

4-Feb-17

2017 SD State APF/AAPF Powerlifting Championships-Kg Results

| Name | Age | Div | BWT (Lb) | WCls (Lb) | Glossbrenner | Squat 1 | Squat 2 | Squat 3 | Squat 4 | 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-Div-WCICI |
|--------------------|-----|---------|----------|-----------|--------------|---------|---------|---------|---------|------------|---------|---------|---------|------------|-----------|------------|------------|------------|---------------|----------|-------------|-------------|---------------|
| Melissa Haberstroh | 37 | F-OAAR | 147.5 | 148 | 0.90595 | 105 | 110 | -115 | | 110 | 62.5 | -65 | -65 | 62.5 | 172.5 | 157.5 | 162.5 | -167.5 | 162.5 | 335 | 303.49325 | 303.49325 | 1-F-OAAR-148 |
| Lorin Naasz | 24 | F-OAAR | 179 | 181 | 0.7943 | 117.5 | 130 | 137.5 | | 137.5 | 70 | 75 | 80 | 80 | 217.5 | 142.5 | 152.5 | 162.5 | 162.5 | 380 | 301.834 | 301.834 | 1-F-OAAR-181 |
| Roxanne Lewis | 48 | F-OcR | 131 | 132 | 0.9956 | 77.5 | 82.5 | -85 | | 82.5 | 47.5 | -52.5 | -52.5 | 47.5 | 130 | 105 | 115 | -122.5 | 115 | 245 | 243.922 | 267.582434 | 1-F-OcR-132 |
| Briana Hauck | 20 | F-OcR | 176 | 181 | 0.80305 | 125 | 137.5 | -155 | | 155 | 52.5 | 60 | -65 | 60 | 215 | 137.5 | 152.5 | 155 | 155 | 370 | 297.1285 | 297.1285 | 1-F-OcR-181 |
| Deb Wion | 44 | F-OR | 122 | 123 | 1.0545 | 60 | 70 | -75 | | 70 | 32.5 | -37.5 | -37.5 | 37.5 | 107.5 | 82.5 | 92.5 | -100 | 92.5 | 200 | 210.9 | 219.9687 | 1-F-OR-123 |
| Samantha Williams | 21 | F-OR | 130.5 | 132 | 0.99835 | 75 | 92.5 | -110 | | 110 | 37.5 | 50 | 62.5 | 50 | 160 | -100 | 115 | 125 | 125 | 285 | 284.52975 | 284.52975 | 1-F-OR-132 |
| Kala Espinoza | 32 | F-OR | 131 | 132 | 0.9956 | 95 | 100 | -105 | | 100 | 57.5 | -60 | -60 | 57.5 | 157.5 | 122.5 | -137.5 | -137.5 | 122.5 | 280 | 278.768 | 278.768 | 2-F-OR-132 |
| Stacy Hayford | 34 | F-OR | 145 | 148 | 0.9178 | 97.5 | 105 | -112.5 | | 105 | 60 | 65 | -70 | 65 | 170 | 105 | 115 | 127.5 | 127.5 | 297.5 | 273.0455 | 273.0455 | 1-F-OR-148 |
| Melissa Cuff | 28 | F-OR | 143.5 | 148 | 0.9255 | 75 | 82.5 | 92.5 | | 92.5 | -52.5 | 52.5 | -60 | 52.5 | 145 | 120 | 130 | 137.5 | 137.5 | 282.5 | 261.45375 | 261.45375 | 2-F-OR-148 |
| Kerri Niehaus | 29 | F-OR | 145.5 | 148 | 0.9156 | 92.5 | -102.5 | -107.5 | | 92.5 | 42.5 | 45 | -47.5 | 45 | 137.5 | 110 | 122.5 | -137.5 | 122.5 | 260 | 238.056 | 238.056 | 3-F-OR-148 |
