

## 12-Mar-16 APF Beginners Seminar-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (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-WtCl
Ashley Armstrong	23	F_JRC_APF	60	60	0.9876	90	97.5	102.5	102.5	55	60	-62.5	60	162.5	147.5	155	165	165	327.5	323.439	0	1-F_JEM_APF
Gabrielle Robinson	22	F_JR_APF	92.25	SHW	0.7394	-70	70	-80	70	50	60	62.5	62.5	132.5	122.5	132.5	140	140	272.5	201.47287	0	1-F_JR_APF
Sarah Armstrong	19	F_TRC_3_APF	67.4	67.5	0.9008	110	117.5	127.5	127.5	67.5	72.5	-77.5	72.5	200	150	160	170	170	370	333.2775	0	1-F_TEM_3_APF
Julianna King	15	F_TR_1_APF	68.15	75	0.8926	92.5	110	-120	110	50	-57.5	-57.5	50	160	87.5	105	120	120	280	249.928	0	1-F_TR_1_APF
Nicole Monhait	24	F_ORC_APF	67	67.5	0.9049	97.5	102.5	112.5	112.5	67.5	-72.5	72.5	72.5	185	117.5	127.5	137.5	137.5	322.5	291.83025	0	1-F_OEM_APF-67.5
Sofia Sanchez	27	F_OR_APF	51.15	52	1.1212	70	82.5	92.5	92.5	-45	47.5	50	50	142.5	117.5	122.5	-127.5	122.5	265	297.118	0	1-F_OR_APF-52
Brittany King	27	F_OR_APF	58.1	60	1.0135	75	80	87.5	87.5	35	40	-47.5	40	127.5	80	87.5	-92.5	87.5	215	217.9025	0	1-F_OR_APF-60
Laine Heuer	29	F_OR_APF	68.4	75	0.8908	87.5	92.5	97.5	97.5	-47.5	52.5	-55	52.5	150	105	112.5	120	120	270	240.5025	0	1-F_OR_APF-75
Ashley Porter	29	F_OR_APF	71.59	75	0.8629	82.5	87.5	90	90	47.5	50	-52.5	50	140	102.5	110	120	120	260	224.341	0	2-F_OR_APF-75
Michelle Kania	36	F_OR_APF	71.25	75	0.8653	67.5	72.5	80	80	55	-62.5	-62.5	55	135	85	90	100	100	235	203.3455	0	3-F_OR_APF-75
David Helber	57	M_MRC_4_APF	92.75	100	0.602	110	-115	115	115	65	70	75	75	190	135	142.5	150	150	340	204.663	259.51268	1-M_MEM_4_APF
David Burshtan	54	M_MR_3_APF	98.8	100	0.5843	115	127.5	132.5	132.5	100	110	117.5	117.5	250	135	155	165	165	415	242.4845	291.95133	1-M_MR_3_APF
Charlie Acosta	41	M_MR_1_APF	96.85	100	0.5909	142.5	-155	165	165	107.5	115	-120	115	280	180	192.5	200	200	480	283.608	286.44408	1-M_MR_1_APF
Charles Connolley	44	M_MR_1_APF	116	125	0.5551	-125	125	-145	125	-125	125	-140	125	250	145	160	-175	160	410	227.591	237.37741	2-M_MR_1_APF
Matt Nyman	39	M_SRC_APF	143.8	SHW	0.5279	227.5	242.5	250	250	125	137.5	147.5	147.5	397.5	260	-272.5	-272.5	260	657.5	347.09425	0	1-M_SEM_APF
Michael Crnkovic	20	M_JR_APF	66.05	67.5	0.762	155	172.5	182.5	182.5	112.5	-122.5	-122.5	112.5	295	167.5	177.5	185	185	480	365.76	0	1-M_JR_APF
Michael Risher	23	M_JR_APF	79.4	82.5	0.6612	125	142.5	-147.5	142.5	-105	110	-115	110	252.5	172.5	182.5	195	195	447.5	295.887	0	2-M_JR_APF
Ricco Bertolletti	16	M_TR_2_APF	89.6	90	0.6134	182.5	-192.5	192.5	192.5	122.5	130	142.5	142.5	335	177.5	200	215	215	550	337.3425	0	1-M_TR_2_APF
Jordan Aviles	16	M_TR_2_APF	124.9	125	0.5463	185	202.5	-217.5	202.5	140	-147.5	155	155	357.5	202.5	215	227.5	227.5	585	319.55625	0	2-M_TR_2_APF
