

April 11 2015

2015 AAPF Nationals - Women FP - Kg Results

Name	Age	Div	BWt (Kg)	WCIa (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WCI	Team	
Aissa Galang	36	F_OR AAPF	90	90	0.74755	130	135	150		150	92.5	95	-97.5		95	245	162.5	167.5	-170		167.5	412.5	308.364375	0	1-F_OR AAPF-90	F3 Fitness	
Alysa Preininger	47	F_MEM 2 AAPF	53.9	56	1.0764	100	130	-137.5		130	40	45	47.5		47.5	177.5	100	125	-132.5		125	302.5	325.611	352.311102	1-F_MEM 2 AAPF-56		
Alyssa Way	23	F_JR AAPF	86.6	90	0.764	117.5	127.5	137.5		137.5	70	75	-80		75	212.5	135	147.5	160	167.5	160	372.5	284.59	0	1-F_JR AAPF-90	Edgars House of Pain	
Anne Keckler	49	F_MR 2 AAPF	61.5	67.5	0.9683	95	-100	100		100	55	-62.5	-62.5		55	155	95	97.5	102.5		102.5	257.5	249.33725	277.5123593	1-F_MR 2 AAPF-67.5		
Ashley Schinske	27	F_OR AAPF	59.6	60	0.99295	85	97.5	-107.5		97.5	80	82.5	-82.5		80	177.5	120	127.5	135		135	312.5	310.296875	0	1-F_OR AAPF-60	Fitspiration Training	
Chantel Soirez	34	F_OR AAPF	67.5	67.5	0.89995	90	95	100		100	55	57.5	-60		57.5	157.5	140	-152.5	-152.5		140	297.5	267.735125	0	1-F_OR AAPF-67.5	Austin Simply Fit	
Chantel Soirez 2	34	F_SR AAPF	67.5	67.5	0.89995	90	95	100		100	55	57.5	60		60	160	140	-152.5	-152.5		140	300	269.985	0	1-F_SR AAPF-67.5	Austin Simply Fit	
Charlie Stevens	44	F_MR 1 AAPF	74.6	75	0.8391	105	115	-125		115	65	75	-80		75	200	150	162.5	-165		162.5	352.5	295.7825	308.501408	1-F_MR 1 AAPF-75	FXD	
Franki Spell	35	F_OR AAPF	75.6	82.5	0.8317	115	-125	-125		115	72.5	80	85		85	200	152.5	165	-170.5		165	365	303.5705	0	1-F_OR AAPF-82.5	Austin Simply Fit	
Franki Spell 2	35	F_SR AAPF	75.6	82.5	0.8317	115	-125	-125		115	72.5	80	85		85	200	152.5	165	-170.5		165	365	303.5705	0	1-F_SR AAPF-82.5	Austin Simply Fit	
Jennifer Gimmell	33	F_OEM AAPF	85.6	90	0.76925	182.5	-200	200		182.5	105	115	120	-125	120	302.5	155	-168	168		168	470.5	361.932125	0	1-F_OEM AAPF-90	Team Stone	
BL Equipped																											
Joan Cooper	55	F_MR 4 AAPF	55.1	56	1.0575	35	0	0		35	42.5	45	-47.5		45	80	60	0	0		60	140	148.05	181.36125	1-F_MR 4 AAPF-56	F3 Fitness	
Karlle Swanson	21	F_JR AAPF	118.3	SHW	0.68	150	162.5	175		175	-80	87.5	90		90	265	162.5	172.5	-182.5		172.5	437.5	297.5	0	1-F_JR AAPF-SHW	Team Swanson	
Krista Bergeron	38	F_OR AAPF	55.5	56	1.0514	110	115	120	-125	120	60	67.5	-72.5		67.5	187.5	142.5	152.5	157.5		157.5	345	362.733	0	1-F_OR AAPF-56	Austin Simply Fit	
Krista Bergeron 2	38	F_SR AAPF	55.5	56	1.0514	110	115	120	-125	120	60	67.5	-72.5		67.5	187.5	142.5	152.5	157.5		157.5	345	362.733	0	1-F_SR AAPF-56	Austin Simply Fit	
BL Raw																											