| Ashley Morel | 25 | F-OR | 162.5 | 165 | 0.84605 | 100 | 110 | 117.5 | | 117.5 | 67.5 | 77.5 | 82.5 | 82.5 | 200 | 125 | 140 | 145 | 145 | 345 | 291.88725 | 291.88725 | 1-F-OR-165 |
| Alexis Williams | 24 | F-OR | 189.5 | 198 | 0.7671 | 140 | 142.5 | 147.5 | | 147.5 | 85 | 90 | -97.5 | 90 | 237.5 | 145 | 160 | 172.5 | 172.5 | 410 | 314.511 | 314.511 | 1-F-OR-198 |
| Elizabeth Nelson | 39 | F-OR | 185 | 198 | 0.77855 | 75 | 80 | 85 | | 85 | -55 | 55 | 57.5 | 57.5 | 142.5 | 92.5 | 100 | 110 | 110 | 252.5 | 196.583875 | 196.583875 | 2-F-OR-198 |
| Yvette McKee | 41 | F-OR | 219.5 | SHW | 0.71675 | 85 | 92.5 | 105 | | 105 | 62.5 | 70 | -77.5 | 70 | 175 | 110 | 115 | 122.5 | 122.5 | 297.5 | 213.233125 | 215.3654563 | 1-F-OR-SHW |
| Amanda Culverhouse | 27 | F-OR | 220.5 | SHW | 0.71565 | 52.5 | 57.5 | 65 | | 65 | 42.5 | 47.5 | -50 | 47.5 | 112.5 | 85 | 102.5 | 115 | 115 | 227.5 | 162.810375 | 162.810375 | 2-F-OR-SHW |
| Brad Olson | 37 | M-OAAcR | 181 | 181 | 0.64665 | 175 | 185 | 195 | | 195 | 105 | 115 | -122.5 | 115 | 310 | 190 | 202.5 | -215 | 202.5 | 512.5 | 331.408125 | 331.408125 | 1-M-OAAcR-181 |
| Tom Tieszen | 27 | M-OAAcR | 194 | 198 | 0.6197 | 232.5 | -242.5 | -242.5 | | 232.5 | 155 | 162.5 | 167.5 | 167.5 | 400 | 250 | -265 | 265 | 265 | 665 | 412.1005 | 412.1005 | 1-M-OAAcR-198 |
| Larry Schuck | 39 | M-OAAcR | 214 | 220 | 0.58885 | 227.5 | 242.5 | 260 | | 260 | 152.5 | 167.5 | 172.5 | 172.5 | 432.5 | 227.5 | -250 | -250 | 227.5 | 660 | 388.641 | 388.641 | 1-M-OAAcR-220 |
| Nick Tadlock | 26 | M-OAAcR | 216 | 220 | 0.58635 | 210 | 220 | 227.5 | | 227.5 | 130 | 140 | 142.5 | 142.5 | 370 | 220 | 242.5 | 0 | 242.5 | 612.5 | 359.139375 | 359.139375 | 2-M-OAAcR-220 |
| Chase Harmon | 19 | M-OAAcR | 219 | 220 | 0.58305 | 175 | 185 | 192.5 | | 192.5 | 115 | 122.5 | -132.5 | 122.5 | 315 | 185 | 195 | 205 | 205 | 520 | 303.186 | 303.186 | 3-M-OAAcR-220 |
| Jerry Adkins | 42 | M-OAAcR | 241 | 242 | 0.56305 | 207.5 | -227.5 | -227.5 | | 227.5 | 112.5 | 125 | -127.5 | 125 | 352.5 | 207.5 | 227.5 | -232.5 | 227.5 | 580 | 326.834 | 333.3666 | 1-M-OAAcR-242 |
| Andrew Bressler | 20 | M-OAAcR | 258 | 275 | 0.55405 | 222.5 | -227.5 | -227.5 | | 222.5 | 147.5 | 152.5 | 157.5 | 157.5 | 380 | 247.5 | 262.5 | -272.5 | 262.5 | 642.5 | 355.977125 | 355.977125 | 1-M-OAAcR-275 |
