

| 29-Oct-16              |     | Beast of the Bench '16-Kg Results |          |            |              |         |         |         |            |             |             |                  |
|------------------------|-----|-----------------------------------|----------|------------|--------------|---------|---------|---------|------------|-------------|-------------|------------------|
| Name                   | Age | Div                               | BWt (Kg) | WtCls (Kg) | Glossbrenner | Bench 1 | Bench 2 | Bench 3 | Best Bench | Coeff Score | Age & Coeff | PI-Div-WtCl      |
| Karen Ferrero Masters  | 47  | F_MR_2_AAPF                       | 46.8     | 48         | 1.2019       | 35      | 40      | -45     | 40         | 48.076      | 52.018232   | 1-F_MR_2_AAPF    |
| Angela Harris          | 40  | F_MR_1_AAPF                       | 88.4     | 90         | 0.755        | 47.5    | 52.5    | 57.5    | 57.5       | 43.4125     | 43.4125     | 1-F_MR_1_AAPF    |
| Melissa Aukes          | 40  | F_MR_1_AAPF                       | 63.65    | 67.5       | 0.9416       | 45      | -50     | -50     | 45         | 42.36975    | 42.36975    | 2-F_MR_1_AAPF    |
| Becky Perlman AAPF     | 33  | F_SR_AAPF                         | 67       | 67.5       | 0.9049       | 52.5    | 57.5    | -62.5   | 57.5       | 52.03175    | 0           | 1-F_SR_AAPF      |
| Jessica Rivera-Montejo | 34  | F_SR_AAPF                         | 100.8    | SHW        | 0.7135       | -62.5   | 62.5    | 65      | 65         | 46.37425    | 0           | 2-F_SR_AAPF      |
| Becky Perlman APF      | 33  | F_SR_APF                          | 67       | 67.5       | 0.9049       | 52.5    | 57.5    | -62.5   | 57.5       | 52.03175    | 0           | 1-F_SR_APF       |
| Jennifer Landise AAPF  | 22  | F_JR_AAPF                         | 64.05    | 67.5       | 0.9374       | 60      | -70     | -70     | 60         | 56.241      | 0           | 1-F_JR_AAPF      |
| Jennifer Landise APF   | 22  | F_JR_APF                          | 64.05    | 67.5       | 0.9374       | 60      | -70     | -70     | 60         | 56.241      | 0           | 1-F_JR_APF       |
| Katie McNulty          | 16  | F_TR_2_AAPF                       | 77.9     | 82.5       | 0.8156       | 62.5    | 65      | 67.5    | 67.5       | 55.049625   | 0           | 1-F_TR_2_AAPF    |
| Mallory Miska          | 17  | F_TR_2_AAPF                       | 55.1     | 56         | 1.0575       | 42.5    | 45      | 47.5    | 47.5       | 50.23125    | 0           | 2-F_TR_2_AAPF    |
| LeighAnn Allen         | 17  | F_TR_2_APF                        | 51       | 52         | 1.1247       | 35      | 37.5    | -42.5   | 37.5       | 42.17625    | 0           | 1-F_TR_2_APF     |
| Karen Ferrero Open     | 47  | F_OR_AAPF                         | 46.8     | 48         | 1.2019       | 35      | 40      | -45     | 40         | 48.076      | 52.018232   | 1-F_OR_AAPF-48   |
| Rebecca Graeber        | 26  | F_OR_AAPF                         | 74.6     | 75         | 0.8391       | 72.5    | 80      | -85     | 80         | 67.128      | 0           | 1-F_OR_AAPF-75   |
| Alycia Tipton          | 29  | F_OR_AAPF                         | 80.05    | 82.5       | 0.8012       | 47.5    | -55     | -55     | 47.5       | 38.054625   | 0           | 1-F_OR_AAPF-82.5 |
