

3-Dec-16

## APF Gulf Coast Winter Bash- Full Power 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-WtCI
Gillian Tedeschi	29	F_OCR_APF	56	56	1.0439	-137.5	-137.5	-137.5	0	65	-70	-70	65	0	140	145	-165	145	0	0	0	0
Amanda Babino	30	F_OR_APF	55.4	56	1.053	92.5	-95	95	95	47.5	52.5	55	55	150	97.5	100	105	105	255	268.515	0	1-F_OR_APF-56
Anne Keckler	50	F_MCR_3_APF	65.6	67.5	0.91995	102.5	110	-120	110	60	65	-70	65	175	102.5	107.5	117.5	117.5	292.5	269.085375	304.0664738	1-F_MCR_3_APF-67.5
Dean Whitney	72	M_MEM_7_APF	66.4	67.5	0.759	175	190	200	200	-85	85	-95	85	285	175	190	200	200	485	368.115	632.42157	1-M_MEM_7_APF-67.5
Bryan Dyer	45	M_MR_2_APF	66.8	67.5	0.7551	142.5	152.5	160	160	120	125	-127.5	125	285	182.5	197.5	-205	197.5	482.5	364.33575	384.3742163	1-M_MR_2_APF-67.5
Jade Murray	33	F_OCR_APF	72.4	75	0.8563	-105	112.5	-120	112.5	60	65	70	70	182.5	137.5	147.5	-152.5	147.5	330	282.579	0	1-F_OCR_APF-75
Samantha George	33	F_OR_APF	79	82.5	0.8082	85	90	-95	90	37.5	42.5	45	45	135	110	117.5	125	125	260	210.132	0	1-F_OR_APF-82.5
Scott Wilson	54	M_MCR_3_APF	75.4	82.5	0.6858	95	105	110	110	87.5	95	-102.5	95	205	130	140	-145	140	345	236.601	284.867604	1-M_MCR_3_APF-82.5
Thomas Knight	24	M_OCR_APF	82.2	82.5	0.64615	-320	-320	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Terry Jacobs	54	M_MR_3_APF	99	100	0.5838	185	232.5	-245	232.5	125	137.5	142.5	142.5	375	227.5	240	-250	240	615	359.037	432.280548	1-M_MR_3_APF-100
Joseph Sonntag	26	M_OES_APF	99.4	100	0.5828	370	-402.5	402.5	402.5	255	275	-295	275	677.5	275	302.5	307.5	307.5	985	574.058	0	1-M_OES_APF-100
William Meredith	27	M_OCR_APF	108.4	110	0.56485	222.5	237.5	250	250	130	-140	140	140	390	222.5	237.5	250	250	640	361.504	0	1-M_OCR_APF-110
Ethan Norton	33	M_OES_APF	110	110	0.5625	-240	-240	240	240	190	200	207.5	207.5	447.5	267.5	287.5	-302.5	287.5	735	413.4375	0	1-M_OES_APF-110
Joe Norman	48	M_MEM_2_APF	114.8	125	0.55645	387.5	-412.5	435	435	230	-252.5	252.5	252.5	687.5	277.5	302.5	-320	302.5	990	550.8855	604.3213935	1-M_MEM_2_APF-125
Tyrone Evans	39	M_OEM_APF	116	125	0.5551	-275	275	285	285	192.5	197.5	-205	197.5	482.5	295	320	327.5	327.5	810	449.631	0	1-M_OEM_APF-125
Shane Haller	23	M_JCR_APF	139.2	140	0.5318	322.5	347.5	355	355	192.5	210	-217.5	210	565	305	-342.5	-342.5	305	870	462.666	0	1-M_JCR_APF-140
Shane Haller 2	23	M_OCR_APF	139.2	140	0.5318	322.5	347.5	355	355	192.5	210	-217.5	210	565	305	-342.5	-342.5	305	870	462.666	0	1-M_OCR_APF-140
Morgan Mann	32	M_OEM_APF	133	140	0.5374	322.5	-337.5	0	322.5	250	260	-272.5	260	582.5	265	280	-292.5	280	862.5	463.5075	0	1-M_OEM_APF-140