Matthew Bailey	31	M_OR_APF	82.45	82.5	0.6446	165	180	187.5	187.5	125	-132.5	-132.5	125	312.5	207.5	220	-230	220	532.5	343.2495	0	1-M_OR_APF-82.5
Benjamin Bartz	32	M_OR_APF	89.3	90	0.6146	150	162.5	175	175	105	110	-115	110	285	190	200	210	210	495	304.20225	0	1-M_OR_APF-90
Edward Porter	30	M_OR_APF	87.65	90	0.6209	152.5	157.5	167.5	167.5	102.5	110	115	115	282.5	187.5	197.5	-205	197.5	480	298.032	0	2-M_OR_APF-90
Brad Kristensen	28	M_OR_APF	96.45	100	0.5905	-215	215	-242.5	215	160	-170	172.5	172.5	387.5	265	282.5	287.5	287.5	675	398.5875	0	1-M_OR_APF-100
Jacob Ross	29	M_OR_APF	108.5	110	0.5647	210	225	-245	225	165	-175	-175	165	390	260	280	297.5	297.5	687.5	388.23125	0	1-M_OR_APF-110
Shane Rife	27	M_OR_APF	112.8	125	0.5588	147.5	165	170	170	-95	100	-107.5	100	270	185	190	195	195	465	259.81875	0	1-M_OR_APF-125
Don Powers DL only	43	M_MR_1_APF	114.2	125	0.5571										227.5	250	-272.5	250		139.275	143.59252	1-M_MR_1_APF

## APF Beginners Seminar-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (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-WtCl
Ashley Armstrong	23	F_JRC_APF	60	60	0.9876	198.41	214.95	225.97	225.97	121.25	132.28	-137.79	132.28	358.25	325.18	341.71	363.76	363.76	722.0065	323.439	0	1-F_JEM_APF
Gabrielle Robinson	22	F_JR_APF	92.25	SHW	0.7394	-154.32	154.32	-176.37	154.32	110.23	132.28	137.79	137.79	292.11	270.06	292.11	308.64	308.64	600.7535	201.47287	0	1-F_JR_APF
Sarah Armstrong	19	F_TRC_3_APF	67.4	67.5	0.9008	242.51	259.04	281.09	281.09	148.81	159.83	-170.86	159.83	440.92	330.69	352.74	374.78	374.78	815.702	333.2775	0	1-F_TEM_3_APF
Julianna King	15	F_TR_1_APF	68.15	75	0.8926	203.93	242.51	-264.55	242.51	110.23	-126.76	-126.76	110.23	352.74	192.9	231.48	264.55	264.55	617.288	249.928	0	1-F_TR_1_APF
Nicole Monhait	24	F_ORC_APF	67	67.5	0.9049	214.95	225.97	248.02	248.02	148.81	-159.83	159.83	159.83	407.85	259.04	281.09	303.13	303.13	710.9835	291.83025	0	1-F_OEM_APF-67.5
Sofia Sanchez	27	F_OR_APF	51.15	52	1.1212	154.32	181.88	203.93	203.93	-99.207	104.72	110.23	110.23	314.16	259.04	270.06	-281.09	270.06	584.219	297.118	0	1-F_OR_APF-52
Brittany King	27	F_OR_APF	58.1	60	1.0135	165.35	176.37	192.9	192.9	77.161	88.184	-104.72	88.184	281.09	176.37	192.9	-203.93	192.9	473.989	217.9025	0	1-F_OR_APF-60
Laine Heuer	29	F_OR_APF	68.4	75	0.8908	192.9	203.93	214.95	214.95	-104.72	115.74	-121.25	115.74	330.69	231.48	248.02	264.55	264.55	595.242	240.5025	0	1-F_OR_APF-75
Ashley Porter	29	F_OR_APF	71.59	75	0.8629	181.88	192.9	198.41	198.41	104.72	110.23	-115.74	110.23	308.64	225.97	242.51	264.55	264.55	573.196	224.341	0	2-F_OR_APF-75
Michelle Kania	36	F_OR_APF	71.25	75	0.8653	148.81	159.83	176.37	176.37	121.25	-137.79	-137.79	121.25	297.62	187.39	198.41	220.46	220.46	518.081	203.3455	0	3-F_OR_APF-75
