briana	20	F_OCR_AAPF	81	82.5	0.79555	-341.713	-341.713	341.713	341.713	132.276	143.299	-154.322	143.299	485.012	319.667	336.2015	352.736	352.736	837.748	302.309	0	1-F_OCR_AAPF-82.5	Thompson Strength & Barbell
Slama, Darian	21	F_OCR_AAPF	79.6	82.5	0.80435	-303.1325	303.1325	-314.1555	303.1325	176.368	-187.391	-187.391	176.368	479.5005	308.644	330.69	-358.2475	330.69	810.1905	295.598625	0	2-F_OCR_AAPF-82.5	EHOP
Fodera, Krista	42	F_OCR_AAPF	78.8	82.5	0.80955	176.368	-192.9025	203.9255	203.9255	115.7415	137.7875	143.299	143.299	347.2245	248.0175	275.575	303.1325	303.1325	650.357	238.81725	243.593595	3-F_OCR_AAPF-82.5	Metroflex-Fargo
Quintana, Ecaterina	31	F_OCR_APF	68.8	75	0.88715	-303.1325	303.1325	352.736	352.736	198.414	209.437	-225.9715	209.437	562.173	314.1555	336.2015	363.759	363.759	925.932	372.603	0	1-F_OCR_APF-75	Meat Locker
Gass, Christy	25	F_OCR_APF	72.4	75	0.8563	203.9255	220.46	225.9715	225.9715	115.7415	121.253	126.7645	126.7645	352.736	253.529	286.598	303.1325	303.1325	655.8685	254.74925	0	2-F_OCR_APF-75	Anytime Fitness
Kutz, Lynzee	23	F_OCR_APF	69.8	75	0.8782	132.276	148.8105	159.8335	159.8335	88.184	93.6955	-99.207	93.6955	253.529	203.9255	214.9485	225.9715	225.9715	479.5005	191.0085	0	3-F_OCR_APF-75	Anytime Fitness
Way, Alyssa	25	F_OEM_AAPF	87.8	90	0.75795	429.897	473.989	-496.035	473.989	203.9255	225.9715	-236.9945	225.9715	699.9605	358.2475	-402.3395	-402.3395	358.2475	1058.208	363.816	0	1-F_OEM_AAPF-90	EHOP
Dahl, Matt	25	M_OCR_AAPF	73.2	75	0.70115	319.667	363.759	407.851	407.851	253.529	275.575	-303.1325	275.575	683.426	407.851	457.4545	-501.5465	457.4545	1140.8805	362.845125	0	1-M_OCR_AAPF-75	CrossFit Mandan
Boehm, Levi	21	M_OCR_AAPF	75	75	0.68855	314.1555	363.759	-402.3395	363.759	253.529	275.575	-303.1325	275.575	639.334	374.782	402.3395	418.874	418.874	1058.208	330.504	0	2-M_OCR_AAPF-75	CrossFit Mandan
Bonderud, Steven	29	M_OCR_AAPF	74.8	75	0.6899	-286.598	286.598	303.1325	303.1325	203.9255	-225.9715	-225.9715	203.9255	507.058	259.0405	275.575	-319.667	275.575	782.633	244.9145	0	3-M_OCR_AAPF-75	Anytime Fitness
Brecker, Eric	25	M_OCR_AAPF	88.8	90	0.61645	424.3855	462.966	501.5465	501.5465	314.1555	336.2015	-341.713	336.2015	837.748	523.5925	573.196	606.265	606.265	1444.013	403.77475	0	1-M_OCR_AAPF-90	Metroflex-Fargo
White, Jason	31	M_OCR_AAPF	86.2	90	0.62725	468.4775	501.5465	-518.081	501.5465	314.1555	-341.713	341.713	341.713	843.2595	501.5465	573.196	-600.7535	573.196	1416.4555	403.008125	0	2-M_OCR_AAPF-90	Thompson Strength & Barbell
Herrera, Ronnie	21	M_OCR_AAPF	84.8	90	0.6335	336.2015	358.2475	391.3165	391.3165	225.9715	236.9945	-253.529	236.9945	628.311	374.782	418.874	429.897	429.897	1058.208	304.08	0	3-M_OCR_AAPF-90	Metroflex-Fargo
Meyer, Ethan	21	M_OCR_AAPF	83.2	90	0.64115	286.598	308.644	330.69	330.69	176.368	198.414	-220.46	198.414	529.104	440.92	462.966	501.5465	501.5465	1030.6505	299.737625	0	4-M_OCR_AAPF-90	Metroflex-Fargo
Cater, Levi	23	M_OCR_AAPF	97.8	100	0.58695	479.5005	-523.5925	523.5925	523.5925	341.713	-363.759	-363.759	341.713	865.3055	540.127	573.196	-589.7305	573.196	1438.5015	382.984875	0	1-M_OCR_AAPF-100	EHOP
Duchsherer, Kyle	35	M_OCR_AAPF	110	110	0.5625	556.6615	-606.265	-606.265	556.6615	369.2705	385.805	-424.3855	385.805	942.4665	529.104	578.7075	-617.288	578.7075	1521.174	388.125	0	1-M_OCR_AAPF-110	Meat Locker
Padilla, Jordan	25	M_OCR_APF	73.2	75	0.70115	402.3395	413.3625	-435.4085	413.3625	-203.9255	220.46	-231.483	220.46	633.8225	462.966	473.989	-485.012	473.989	1107.8115	352.327875	0	1-M_OCR_APF-75	Anytime Fitness
Klawon, Nick	25	M_OCR_APF	79.2	82.5	0.66235	407.851	429.897	457.4545	457.4545	-242.506	2												