| Heather Regnier        | 40  | F_OR_APF                          | 51.35    | 52         | 1.1178       | 45      | 52.5    | -57.5   | 52.5       | 58.6845     | 58.6845     | 1-F_OR_APF-52    |
| Stacy Hawkins          | 30  | F_OR_APF                          | 115.2    | SHW        | 0.6841       | 75      | 80      | -90     | 80         | 54.724      | 0           | 1-F_OR_APF-SHW   |
| Ian Scott              | 79  | M_MR_8_APF                        | 80.55    | 82.5       | 0.6545       | 107.5   | 110     | -117.5  | 110        | 71.995      | 144.34997   | 1-M_MR_8_APF     |
| Ron Panther AAPF       | 65  | M_MR_6_AAPF                       | 72.55    | 75         | 0.7057       | 60      | 70      | 75      | 75         | 52.92375    | 78.32715    | 1-M_MR_6_AAPF    |
| Richard Butman         | 65  | M_MR_6_AAPF                       | 129.8    | 140        | 0.5405       | 70      | 82.5    | 92.5    | 92.5       | 49.99625    | 73.99445    | 2-M_MR_6_AAPF    |
| Ron Panther APF        | 65  | M_MR_6_APF                        | 72.55    | 75         | 0.7057       | 60      | 70      | 75      | 75         | 52.92375    | 78.32715    | 1-M_MR_6_APF     |
| William Busby AAPF     | 64  | M_MR_5_AAPF                       | 85.85    | 90         | 0.631        | 120     | 125     | 0       | 125        | 78.86875    | 114.35968   | 1-M_MR_5_AAPF    |
| William Busby APF      | 64  | M_MR_5_APF                        | 85.85    | 90         | 0.631        | 120     | 125     | 0       | 125        | 78.86875    | 114.35968   | 1-M_MR_5_APF     |
| Jim Briggs AAPF        | 58  | M_MR_4_AAPF                       | 97.75    | 100        | 0.587        | 130     | -135    | 135     | 135        | 79.23825    | 102.29658   | 1-M_MR_4_AAPF    |
| Jim Briggs APF         | 58  | M_MR_4_APF                        | 97.75    | 100        | 0.587        | 130     | -135    | 135     | 135        | 79.23825    | 102.29658   | 1-M_MR_4_APF     |
| Kevin Farley           | 50  | M_MEM_3_AAPF                      | 99.15    | 100        | 0.5833       | -212.5  | -212.5  | 212.5   | 212.5      | 123.95125   | 140.06491   | 1-M_MEM_3_AAPF   |
| Thomas Allen           | 50  | M_MR_3_APF                        | 84.1     | 90         | 0.6368       | 90      | -100    | -100    | 90         | 57.312      | 64.76256    | 1-M_MR_3_APF     |
| Mike Robinson AAPF     | 46  | M_MR_2_AAPF                       | 108.8    | 110        | 0.5643       | 145     | 152.5   | -157.5  | 152.5      | 86.048125   | 91.899397   | 1-M_MR_2_AAPF    |
| Mike Robinson APF      | 46  | M_MR_2_APF                        | 108.8    | 110        | 0.5643       | 145     | 152.5   | -157.5  | 152.5      | 86.048125   | 91.899397   | 1-M_MR_2_APF     |
| Humberto Sanchez AA    | 41  | M_MR_1_AAPF                       | 98.5     | 100        | 0.5851       | 147.5   | 160     | -167.5  | 160        | 93.608      | 94.54408    | 1-M_MR_1_AAPF    |
| Robert Heselton        | 42  | M_MR_1_AAPF                       | 178.9    | SHW        | 0.5031       | -185    | -185    | 0       | 0          | 0           | 0           | 0                |
| Humberto Sanchez AP    | 41  | M_MR_1_APF                        | 98.5     | 100        | 0.5851       | 147.5   | 160     | -167.5  | 160        | 93.608      | 94.54408    | 1-M_MR_1_APF     |
| Peter Puczko           | 43  | M_MR_1_APF                        | 96.2     | 100        | 0.5914       | 115     | 120     | 125     | 125        | 73.925      | 76.216675   | 2-M_MR_1_APF     |