Kristin Floreno	33	F_OR AAPF	48.6	52	1.1678	97.5	102.5	107.5		107.5	42.5	47.5	52.5		52.5	160	97.5	105	0		105	265	309.467	0	1-F_OR AAPF-52	Motor City Barbell	
Lindsay Kelly	30	F_OR AAPF	86.3	90	0.76555	77.5	82.5	90		90	-70	-70		0	0	0	0	0	0		0	0	0	0	0	0	
Megan O'Mahony	33	F_OR AAPF	82.5	82.5	0.78655	117.5	125	130		130	60	65	-70		65	195	132.5	145	-152.5		145	340	267.427	0	2-F_OR AAPF-82.5		
Meghan Kennihan	33	F_OR AAPF	46.8	48	1.2019	57.5	60	62.5		62.5	40	-42.5	-42.5		40	102.5	82.5	-87.5	87.5		87.5	190	228.361	0	1-F_OR AAPF-48	Cross Fit Defined	
Meghan Kennihan 2	33	F_SR AAPF	46.8	48	1.2019	57.5	60	62.5		62.5	40	-42.5	-42.5		40	102.5	82.5	-87.5	87.5		87.5	190	228.361	0	1-F_SR AAPF-48	Cross Fit Defined	
Robyn Pettinger	33	F_OR AAPF	71.7	75	0.86205	92.5	97.5	-105		97.5	57.5	-65	-65		57.5	155	140	150	157.5		157.5	312.5	269.390625	0	1-F_OR AAPF-75	Austin Simply Fit	
Robyn Pettinger 2	33	F_SR AAPF	71.7	75	0.86205	92.5	97.5	-105		97.5	57.5	-65	-65		57.5	155	140	150	157.5		157.5	312.5	269.390625	0	1-F_SR AAPF-75	Austin Simply Fit	
Sarah Currie	33	F_OR AAPF	116.4	SHW	0.6825	97.5	127.5	-140		127.5	62.5	67.5	-72.5		67.5	195	142.5	165	-170		165	360	245.7	0	2-F_OR AAPF-SHW	Barbell Central	
Sue Kennedy	41	F_MR 1 AAPF	116.7	SHW	0.6821	142.5	152.5	160		160	80	90	95		95	255	-155	160	-167.5		160	415	283.0715	285.902215	1-F_MR 1 AAPF-SHW	DUB Campus	
Tera Kinnane	39	F_OR AAPF	96.4	SHW	0.72605	120	127.5	137.5		137.5	67.5	-72.5	72.5		72.5	210	145	155	167.5		167.5	377.5	274.083875	0	1-F_OR AAPF-SHW	Team Repz	
Tera Kinnane 2	39	F_SR AAPF	96.4	SHW	0.72605	120	127.5	137.5		137.5	67.5	-72.5	72.5		72.5	210	145	155	167.5		167.5	377.5	274.083875	0	1-F_SR AAPF-SHW	Team Repz	
Tessa Highmark	22	F_JR AAPF	61.1	67.5	0.97335	80	85	-90		85	45	-50	-50		45	130	102.5	112.5	117.5		117.5	247.5	240.904125	0	1-F_JR AAPF-67.5	FXD	
Toni Freeman	29	F_OR AAPF	78.4	82.5	0.8122	95	100	105		105	55	60	-62.5		60	165	130	137.5	145		145	310	251.782	0	3-F_OR AAPF-82.5	Cross Fit Defined	
Weronika Bobula	27	F_OR AAPF	66.8	67.5	0.907	112.5	-117.5	-117.5		112.5	55	57.5	60		60	172.5	122.5	-130	-130		122.5	295	267.565	0	2-F_OR AAPF-67.5	Cross Fit Defined	

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2015 AAPF Nationals - Bench Only - Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Alan Ford	49	M_MR_2_AAPF	80.3	82.5	0.65615	107.5	117.5	120		120	78.738	87.635394	1-M_MR_2_AAPF-82.5	
Bill Busby	63	M_MR_5_AAPF	81.5	82.5	0.64975	120	130	-137.5		130	84.4675	120.0283175	1-M_MR_5_AAPF-82.5	Team Busby
Chantel Soirez	34	F_SR_AAPF	67.5	67.5	0.89995	55	-60	0		55	49.49725	0	1-F_SR_AAPF-67.5	
Charles Kielblock	47	M_MEM_2_AAPF	165.8	SHW	0.51175	-255	-255	-330		0	0	0	0	