| Brady Steiner | 16 | M-OAAcR | 256 | 275 | 0.555 | 235 | 252.5 | -265 | | 252.5 | 115 | 127.5 | -145 | 127.5 | 380 | 237.5 | 252.5 | 260 | 260 | 640 | 355.2 | 355.2 | 2-M-OAAcR-275 |
| Lucas Bonfield | 33 | M-OAAcR | 323.5 | SHW | 0.5256 | -305 | 305 | 305 | | 305 | -185 | 185 | -190 | 185 | 490 | 310 | 322.5 | -332.5 | 322.5 | 812.5 | 427.05 | 427.05 | 1-M-OAAcR-SHW |
| James Leonhardt | 38 | M-OAAcR | 163.5 | 165 | 0.694 | 185 | 192.5 | 205 | | 205 | 145 | 150 | -160 | 150 | 355 | 192.5 | 207.5 | 215 | 215 | 570 | 395.58 | 395.58 | 1-M-OAAcR-165 |
| Shane Graveman | 40 | M-OAAcR | 181 | 181 | 0.64665 | 205 | -220 | -220 | | 205 | 137.5 | 142.5 | -147.5 | 142.5 | 347.5 | 205 | 215 | -230 | 215 | 562.5 | 363.740625 | 363.740625 | 1-M-OAAcR-181 |
| Larry Robinson | 63 | M-OAAcR | 214 | 220 | 0.58885 | 155 | 170 | 177.5 | | 177.5 | 120 | 125 | -127.5 | 125 | 302.5 | 192.5 | 212.5 | -215 | 212.5 | 515 | 303.25775 | 430.9292628 | 1-M-OAAcR-220 |
| Justen Frank | 41 | M-OAAcR | 234.5 | 242 | 0.5681 | -322.5 | 322.5 | -345 | | 322.5 | 242.5 | 250 | 257.5 | 257.5 | 580 | 250 | -260 | -272.5 | 250 | 830 | 471.523 | 476.23823 | 1-M-OAAcR-242 |
| Travis Anderson | 34 | M-OAAcR | 227 | 242 | 0.5746 | 175 | 182.5 | -192.5 | | 182.5 | 127.5 | -137.5 | -140 | 127.5 | 310 | 202.5 | 215 | -220 | 215 | 525 | 301.665 | 301.665 | 1-M-OAAcR-242 |
| Cole Johnson | 20 | M-OAAcR | 303.5 | 308 | 0.53305 | -210 | 215 | 227.5 | | 227.5 | 120 | 122.5 | 0 | 122.5 | 350 | -215 | 227.5 | -250 | 227.5 | 577.5 | 307.836375 | 307.836375 | 1-M-OAAcR-308 |
| Adam Scherr | 23 | M-OcR | 176 | 181 | 0.65895 | 152.5 | 165 | -175 | | 165 | 100 | 107.5 | 112.5 | 112.5 | 277.5 | 182.5 | 190 | -200 | 190 | 467.5 | 308.059125 | 308.059125 | 1-M-OcR-181 |
| Matt Coughlin | 41 | M-OcR | 211.5 | 220 | 0.59375 | 250 | 265 | 282.5 | | 282.5 | 140 | 147.5 | 160 | 160 | 442.5 | 265 | 285 | 295 | 295 | 737.5 | 437.890625 | 442.2695313 | 1-M-OcR-220 |
| Luke Urbe | 36 | M-OcR | 266 | 275 | 0.55025 | 307.5 | -327.5 | 327.5 | | 327.5 | 215 | 227.5 | 232.5 | 232.5 | 560 | 272.5 | 302.5 | -315 | 302.5 | 862.5 | 474.590625 | 474.590625 | 1-M-OcR-275 |
| Jacob Thompson | 36 | M-OcR | 272.5 | 275 | 0.5471 | -265 | 265 | 275 | | 275 | 115 | 125 | 132.5 | 132.5 | 400 | 275 | 265 | -297.5 | 275 | 682.5 | 373.39575 | 373.39575 | 2-M-OcR-275 |