| Nicholas Jones         | 33  | M_SR_AAPF                         | 105.9    | 110        | 0.5699       | 135     | 145     | 157.5   | 157.5      | 89.751375   | 0           | 1-M_SR_AAPF      |
| Tate Briggs AAPF       | 21  | M_JR_AAPF                         | 137.8    | 140        | 0.533        | -172.5  | 172.5   | -182.5  | 172.5      | 91.9425     | 0           | 1-M_JR_AAPF      |
| Thomas Martin          | 22  | M_JR_APF                          | 98.3     | 100        | 0.5856       | 162.5   | 172.5   | 185     | 185        | 108.336     | 0           | 1-M_JR_APF       |
| Blake Berger           | 21  | M_JR_APF                          | 86.3     | 90         | 0.6269       | 132.5   | 142.5   | 147.5   | 147.5      | 92.460375   | 0           | 2-M_JR_APF       |
| Tate Briggs APF        | 21  | M_JR_APF                          | 137.8    | 140        | 0.533        | -172.5  | 172.5   | -182.5  | 172.5      | 91.9425     | 0           | 3-M_JR_APF       |
| Tyler Klicka           | 21  | M_JR_APF                          | 86.7     | 90         | 0.6251       | 127.5   | 132.5   | 137.5   | 137.5      | 85.95125    | 0           | 4-M_JR_APF       |
| Cody Wong              | 23  | M_JR_APF                          | 77.3     | 82.5       | 0.6737       | -115    | 122.5   | -130    | 122.5      | 82.522125   | 0           | 5-M_JR_APF       |
| Brian Irmiter          | 28  | M_OR_AAPF                         | 90       | 90         | 0.6119       | 160     | -177.5  | -177.5  | 160        | 97.896      | 0           | 1-M_OR_AAPF-90   |
| Calvin Seith           | 28  | M_OR_AAPF                         | 89.55    | 90         | 0.6134       | 120     | 127.5   | 137.5   | 137.5      | 84.335625   | 0           | 2-M_OR_AAPF-90   |
| Adam Jablonowski       | 27  | M_OR_AAPF                         | 98       | 100        | 0.5864       | 160     | 172.5   | 182.5   | 182.5      | 107.00887   | 0           | 1-M_OR_AAPF-100  |
| Jason Garrett          | 25  | M_OR_AAPF                         | 93.05    | 100        | 0.601        | 120     | 127.5   | 132.5   | 132.5      | 79.625875   | 0           | 2-M_OR_AAPF-100  |
| Cleveland Rose         | 36  | M_OR_AAPF                         | 96.5     | 100        | 0.5905       | 110     | 122.5   | -130    | 122.5      | 72.33625    | 0           | 3-M_OR_AAPF-100  |
| Delvin Jennings        | 32  | M_OR_AAPF                         | 108.9    | 110        | 0.5648       | 182.5   | 187.5   | 190     | 190        | 107.3025    | 0           | 1-M_OR_AAPF-110  |
| Sean Johnson           | 29  | M_OR_AAPF                         | 104.7    | 110        | 0.5713       | 152.5   | 162.5   | 167.5   | 167.5      | 95.684375   | 0           | 2-M_OR_AAPF-110  |
| Sergii Kalenyk         | 25  | M_OR_AAPF                         | 111      | 125        | 0.5611       | 162.5   | 172.5   | -180    | 172.5      | 96.78975    | 0           | 1-M_OR_AAPF-125  |
| Quinn Schmidt          | 30  | M_OR_AAPF                         | 135.3    | 140        | 0.5352       | 117.5   | -135    | -135    | 117.5      | 62.886      | 0           | 1-M_OR_AAPF-140  |
| Ben Chantos            | 25  | M_OR_APF                          | 74.95    | 75         | 0.6886       | 137.5   | -147.5  | -147.5  | 137.5      | 94.675625   | 0           | 1-M_OR_APF-75    |