David Helber	57	M_MRC_4_APF	92.75	100	0.602	242.51	-253.53	253.53	253.53	143.3	154.32	165.35	165.35	418.87	297.62	314.16	330.69	330.69	749.564	204.663	259.51268	1-M_MEM_4_APF
David Burshtan	54	M_MR_3_APF	98.8	100	0.5843	253.53	281.09	292.11	292.11	220.46	242.51	259.04	259.04	551.15	297.62	341.71	363.76	363.76	914.909	242.4845	291.95133	1-M_MR_3_APF
Charlie Acosta	41	M_MR_1_APF	96.85	100	0.5909	314.16	-341.71	363.76	363.76	236.99	253.53	-264.55	253.53	617.29	396.83	424.39	440.92	440.92	1058.208	283.608	286.44408	1-M_MR_1_APF
Charles Connolley	44	M_MR_1_APF	116	125	0.5551	-275.58	275.58	-319.67	275.58	-275.58	275.58	-308.64	275.58	551.15	319.67	352.74	-385.81	352.74	903.886	227.591	237.37741	2-M_MR_1_APF
Matt Nyman	39	M_SRC_APF	143.8	SHW	0.5279	501.55	534.62	551.15	551.15	275.58	303.13	325.18	325.18	876.33	573.2	-600.75	-600.75	573.2	1449.5245	347.09425	0	1-M_SEM_APF
Michael Crnkovic	20	M_JR_APF	66.05	67.5	0.762	341.71	380.29	402.34	402.34	248.02	-270.06	-270.06	248.02	650.36	369.27	391.32	407.85	407.85	1058.208	365.76	0	1-M_JR_APF
Michael Risher	23	M_JR_APF	79.4	82.5	0.6612	275.58	314.16	-325.18	314.16	-231.48	242.51	-253.53	242.51	556.66	380.29	402.34	429.9	429.9	986.5585	295.887	0	2-M_JR_APF
Ricco Bertolletti	16	M_TR_2_APF	89.6	90	0.6134	402.34	-424.39	424.39	424.39	270.06	286.6	314.16	314.16	738.54	391.32	440.92	473.99	473.99	1212.53	337.3425	0	1-M_TR_2_APF
Jordan Aviles	16	M_TR_2_APF	124.9	125	0.5463	407.85	446.43	-479.5	446.43	308.64	-325.18	341.71	341.71	788.14	446.43	473.99	501.55	501.55	1289.691	319.55625	0	2-M_TR_2_APF
Matthew Bailey	31	M_OR_APF	82.45	82.5	0.6446	363.76	396.83	413.36	413.36	275.58	-292.11	-292.11	275.58	688.94	457.45	485.01	-507.06	485.01	1173.9495	343.2495	0	1-M_OR_APF-82.5
Benjamin Bartz	32	M_OR_APF	89.3	90	0.6146	330.69	358.25	385.81	385.81	231.48	242.51	-253.53	242.51	628.31	418.87	440.92	462.97	462.97	1091.277	304.20225	0	1-M_OR_APF-90
Edward Porter	30	M_OR_APF	87.65	90	0.6209	336.2	347.22	369.27	369.27	225.97	242.51	253.53	253.53	622.8	413.36	435.41	-451.94	435.41	1058.208	298.032	0	2-M_OR_APF-90
Brad Kristensen	28	M_OR_APF	96.45	100	0.5905	-473.99	473.99	-534.62	473.99	352.74	-374.78	380.29	380.29	854.28	584.22	622.8	633.82	633.82	1488.105	398.5875	0	1-M_OR_APF-100
Jacob Ross	29	M_OR_APF	108.5	110	0.5647	462.97	496.04	-540.13	496.04	363.76	-385.81	-385.81	363.76	859.79	573.2	617.29	655.87	655.87	1515.6625	388.23125	0	1-M_OR_APF-110
Shane Rife	27	M_OR_APF	112.8	125	0.5588	325.18	363.76	374.78	374.78	-209.44	220.46	-236.99	220.46	595.24	407.85	418.87	429.9	429.9	1025.139	259.81875	0	1-M_OR_APF-125
Don Powers DL only	43	M_MR_1_APF	114.2	125	0.5571										501.55	551.15	-600.75	551.15		139.275	143.59252	1-M_MR_1_APF