| Phillip Schmidt | 27 | M-OcR | 275 | 275 | 0.54575 | 227.5 | 250 | -272.5 | | 250 | 147.5 | 157.5 | 165 | 165 | 415 | 142.5 | 202.5 | 240 | 240 | 655 | 357.46625 | 357.46625 | 3-M-OcR-275 |
| Brady Steiner AA | 16 | M-OcR | 265 | 275 | 0.555 | 235 | 255 | -265 | | 252.5 | 115 | 127.5 | -145 | 127.5 | 380 | 237.5 | 252.5 | 260 | 260 | 640 | 355.2 | 355.2 | 4-M-OcR-275 |
| Tanner Baird | 30 | M-OcR | 286 | 308 | 0.5406 | 240 | 260 | 265 | | 265 | 137.5 | 0 | 0 | 137.5 | 402.5 | 275 | 287.5 | 287.5 | 697.5 | 377.0685 | 377.0685 | 1-M-OcR-308 | |
| Jake Daake | 22 | M-OcR | 193.5 | 198 | 0.6205 | 255 | 272.5 | -282.5 | | 272.5 | 157.5 | -167.5 | 167.5 | 167.5 | 440 | 212.5 | 220 | -227.5 | 220 | 660 | 409.53 | 409.53 | 1-M-OcR-198 |
| Zach Brown | 30 | M-OcR | 239 | 242 | 0.56485 | 310 | -320 | -320 | | 310 | 220 | -237.5 | -237.5 | 220 | 530 | 265 | 272.5 | -275 | 272.5 | 802.5 | 453.292125 | 453.292125 | 1-M-OcR-242 |
| Todd World Turner | 31 | M-OR | 165 | 165 | 0.6899 | 112.5 | 127.5 | 137.5 | | 137.5 | 87.5 | 105 | 110 | 110 | 247.5 | 167.5 | 175 | -192.5 | 175 | 422.5 | 291.48275 | 291.48275 | 1-M-OR-165 |
| Jason Dvorak | 33 | M-OR | 179.5 | 181 | 0.65025 | 120 | 130 | -137.5 | | 130 | 85 | 92.5 | -95 | 92.5 | 222.5 | -165 | 165 | 175 | 175 | 397.5 | 258.474375 | 258.474375 | 1-M-OR-181 |
| Jim Peavler | 26 | M-OR | 207.5 | 220 | 0.5977 | 197.5 | 212.5 | 227.5 | | 227.5 | 132.5 | -145 | -145 | 132.5 | 360 | 207.5 | 227.5 | 237.5 | 237.5 | 597.5 | 357.12575 | 357.12575 | 1-M-OR-220 |
| Randy Fuller | 28 | M-OR | 235.5 | 242 | 0.56745 | 252.5 | 272.5 | 287.5 | | 287.5 | 182.5 | 195 | 202.5 | 195 | 482.5 | 265 | 287.5 | 295 | 287.5 | 770 | 436.9365 | 436.9365 | 1-M-OR-242 |
| Kelly Peters | 47 | M-OR | 233 | 242 | 0.5694 | 160 | 170 | 182.5 | | 182.5 | 150 | 160 | -162.5 | 160 | 342.5 | 205 | 215 | -230 | 215 | 557.5 | 317.4405 | 343.470621 | 2-M-OR-242 |
| Adam Tyma | 43 | M-OR | 291 | 308 | 0.53835 | 155 | 175 | 185 | | 185 | 112.5 | 125 | 137.5 | 137.5 | 322.5 | 160 | 172.5 | 195 | 195 | 517.5 | 278.596125 | 287.2326049 | 1-M-OR-308 |
| Kerby Anderson | 23 | M-OR | 334 | SHW | 0.52195 | 142.5 | 150 | 160 | | 160 | 102.5 | -112.5 | -112.5 | 102.5 | 262.5 | 185 | 192.5 | -200 | 192.5 | 455 | 237.48725 | 237.48725 | 1-M-OR-SHW |