| Carrick Herron         | 28  | M_OR_APF                          | 88.4     | 90         | 0.6181       | 132.5   | 140     | 142.5   | 142.5      | 88.07925    | 0           | 1-M_OR_APF-90    |
| Scott Kiser            | 27  | M_OR_APF                          | 88.5     | 90         | 0.6177       | 107.5   | 117.5   | -130    | 117.5      | 72.57975    | 0           | 2-M_OR_APF-90    |
| Chris Danner           | 30  | M_OR_APF                          | 109      | 110        | 0.564        | 165     | 182.5   | -187.5  | 182.5      | 102.92087   | 0           | 1-M_OR_APF-110   |

| 29-Oct-16              |     | Rise of the DL '16-Kg Results |          |            |              |            |            |            |               |             |             |                  |
|------------------------|-----|-------------------------------|----------|------------|--------------|------------|------------|------------|---------------|-------------|-------------|------------------|
| Name                   | Age | Div                           | BWt (Kg) | WtCls (Kg) | Glossbrenner | Deadlift 1 | Deadlift 2 | Deadlift 3 | Best Deadlift | Coeff Score | Age & Coeff | PI-Div-WtCl      |
| Karen Ferrero Masters  | 47  | F_MR_2_AAPF                   | 46.8     | 48         | 1.2019       | 82.5       | 85         | -90        | 85            | 102.1615    | 110.53874   | 1-F_MR_2_AAPF    |
| Melissa Aukes          | 40  | F_MR_1_AAPF                   | 63.65    | 67.5       | 0.9416       | 85         | 92.5       | 105        | 105           | 98.86275    | 98.86275    | 1-F_MR_1_AAPF    |
| Angela Harris          | 40  | F_MR_1_AAPF                   | 88.4     | 90         | 0.755        | 117.5      | -125       | 125        | 125           | 94.375      | 94.375      | 2-F_MR_1_AAPF    |
| Mallory Miska          | 17  | F_TR_2_AAPF                   | 55.1     | 56         | 1.0575       | 97.5       | 110        | 115        | 115           | 121.6125    | 0           | 1-F_TR_2_AAPF    |
| Katie McNulty          | 16  | F_TR_2_AAPF                   | 77.9     | 82.5       | 0.8156       | -132.5     | 132.5      | -145       | 132.5         | 108.06037   | 0           | 2-F_TR_2_AAPF    |
| LeighAnn Allen         | 17  | F_TR_2_APF                    | 51       | 52         | 1.1247       | 65         | 80         | 85         | 85            | 95.5995     | 0           | 1-F_TR_2_APF     |
| Karen Ferrero Open     | 47  | F_OR_AAPF                     | 46.8     | 48         | 1.2019       | 82.5       | 85         | -90        | 85            | 102.1615    | 110.53874   | 1-F_OR_AAPF-48   |
| Rebecca Graeber        | 26  | F_OR_AAPF                     | 74.6     | 75         | 0.8391       | 132.5      | -147.5     | -155       | 132.5         | 111.18075   | 0           | 1-F_OR_AAPF-75   |
| Alycia Tipton          | 29  | F_OR_AAPF                     | 80.05    | 82.5       | 0.8012       | 92.5       | 102.5      | 110        | 110           | 88.1265     | 0           | 1-F_OR_AAPF-82.5 |
| Heather Regnier        | 40  | F_OR_APF                      | 51.35    | 52         | 1.1178       | 107.5      | -115       | -115       | 107.5         | 120.1635    | 120.1635    | 1-F_OR_APF-52    |
| Stacy Hawkins          | 30  | F_OR_APF                      | 115.2    | SHW        | 0.6841       | 135        | 140        | 147.5      | 147.5         | 5           | 0           | 1-F_OR_APF-SHW   |
