

18-Mar-17 AAPF Beginners Seminar / AAPF Qualifier-Kg Results																							
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbren ner	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	Pl code	Pl-Div-WtCl
Lori Skurka	45	F_MR_2_AAPF	65.7	67.5	0.9189		82.5	82.5	82.5	37.5	-40	40	40	122.5	95	97.5	102.5	102.5	225	206.74125	218.11201	2	1-F_MR_2_AAPF
Theresa Pettigrew	44	F_MCR_1_AAPF	66.4	67.5	0.9113	67.5	77.5	82.5	82.5	45	52.5	-57.5	52.5	135	95	105	112.5	112.5	247.5	225.54675	235.24526	2	1-F_MCR_1_AAPF
Victoria Ceh	44	F_MCR_1_AAPF	55.6	56	1.05	57.5	60	65	65	40	45	-50	45	110	85	87.5	90	90	200	210	219.03	2	2-F_MCR_1_AAPF
Anu Rajan	42	F_MCR_1_AAPF	70.2	75	0.8747	55	60	62.5	62.5	35	40	-42.5	40	102.5	92.5	95	97.5	97.5	200	174.94	178.4388	2	3-F_MCR_1_AAPF
Kristi Carlson	43	F_MCR_1_AAPF	83.7	90	0.7796	60	67.5	-70	67.5	35	-40	40	40	107.5	77.5	85	-90	85	192.5	150.073	154.72526	2	4-F_MCR_1_AAPF
Melissa Aukes	40	F_MR_1_AAPF	67.8	75	0.8964	-62.5	62.5	-70	62.5	42.5	45	-55	45	107.5	95	107.5	117.5	117.5	225	201.67875	201.67875	2	1-F_MR_1_AAPF
Wendy Shadbar	43	F_MR_1_AAPF	85.1	90	0.772	75	85	90	90	42.5	50	-52.5	50	140	90	107.5	-112.5	107.5	247.5	191.05762	196.98041	2	2-F_MR_1_AAPF
Kojilla Jacomo	37	F_SCR_AAPF	55.35	56	1.053	112.5	125	132.5	132.5	45	50	-57.5	50	182.5	120	130	140	140	322.5	339.5925		2	1-F_SCR_AAPF
Anne Pezalla	38	F_SR_AAPF	80.4	82.5	0.7993	60	62.5	65	65	-42.5	45	-42.5	42.5	107.5	80	82.5	90	90	197.5	157.85187		2	1-F_SR_AAPF
Claudia Przystal	20	F_JCR_AAPF	49.4	52	1.1531	80	90	97.5	97.5	42.5	47.5	-52.5	47.5	145	107.5	115	120	120	265	305.5715		2	1-F_JCR_AAPF
Jennifer Mohrs	20	F_JCR_AAPF	57.1	60	1.0277	85	-87.5	-87.5	85	42.5	45	47.5	47.5	132.5	107.5	112.5	117.5	117.5	250	256.925		2	2-F_JCR_AAPF
Natalie Meza	23	F_JR_AAPF	58.7	60	1.0051	75	80	-82.5	80	47.5	50	60	60	140	107.5	112.5	-120	112.5	252.5	253.78775		2	1-F_JR_AAPF
Amanda White	25	F_OCR_AAPF	54.7	56	1.0638	85	92.5	95	95	47.5	50	-55	50	145	125	135	140	140	285	303.183		1	1-F_OCR_AAPF-56
Heather Regnier	41	F_OR_AAPF	55.45	56	1.0514	-95	97.5	107.5	107.5	47.5	52.5	-57.5	52.5	160	107.5	112.5	-122.5	112.5	272.5	286.5065	289.37156	1	1-F_OR_AAPF-56
Amanda Heda	36	F_OR_AAPF	65.6	67.5	0.92	97.5	100	-107.5	100	42.5	-45	45	45	145	100	102.5	107.5	107.5	252.5	232.28737		1	1-F_OR_AAPF-67.5
Inna Rykuryk	26	F_OR_AAPF	68.8	75	0.8872	102.5	112.5	-117.5	112.5	55	-60	62.5	62.5	175	137.5	147.5	-155	147.5	322.5	286.10587		1	1-F_OR_AAPF-75
Stephanie DeMarco	26	F_OR_AAPF	81	82.5	0.7956	82.5	95	110	110	40	45	-50	45	155	87.5	110	122.5	122.5	277.5	220.78512		1	1-F_OR_AAPF-82.5
Michelle Sarna	23	F_OR_AAPF	82.5	82.5	0.7866	72.5	80	87.5	87.5	52.5	-57.5	57.5	57.5	145	115	122.5	132.5	132.5	277.5	218.26762		1	2-F_OR_AAPF-82.5