2017 SD State APF/AAPF Powerlifting Championships-Lb Results

| Name | Age | Div | BWT (Lb) | WCls (Lb) | Glossbrenner | Squat 1 | Squat 2 | Squat 3 | Squat 4 | 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-Div-WCICI |
|--------------------|-----|--------|----------|-----------|--------------|---------|---------|----------|---------|------------|----------|----------|----------|------------|-----------|------------|------------|------------|---------------|----------|-------------|-------------|--------------|
| Melissa Haberstroh | 37 | F-OAAR | 147.5 | 148 | 0.90595 | 231.483 | 242.506 | -253.529 | 0 | 242.506 | 137.7875 | -143.299 | -143.299 | 137.78 | | | | | | | | | |

| | | | | | | | | | | | | |
|----------|--|--|--|--|--|--|--|--|--|--|--|--|
| 4-Feb-17 | 2017 SD State APF/AAPF Powerlifting Championships-Kg Results | | | | | | | | | | | |
|----------|--|--|--|--|--|--|--|--|--|--|--|--|

| Name | Age | Div | BWt (Lb) | WtCls (Lb) | Glossbrenner | Bench 1 | Bench 2 | Bench 3 | Best Bench | Coeff Score | Age & Coeff | PI-Div-WtCI |
|-----------------|-----|---------|----------|------------|--------------|---------|---------|---------|------------|-------------|-------------|---------------|
| James Leonhardt | 38 | M-OAAeq | 163.5 | 165 | 0.694 | 145 | 150 | -160 | 150 | 104.1 | 104.1 | 1-M-OAAeq-165 |
| Shane Graveman | 40 | M-OAAeq | 181 | 181 | 0.64665 | 137.5 | 142.5 | -147.5 | 142.5 | 92.147625 | 92.147625 | 1-M-OAAeq-181 |
| Brady Bunker | 22 | M-OR | 209 | 220 | 0.59555 | -95 | 100 | -107.5 | 100 | 59.555 | 59.555 | 1-M-OR-220 |
| Ross Tayler | 30 | M-OR | 245 | 275 | 0.56095 | 167.5 | 175 | -185 | 175 | 98.16625 | 98.16625 | 1-M-OR-275 |

| | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 2017 SD State APF/AAPF Powerlifting Championships-Lb Results | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|

| Name | Age | Div | BWt (Lb) | WtCls (Lb) | Glossbrenner | Bench 1 | Bench 2 | Bench 3 | Best Bench | Coeff Score | Age & Coeff | PI-Div-WtCI |
|-----------------|-----|---------|----------|------------|--------------|----------|----------|-----------|------------|-------------|-------------|---------------|
| James Leonhardt | 38 | M-OAAeq | 163.5 | 165 | 0.694 | 319.667 | 330.69 | -352.736 | 330.69 | 104.1 | 104.1 | 1-M-OAAeq-165 |
| Shane Graveman | 40 | M-OAAeq | 181 | 181 | 0.64665 | 303.1325 | 314.1555 | -325.1785 | 314.1555 | 92.147625 | 92.147625 | 1-M-OAAeq-181 |
| Brady Bunker | 22 | M-OR | 209 | 220 | 0.59555 | -209.437 | 220.46 | -236.9945 | 220.46 | 59.555 | 59.555 | 1-M-OR-220 |
| Ross Tayler | 30 | M-OR | 245 | 275 | 0.56095 | 369.2705 | 385.805 | -407.851 | 385.805 | 98.16625 | 98.16625 | 1-M-OR-275 |