| Gary Dingle            | 65  | M_MR_6_AAPF                   | 94.1     | 100        | 0.5977       | -260       | -260       | 260        | 260           | 155.402     | 229.99496   | 1-M_MR_6_AAPF    |
| Ron Panther AAPF       | 65  | M_MR_6_AAPF                   | 72.55    | 75         | 0.7057       | 125        | 137.5      | 145        | 145           | 102.31925   | 151.43249   | 2-M_MR_6_AAPF    |
| Ron Panther APF        | 65  | M_MR_6_APF                    | 72.55    | 75         | 0.7057       | 125        | 137.5      | 145        | 145           | 102.31925   | 151.43249   | 1-M_MR_6_APF     |
| Don Machalinski        | 52  | M_MR_3_AAPF                   | 81.5     | 82.5       | 0.6498       | 145        | 152.5      | 155        | 155           | 100.71125   | 117.32860   | 1-M_MR_3_AAPF    |
| Thomas Allen           | 50  | M_MR_3_APF                    | 84.1     | 90         | 0.6368       | 100        | 105        | 107.5      | 107.5         | 68.456      | 77.35528    | 1-M_MR_3_APF     |
| Don Powers             | 44  | M_MEM_1_APF                   | 109.6    | 110        | 0.5631       | 272.5      | -282.5     | -282.5     | 272.5         | 153.44475   | 160.04287   | 1-M_MEM_1_APF    |
| Humberto Sanchez AA    | 41  | M_MR_1_AAPF                   | 98.5     | 100        | 0.5851       | 232.5      | 245        | 250        | 250           | 146.2625    | 147.72512   | 1-M_MR_1_AAPF    |
| Robert Heselton        | 42  | M_MR_1_AAPF                   | 215      | SHW        | 0.4838       | 210        | 220        | -230       | 220           | 106.4459    | 108.57481   | 2-M_MR_1_AAPF    |
| Humberto Sanchez AP    | 41  | M_MR_1_APF                    | 98.5     | 100        | 0.5851       | 232.5      | 245        | 250        | 250           | 146.2625    | 147.72512   | 1-M_MR_1_APF     |
| Peter Puczko           | 43  | M_MR_1_APF                    | 96.2     | 100        | 0.5914       | 235        | -245       | 0          | 235           | 138.979     | 143.28734   | 2-M_MR_1_APF     |
| Nicholas Jones         | 33  | M_SR_AAPF                     | 105.9    | 110        | 0.5699       | 225        | -235       | 0          | 225           | 128.21625   | 0           | 1-M_SR_AAPF      |
| Rupert Montejo         | 34  | M_SR_AAPF                     | 125      | 125        | 0.5454       | 160        | 170        | 175        | 175           | 95.445      | 0           | 2-M_SR_AAPF      |
| Jessica Rivera-Montejo | 34  | M_SR_AAPF                     | 100.8    | 110        | 0.5795       | -130       | 135        | 140        | 140           | 81.123      | 0           | 3-M_SR_AAPF      |
| Blake Berger           | 21  | M_JR_AAPF                     | 86.3     | 90         | 0.6269       | 240        | 255        | -265       | 255           | 159.84675   | 0           | 1-M_JR_AAPF      |
| Ronan Delve            | 19  | M_JR_AAPF                     | 88.15    | 90         | 0.6189       | 195        | 212.5      | -217.5     | 212.5         | 131.50562   | 0           | 2-M_JR_AAPF      |
| Thomas Martin          | 22  | M_JR_APF                      | 98.3     | 100        | 0.5856       | 260        | 275        | 280        | 280           | 163.968     | 0           | 1-M_JR_APF       |
| Tyler Klicka           | 21  | M_JR_APF                      | 86.7     | 90         | 0.6251       | 205        | 215        | 227.5      | 227.5         | 142.21025   | 0           | 2-M_JR_APF       |