Jaimie Makowski	28	F_OR_AAPF	144.2	UNL	0.65	105	-122.5	-127.5	105	47.5	50	55	55	160	115	127.5	142.5	142.5	302.5	196.60987		1	1-F_OR_AAPF-UNL
Jon Smoker	70	M_MR_7_AAPF	76.1	82.5	0.6813	140	-147.5	-147.5	140	95	107.5	0	107.5	247.5	150	160	0	160	407.5	277.60937	456.66742	2	1-M_MR_7_AAPF
Gregg Heineman	55	M_MCR_4_AAPF	97.4	100	0.588	-170	170	182.5	182.5	107.5	112.5	-127.5	112.5	295	152.5	160	170	170	465	273.42	334.9395	2	1-M_MCR_4_AAPF
Robert Bierschbach	48	M_MES_2_AAPF	136.4	140	0.5342	-270	270	0	270	190	197.5	0	197.5	467.5	242.5	257.5	-272.5	257.5	725	387.25875	424.82284	2	1-M_MES_2_AAPF
Darren Hodges	45	M_MES_2_AAPF	119.3	125	0.5517	160	-170	-170	160	72.5	80	-90	80	240	180	180	182.5	182.5	422.5	233.07212	245.89109	2	2-M_MES_2_AAPF
David Pettigrew	49	M_MCR_2_AAPF	97	100	0.5891	-165	-165	-165	0	130	137.5	142.5	142.5	0	212.5	220	0	220	0	0	0	2	0
Don Powers	44	M_MEM_1_AAPF	109.3	110	0.5635	-272.5	-272.5	272.5	272.5	165	175	185	175	275	227.5	250	275	275	722.5	407.12875	424.63528	2	1-M_MEM_1_AAPF
Don Fredenhagen	43	M_MCR_1_AAPF	75.05	82.5	0.6879	125	145	160	160	115	127.5	137.5	137.5	297.5	165	185	-200	185	482.5	331.88762	342.17614	2	1-M_MCR_1_AAPF
Jeffrey Freeman	41	M_MCR_1_AAPF	98.55	100	0.5848	142.5	150	162	162.5	100	-110	110	110	272.5	162.5	182.5	-200	182.5	455	266.084	268.74484	2	1-M_MCR_1_AAPF
Peter Puczek	43	M_MR_1_AAPF	95.9	100	0.5938	185	200	0	200	115	120	125	125	325	220	235	0	235	560	332.5	342.8075	2	1-M_MR_1_AAPF
Charlie Acosta	42	M_MR_1_AAPF	99	100	0.5838	142.5	167.5	-182.5	167.5	107.5	120	-127.5	120	287.5	182.5	205	-212.5	205	492.5	287.5215	293.27193	2	2-M_MR_1_AAPF
Josh Franczy	35	M_SCR_AAPF	103.5	110	0.5736	80	-110	110	110	85	102.5	-110	102.5	212.5	145	162.5	-180	162.5	375	215.08125		2	1-M_SCR_AAPF
Hasan Hasan	20	M_JR_AAPF	76.05	82.5	0.6813	102.5	112.5	-125	112.5	-70	70	82.5	82.5	195	102.5	125	140	140	335	228.21875		2	1-M_JR_AAPF
Robert Hyc	18	M_TCR_3_AAPF	80.9	82.5	0.6557	200	217.5	230	230	110	127.5	137.5	137.5	367.5	245	262.5	-272.5	262.5	630	413.091		2	1-M_TCR_3_AAPF
Vince Olejniczak	19	M_TR_2_AAPF	99.7	100	0.5821	207.5	230	242.5	242.5	125	142.5	155	155	397.5	207.5	230	240	240	637.5	371.05687		2	1-M_TR_2_AAPF
Dimitri Chikulas	16	M_TR_2_AAPF	82.6	90	0.6441	120	130	140	140	82.5	92.5	100	100	240	145	152.5	165	165	405	260.8605		2	2-M_TR_2_AAPF
Zach May	22	M_OES_AAPF	74.55	75	0.6913	205	215	0	215	112.5	120	125	125	340	207.5	0	0	207.5	547.5	378.45937		1	1-M_OES_AAPF-75
Eric Masters	28	M_OCR_AAPF	67.5	67.5	0.7484	130	135	142.5	142.5	92.5	97.5	102.5	102.5	245	170	175	-180	175	420	314.328		1	1-M_OCR_AAPF-67.5
Dan Koialovitch	29	M_OCR_AAPF	98.3	100	0.5856	165	170	177.5	177.5	132.5	137.5	140	140	317.5	210	220	227.5	227.5	545	319.152		1	1-M_OCR_AAPF-100