## APF Gulf Coast Winter Bash-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-WtCI
Gillian Tedeschi	29	F_OCR_APF	56	56	1.0439	-303.1325	-303.1325	-303.1325	0	143.299	-154.322	-154.322	143.299	0	308.644	319.667	-363.759	319.667	0	0	0	0
Amanda Babino	30	F_OR_APF	55.4	56	1.053	203.9255	-209.437	209.437	209.437	104.7185	115.7415	121.253	121.253	330.69	214.9485	220.46	231.483	231.483	562.173	268.515	0	1-F_OR_APF-56
Anne Keckler	50	F_MCR_3_APF	65.6	67.5	0.91995	225.9715	242.506	-264.552	242.506	132.276	143.299	-154.322	143.299	385.805	225.9715	236.9945	259.0405	259.0405	644.8455	269.085375	304.0664738	1-F_MCR_3_APF-67.5
Dean Whitney	72	M_MEM_7_APF	66.4	67.5	0.759	385.805	418.874	440.92	440.92	-187.391	187.391	-209.437	187.391	628.311	385.805	418.874	440.92	440.92	1069.231	368.115	632.42157	1-M_MEM_7_APF-67.5
Bryan Dyer	45	M_MR_2_APF	66.8	67.5	0.7551	314.1555	336.2015	352.736	352.736	264.552	275.575	-281.0865	275.575	628.311	402.3395	435.4085	-451.943	435.4085	1063.7195	364.33575	384.3742163	1-M_MR_2_APF-67.5
Jade Murray	33	F_OCR_APF	72.4	75	0.8563	-231.483	248.0175	-264.552	248.0175	132.276	143.299	154.322	154.322	402.3395	303.1325	325.1785	-336.2015	325.1785	727.518	282.579	0	1-F_OCR_APF-75
Samantha George	33	F_OR_APF	79	82.5	0.8082	187.391	198.414	-209.437	198.414	82.6725	93.6955	99.207	99.207	297.621	242.506	259.0405	275.575	275.575	573.196	210.132	0	1-F_OR_APF-82.5
Scott Wilson	54	M_MCR_3_APF	75.4	82.5	0.6858	209.437	231.483	242.506	242.506	192.9025	209.437	-225.9715	209.437	451.943	286.598	308.644	-319.667	308.644	760.587	236.601	284.867604	1-M_MCR_3_APF-82.5
Thomas Knight	24	M_OCR_APF	82.2	82.5	0.64615	-705.472	-705.472	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Terry Jacobs	54	M_MR_3_APF	99	100	0.5838	407.851	512.5695	-540.127	512.5695	275.575	303.1325	314.1555	314.1555	826.725	501.5465	529.104	-551.15	529.104	1355.829	359.037	432.280548	1-M_MR_3_APF-100
Joseph Sonntag	26	M_OES_APF	99.4	100	0.5828	815.702	-887.3515	887.3515	887.3515	562.173	606.265	-650.357	606.265	1493.6165	606.265	666.8915	677.9145	677.9145	2171.531	574.058	0	1-M_OES_APF-100
William Meredith	27	M_OCR_APF	108.4	110	0.56485	490.5235	523.5925	551.15	551.15	286.598	-308.644	308.644	308.644	859.794	490.5235	523.5925	551.15	551.15	1410.944	361.504	0	1-M_OCR_APF-110
Ethan Norton	33	M_OES_APF	110	110	0.5625	-529.104	-529.104	529.104	529.104	418.874	440.92	457.4545	457.4545	986.5585	589.7305	633.8225	-666.8915	633.8225	1620.381	413.4375	0	1-M_OES_APF-110
Joe Norman	48	M_MEM_2_APF	114.8	125	0.55645	854.2825	-909.3975	959.001	959.001	507.058	-556.6615	556.6615	556.6615	1515.6625	611.7765	666.8915	-705.472	666.8915	2182.554	550.8855	604.3213935	1-M_MEM_2_APF-125
Tyrone Evans	39	M_OEM_APF	116	125	0.5551	-606.265	606.265	628.311	628.311	424.3855	435.4085	-451.943	435.4085	1063.7195	650.357	705.472	722.0065	722.0065	1785.726	449.631	0	1-M_OEM_APF-125
Shane Haller	23	M_JCR_APF	139.2	140	0.5318	710.9835	766.0985	782.633	782.633	424.3855	462.966	-479.5005	462.966	1245.599	672.403	-755.0755	-755.0755	672.403	1918.002	462.666	0	1-M_JCR_APF-140
Shane Haller 2	23	M_OCR_APF	139.2	140	0.5318	710.9835	766.0985	782.633	782.633	424.3855	462.966	-479.5005	462.966	1245.599	672.403	-755.0755	-755.0755	672.403	1918.002	462.666	0	1-M_OCR_APF-140
Morgan Mann	32	M_OEM_APF	133	140	0.5374	710.9835	-744.0525	0	710.9835	551.15	573.196	-600.7535	573.196	1284.1795	584.219	617.288	-644.8455	617.288	1901.4675	463.5075	0	1-M_OEM_APF-140

3-Dec-16	<b>APF Gulf Coast Winter Bash- Bench Press Kg Results</b>
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Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCI
Kenneth Moore	57	M_MES_4_APF	89.6	90	0.61335	207.5	-215	-220	207.5	127.270125	161.3785185	1-M_MES_4_APF-90
Mark Davis 2	51	M_MEM_3_APF	72.6	75	0.70565	-190	-190	-190	0	0	0	0
Mark Davis	51	M_OEM_APF	72.6	75	0.70565	-190	-190	-190	0	0	0	0

<b>APF Gulf Coast Winter Bash- Bench Press Lb Results</b>
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Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCI
Kenneth Moore	57	M_MES_4_APF	89.6	90	0.61335	457.4545	-473.989	-485.012	457.4545	127.270125	161.3785185	1-M_MES_4_APF-90
Mark Davis 2	51	M_MEM_3_APF	72.6	75	0.70565	-418.874	-418.874	-418.874	0	0	0	0
Mark Davis	51	M_OEM_APF	72.6	75	0.70565	-418.874	-418.874	-418.874	0	0	0	0

3-Dec-16	APF Gulf Coast Winter Bash- Deadlift Kg Results											
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI
Kenneth Moore	57	M_MES_4_APF	89.6	90	0.61335	-225	-230	-230	0	0	0	0
Peter Vestas	20	M_JCR_APF	74.4	75	0.69265	142.5	-167.5	-167.5	142.5	98.702625	0	1-M_JCR_APF-75
CJ Clearwater	36	M_OEM_APF	99.2	100	0.5833	295	-317.5	-317.5	295	172.0735	0	1-M_OEM_APF-100
	APF Gulf Coast Winter Bash- Deadlift Kg Results											
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI
Kenneth Moore	57	M_MES_4_APF	89.6	90	0.61335	-496.035	-507.058	-507.058	0	0	0	0
Peter Vestas	20	M_JCR_APF	74.4	75	0.69265	314.1555	-369.2705	-369.2705	314.1555	98.702625	0	1-M_JCR_APF-75
CJ Clearwater	36	M_OEM_APF	99.2	100	0.5833	650.357	-699.9605	-699.9605	650.357	172.0735	0	1-M_OEM_APF-100