Charles Kielblock 2	47	M_OEM_AAPF	165.8	SHW	0.51175	-255	-255	-330		0	0	0	0	
Chris Williams	56	M_MR_4_AAPF	85.5	90	0.63035	120	-130	-130		120	75.642	94.249932	3-M_MR_4_AAPF-90	
Chris Williams 2	56	M_OR_AAPF	85.5	90	0.63035	120	-130	-130		120	75.642	94.249932	1-M_OR_AAPF-90	
Dan Klavitter	29	M_OR_AAPF	59.2	60	0.84385	137.5	150	157.5		157.5	132.906375	0	1-M_OR_AAPF-60	
David Zigler	34	M_OR_AAPF	107.3	110	0.56665	175	187.5	-207.5		187.5	106.246875	0	1-M_OR_AAPF-110	
David Zigler 2	34	M_SR_AAPF	107.3	110	0.56665	175	187.5	-207.5		187.5	106.246875	0	1-M_SR_AAPF-110	
Don Machalinski	50	M_MR_3_AAPF	81.1	82.5	0.65185	107.5	115	-120		115	74.96275	84.7079075	2-M_MR_3_AAPF-82.5	SCG
Donald Waltz	52	M_MR_3_AAPF	98.3	100	0.5856	105	-115	-115		105	61.488	71.63352	2-M_MR_3_AAPF-100	
Eric Hubbs	51	M_OEM_AAPF	123.3	125	0.54745	-285	285	-297.5		285	156.02325	178.9586678	1-M_OEM_AAPF-125	BL Equipped
Eric Hubbs 2	51	M_MEM_3_AAPF	123.3	125	0.54745	-285	285	-297.5		285	156.02325	178.9586678	1-M_MEM_3_AAPF-125	
Gary Swanson	55	M_MR_4_AAPF	131.1	140	0.5392	145	150	-155		150	80.88	99.078	1-M_MR_4_AAPF-140	Team Swanson
Humberto Sanchez	40	M_MR_1_AAPF	107.5	110	0.5663	155	165	170		170	96.271	96.271	1-M_MR_1_AAPF-110	LA Fitness
Iosif Plagov	80	M_MR_9_AAPF	66.9	67.5	0.7592	82.5	90	-95		90	68.328	140.0724	1-M_MR_9_AAPF-67.5	BL Raw
Jeffrey Younker	28	M_OR_AAPF	140	140	0.5311	195	207.5	212.5		212.5	112.85875	0	1-M_OR_AAPF-140	Austin Simply Fit
Jim Briggs	56	M_MEM_4_AAPF	89.9	90	0.61425	132.5	-165	165		165	101.35125	126.2836575	1-M_MEM_4_AAPF-90	
Jim Briggs	56	M_MR_4_AAPF	89.9	90	0.61425	132.5	140	-147.5		140	85.995	107.14977	1-M_MR_4_AAPF-90	Team Busby
Jim Briggs 2	56	M_MEM_4_AAPF	89.9	90	0.61425	132.5	-165	-165		132.5	81.388125	101.4096038	1-M_MEM_4_AAPF-90	Team Bus4
Jim Rock	57	M_MR_4_AAPF	85.2	90	0.6317	130	-135	-135		130	82.121	104.129428	2-M_MR_4_AAPF-90	
Joe Gaffin	53	M_MR_3_AAPF	79.3	82.5	0.66175	150	157.5	162.5		162.5	107.534375	127.3207	1-M_MR_3_AAPF-82.5	
John Eric Lindley	43	M_MEM_1_AAPF	106.95	110	0.5671	210	-232.5	-232.5		210	119.091	122.782821	1-M_MEM_1_AAPF-110	
John Machalinski	16	M_OR_AAPF	58.6	60	0.85235	85	90	-95		90	76.7115	0	2-M_OR_AAPF-60	SCG
John Machalinski 2	16	M_TR_2_AAPF	58.6	60	0.85235	85	90	-95		90	76.7115	0	1-M_TR_2_AAPF-60	SCG
Ken Wentworth	44	M_MEM_1_AAPF	74.7	75	0.6906	-187.5	-187.5	-212.5		0	0	0	0	
Kenneth Bram	48	M_MR_2_AAPF	66.6	67.5	0.75705	142.5	145	147.5	150	147.5	111.664875	122.4963679	1-M_MR_2_AAPF-67.5	Lifetime
Kenneth Bram 2	48	M_OR_AAPF	66.6	67.5	0.75705	142.5	145	147.5	150	147.5	111.664875	122.4963679	1-M_OR_AAPF-67.5	Lifetime