Tatum Susberry	30	M_OCR_AAPF	135.4	140	0.5351	100	0	0	100	100	0	0	100	200	100	0	0	100	300	160.53		1	1-M_OCR_AAPF-140
Timothy Smith	28	M_OR_AAPF	78.5	82.5	0.6664	-122.5	122.5	137.5	137.5	95	92.5	105	105	242.5	147.5	160	172.5	172.5	415	276.556		1	1-M_OR_AAPF-82.5
Bryan Nee	27	M_OR_AAPF	98.75	100	0.5843	227.5	247.5	255	255	132.5	140	145	145	400	255	-270	270	270	670	391.481		1	1-M_OR_AAPF-100
Jason Garrett	25	M_OR_AAPF	93.9	100	0.6001	185	192.5	200	200	132.5	-140	-140	132.5	332.5	230	237.5	245	245	577.5	346.52887		1	2-M_OR_AAPF-100
Brandon Gregrow	26	M_OR_AAPF	90.4	100	0.6104	-185	185	-200	185	137.5	147.5	-152.5	147.5	332.5	-205	212.5	227.5	227.5	560	341.824		1	3-M_OR_AAPF-100
David Pelletier	27	M_OR_AAPF	98.1	100	0.5862	125	-135	-140	125	95	105	-117.5	105	230	147.5	160	172.5	172.5	402.5	235.92537		1	4-M_OR_AAPF-100
Brian Madden	26	M_OR_AAPF	100.7	110	0.5797	125	135	147.5	147.5	110	122.5	-137.5	122.5	270	135	147.5	165	165	435	252.14775		1	1-M_OR_AAPF-110
John Brolley (DL)	54	M_MEM_3_AAPF	95.7	100	0.5929										167.5	182.5	192.5	192.5	114.12362	137.40484	2	1-M_MEM_3_AAPF	
AAPF Beginners Seminar / AAPF Qualifier-Lb Results																							
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbren ner	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	Pl code	Pl-Div-WtCl
Lori Skurka	45	F_MR_2_AAPF	65.7	67.5	0.9189	-181.88	181.88	-187.39	181.88	82.673	-88.184	88.184	88.184	270.06	209.44	214.95	225.97	225.97	496.035	206.74125	218.11201	2	1-F_MR_2_AAPF
Theresa Pettigrew	44	F_MCR_1_AAPF	66.4	67.5	0.9113	148.81	170.86	181.88	181.88	99.207	115.74	-126.76	115.74	297.62	209.44	231.48	248.02	248.02	545.6385	225.54675	235.24526	2	1-F_MCR_1_AAPF
Victoria Ceh	44	F_MCR_1_AAPF	55.6	56	1.05	126.76	132.28	143.3	143.3	88.184	99.207	-110.23	99.207	242.51	187.39	192.9	198.41	198.41	440.92	210	219.03	2	2-F_MCR_1_AAPF
Anu Rajan	42	F_MCR_1_AAPF	70.2	75	0.8747	121.25	132.28	137.79	137.79	77.161	88.184	-93.696	88.184	225.97	203.93	209.44	214.95	214.95	440.92	174.94	178.4388	2	3-F_MCR_1_AAPF
Kristi Carlson	43	F_MCR_1_AAPF	83.7	90	0.7796	132.28	148.81	-154.32	148.81	77.161	88.184	88.184	88.184	236.99	170.86	187.39	-198.41	187.39	424.3855	150.073	154.72526	2	4-F_MCR_1_AAPF
Melissa Aukes	40	F_MR_1_AAPF	67.8	75	0.8964	-137.79	137.79	-154.32	137.79	93.696	99.207	-121.25	99.207	236.99	209.44	236.99	259.04	259.04	496.035	201.67875	201.67875	2	1-F_MR_1_AAPF
Wendy Shadbar	43	F_MR_1_AAPF	85.1	90	0.772	165.35	187.39	198.41	198.41	93.696	110.23	-115.74	110.23	308.64	198.41	236.99	-248.02	236.99	545.6385	191.05762	196.98041	2	2-F_MR_1_AAPF
Kojilla Jacomo	37	F_SCR_AAPF	55.35	56	1.053	248.02	275.58	292.11	292.11	99.207	110.23	-126.76	110.23	402.34	264.55	286.6	308.64	308.64	71				