| Kyle Lytle             | 19  | M_TEM_3_APF                   | 75       | 75         | 0.6886       | 172.5      | -190       | -197.5     | 172.5         | 118.77487   | 0           | 1-M_TEM_3_APF    |
| Noah Schor             | 16  | M_TR_2_AAPF                   | 90       | 90         | 0.6119       | 160        | -175       | -175       | 160           | 97.896      | 0           | 1-M_TR_2_AAPF    |
| GiHo Jeong AAPF        | 15  | M_TR_1_AAPF                   | 73.9     | 75         | 0.6999       | 155        | 165        | 172.5      | 172.5         | 120.72412   | 0           | 1-M_TR_1_AAPF    |
| GiHo Jeong APF         | 15  | M_TR_1_APF                    | 73.9     | 75         | 0.6999       | 155        | 165        | 172.5      | 172.5         | 120.72412   | 0           | 1-M_TR_1_APF     |
| Andrew Carroll         | 32  | M_OR_AAPF                     | 79.2     | 82.5       | 0.6624       | 157.5      | 165        | 172.5      | 172.5         | 114.25537   | 0           | 1-M_OR_AAPF-82.5 |
| Brian Irmiter          | 28  | M_OR_AAPF                     | 90       | 90         | 0.6119       | 222.5      | 235        | -242.5     | 235           | 143.78475   | 0           | 1-M_OR_AAPF-90   |
| Calvin Seith           | 28  | M_OR_AAPF                     | 89.55    | 90         | 0.6134       | 165        | 185        | 200        | 200           | 122.67      | 0           | 2-M_OR_AAPF-90   |
| Cleveland Rose         | 36  | M_OR_AAPF                     | 96.5     | 100        | 0.5905       | 237.5      | 255        | 270        | 270           | 159.435     | 0           | 1-M_OR_AAPF-100  |
| Charles Newton         | 30  | M_OR_AAPF                     | 95.2     | 100        | 0.5943       | 227.5      | 245        | -257.5     | 245           | 145.6035    | 0           | 2-M_OR_AAPF-100  |
| Jason Garrett          | 25  | M_OR_AAPF                     | 93.05    | 100        | 0.601        | 220        | 235        | 242.5      | 242.5         | 145.73037   | 0           | 3-M_OR_AAPF-100  |
| Adam Jablonowski       | 27  | M_OR_AAPF                     | 98       | 100        | 0.5864       | 225        | 240        | -245       | 240           | 140.724     | 0           | 4-M_OR_AAPF-100  |
| Sean Johnson           | 29  | M_OR_AAPF                     | 104.9    | 110        | 0.5718       | 227.5      | 240        | 250        | 250           | 142.9375    | 0           | 1-M_OR_AAPF-110  |
| Quinn Schmidt          | 30  | M_OR_AAPF                     | 135.3    | 140        | 0.5352       | 235        | 247.5      | -255       | 247.5         | 132.462     | 0           | 1-M_OR_AAPF-140  |
| Ben Chantos            | 25  | M_OR_APF                      | 74.95    | 75         | 0.6886       | -220       | -220       | 0          | 0             | 0           | 0           | 0                |
| Scott Kiser            | 27  | M_OR_APF                      | 88.5     | 90         | 0.6177       | 190        | 200        | 217.5      | 217.5         | 134.34975   | 0           | 1-M_OR_APF-90    |
| Carrick Herron         | 28  | M_OR_APF                      | 88.4     | 90         | 0.6181       | 197.5      | 210        | 212.5      | 212.5         | 131.34625   | 0           | 2-M_OR_APF-90    |
| Chris Danner           | 30  | M_OR_APF                      | 109      | 110        | 0.564        | 247.5      | 275        | 282.5      | 282.5         | 159.31587   | 0           | 1-M_OR_APF-110   |