Kenny Nonthaweth	34	M_OR_AAPF	64.8	67.5	0.7754	130	-135	-135		130	100.802	0	2-M_OR_AAPF-67.5	
Kenny Nonthaweth 2	34	M_SR_AAPF	64.8	67.5	0.7754	130	-135	-135		130	100.802	0	1-M_SR_AAPF-67.5	
Kirby Anderson	78	M_MEM_8_AAPF	65.9	67.5	0.7693	82.5	-90	90	-92.5	90	69.237	135.773757	1-M_MEM_8_AAPF-67.5	Team Stone
Linda Koos	60	F_MR_5_AAPF	97.7	SHW	0.72215	-35	35	-42.5		35	25.27525	33.868835	1-F_MR_5_AAPF-SHW	Zenzen Barbell
Matthew Walsh	51	M_MR_3_AAPF	99	100	0.5838	167.5	177.5	-182.5		177.5	103.6245	118.8573015	1-M_MR_3_AAPF-100	
Michael Robinsin	45	M_MR_2_AAPF	101.5	110	0.5778	135	142.5	-152.5		142.5	82.3365	86.8650075	1-M_MR_2_AAPF-110	Team Busby
Neil Patrone	55	M_MR_4_AAPF	97.1	100	0.58885	160	165	167.5		167.5	98.632375	120.8246594	1-M_MR_4_AAPF-100	Monster Garage Gym
Paul Rupright	60	M_MEM_5_AAPF	154.4	SHW	0.51975	200	-220	220	-237.5	220	114.345	153.2223	1-M_MEM_5_AAPF-SHW	Quality Classic
Peter Ruane	18	M_TES_3_AAPF	82.5	82.5	0.6446	102.5	117.5	0		117.5	75.7405	0	1-M_TES_3_AAPF-82.5	Misfits
Ray Howell	60	M_MR_6_AAPF	108.3	110	0.5565	165	172.5	-182.5		172.5	97.4625	130.59975	1-M_MR_6_AAPF-110	
Sonny Russell	59	M_MR_4_AAPF	80.6	82.5	0.6545	137.5	142.5	-148		142.5	93.26625	122.6451188	1-M_MR_4_AAPF-82.5	
Tate Briggs	20	M_JR_AAPF	128.6	140	0.5417	155	160	-167.5		160	86.672	0	1-M_JR_AAPF-140	Team Busby

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2015 AAPF Nationals - Deadlift Only - Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Bret Gainsford	34	M_SR_AAPF	80.8	82.5	0.65345	210	-227.5	227.5		227.5	148.659875	0	1-M_SR_AAPF-82.5	Orlando Barbell
Chantel Soirez	34	F_SR_AAPF	67.5	67.5	0.89995	140	150	0		150	134.9925	0	1-F_SR_AAPF-67.5	
Cliff Shipley	56	M_MR_4_AAPF	79.1	82.5	0.6629	185	187.5	0		187.5	124.29375	154.8700125	1-M_MR_4_AAPF-82.5	Team Repz
Gary Dingle	63	M_MES_5_AAPF	93.8	100	0.5987	-265	265	-282.5		265	158.6555	225.4494655	1-M_MES_5_AAPF-100	Quality Classic
Humberto Sanchez	40	M_MR_1_AAPF	107.5	110	0.5663	230	242.5	250		250	141.575	141.575	1-M_MR_1_AAPF-110	LA Fitness
James Jeurink	61	M_MEM_5_AAPF	93.3	100	0.6003	200	230	-250		230	138.069	188.602254	1-M_MEM_5_AAPF-100	
Jeffrey Younker	28	M_OR_AAPF	140	140	0.5311	290	-315	315		290	154.019	0	1-M_OR_AAPF-140	Austin Simply Fit
Malika Berlin	25	F_OR_AAPF	50.6	52	1.1317	127.5	137.5	140		140	158.438	0	1-F_OR_AAPF-52	F3 Fitness
Michael Petrus	52	M_MR_3_AAPF	71.9	75	0.715	167.5	182.5	-197.5		182.5	130.4875	152.0179375	1-M_MR_3_AAPF-75	
Michael Wakeland	39	M_SR_AAPF	71.3	75	0.71565	185	195.5	202.5	207.5	202.5	144.919125	0	1-M_SR_AAPF-75	YMCA
Peter Ruane	18	M_TES_3_AAPF	82.5	82.5	0.6446	197.5	220	240		240	154.704	0	1-M_TES_3_AAPF-82.5	Misfits