| 4-Feb-17 2017 SD State APF/AAPF Powerlifting Championships-Kg Results | | | | | | | | | | | | |
|---|-----|---------|----------|------------|--------------|------------|------------|------------|---------------|-------------|-------------|---------------|
| Name | Age | Div | BWt (Lb) | WtCls (Lb) | Glossbrenner | Deadlift 1 | Deadlift 2 | Deadlift 3 | Best Deadlift | Coeff Score | Age & Coeff | PI-Div-WtCI |
| James Leonhardt | 38 | M-OAAeq | 163.5 | 165 | 0.694 | 192.5 | 207.5 | 215 | 215 | 149.21 | 149.21 | 1-M-OAAeq-165 |
| Shane Graveman | 40 | M-OAAeq | 181 | 181 | 0.64665 | 205 | 215 | -230 | 215 | 139.02975 | 139.02975 | 1-M-OAAeq-181 |
| Patrick Elkin | 32 | M-OAAeq | 238 | 242 | 0.5655 | 227.5 | -250 | -250 | 227.5 | 128.65125 | 128.65125 | 1-M-OAAeq-242 |
| Jason White | 31 | M-OAAR | 192.5 | 198 | 0.6226 | 227.5 | 250 | -265 | 250 | 155.65 | 155.65 | 1-M-OAAR-198 |
| 2017 SD State APF/AAPF Powerlifting Championships-Lb Results | | | | | | | | | | | | |
| Name | Age | Div | BWt (Lb) | WtCls (Lb) | Glossbrenner | Deadlift 1 | Deadlift 2 | Deadlift 3 | Best Deadlift | Coeff Score | Age & Coeff | PI-Div-WtCI |
| James Leonhardt | 38 | M-OAAeq | 163.5 | 165 | 0.694 | 424.3855 | 457.4545 | 473.989 | 473.989 | 149.21 | 149.21 | 1-M-OAAeq-165 |
| Shane Graveman | 40 | M-OAAeq | 181 | 181 | 0.64665 | 451.943 | 473.989 | -507.058 | 473.989 | 139.02975 | 139.02975 | 1-M-OAAeq-181 |
| Patrick Elkin | 32 | M-OAAeq | 238 | 242 | 0.5655 | 501.5465 | -551.15 | -551.15 | 501.5465 | 128.65125 | 128.65125 | 1-M-OAAeq-242 |
| Jason White | 31 | M-OAAR | 192.5 | 198 | 0.6226 | 501.5465 | 551.15 | -584.219 | 551.15 | 155.65 | 155.65 | 1-M-OAAR-198 |

| 4-Feb-17 | | 2017 SD State APF/AAPF Powerlifting Championships-Kg Results | | | | | | | | | | | | | | | |
|-------------------|-----|--|----------|------------|--------------|----------|-----------|----------|------------|------------|------------|------------|---------------|-----------------|-------------|-------------|-------------|
| Name | Age | Div | BWt (Lb) | WtCls (Lb) | Glossbrenner | Bench 1 | Bench 2 | Bench 3 | Best Bench | Deadlift 1 | Deadlift 2 | Deadlift 3 | Best Deadlift | Push Pull Total | Coeff Score | Age & Coeff | PI-Div-WtCI |
| Clara Pazour | 17 | F-OR | 122.5 | 123 | 1.05 | 30 | 35 | -42.5 | 35 | 60 | 65 | 70 | 70 | 105 | 110.25 | 110.25 | 1-F-OR-123 |
| Charlotte Kotnour | 53 | F-OR | 229.5 | SHW | 0.7049 | 67.5 | 72.5 | -80 | 72.5 | -110 | 110 | 112.5 | 112.5 | 185 | 130.4065 | 154.401296 | 1-F-OR-SHW |
| Jesse Tetreault | 41 | M-OR | 255 | 275 | 0.55545 | 182.5 | -187.5 | 0 | 182.5 | 272.5 | 0 | 0 | 272.5 | 455 | 252.72975 | 255.2570475 | 1-M-OR-275 |
| | | 2017 SD State APF/AAPF Powerlifting Championships-Lb Results | | | | | | | | | | | | | | | |
| Name | Age | Div | BWt (Lb) | WtCls (Lb) | Glossbrenner | Bench 1 | Bench 2 | Bench 3 | Best Bench | Deadlift 1 | Deadlift 2 | Deadlift 3 | Best Deadlift | Push Pull Total | Coeff Score | Age & Coeff | PI-Div-WtCI |
| Clara Pazour | 17 | F-OR | 122.5 | 123 | 1.05 | 66.138 | 77.161 | -93.6955 | 77.161 | 132.276 | 143.299 | 154.322 | 154.322 | 231.483 | 110.25 | 110.25 | 1-F-OR-123 |
| Charlotte Kotnour | 53 | F-OR | 229.5 | SHW | 0.7049 | 148.8105 | 159.8335 | -176.368 | 159.8335 | -242.506 | 242.506 | 248.0175 | 248.0175 | 407.851 | 130.4065 | 154.401296 | 1-F-OR-SHW |
| Jesse Tetreault | 41 | M-OR | 255 | 275 | 0.55545 | 402.3395 | -413.3625 | 0 | 402.3395 | 600.7535 | 0 | 0 | 600.7535 | 1003.093 | 252.72975 | 255.2570475 | 1-M-OR-275 |