

2013 APF/AAPF Great Lakes Open: 26 JAN 13
 Performance Edge Training Center, Grand Rapids MI
 Black Owl Barbell

Divisions	
Abbrev	Description
M_OR_APF	Men Open Raw APF
M_OR_AAPF	Men Open Raw AAPF
M_OE_APF	Men Open Equiped APF
M_OE_AAPF	Men Open Equiped AAPF
M_TE_2_APF	Men Teen 2 Equiped APF: 16-17
M_TR_2_AAPF	Men Teen 2 Raw AAPF: 16-17
M_TR_3_AAPF	Men Teen 3 Raw AAPF: 18-19
M_JR_AAPF	Men Junior Raw AAPF: 20-23
M_SME_AAPF	Men Sub-Master Equiped AAPF: 33-39
M_SMR_AAPF	Men Sub-Master Raw AAPF: 33-39
M_SMR_APF	Men Sub-Master Raw APF: 33-39
M_SME_APF	Men Sub-Master Equiped APF: 33-39
M_MR_1_AAPF	Men Master 1 Raw AAPF: 40-44
M_ME_1_APF	Men Master 1 Equiped APF: 40-44
M_MR_2_AAPF	Men Master 2 Raw AAPF: 45-49
M_MR_3_APF	Men Master 3 Raw APF: 50-54
M_ME_3_AAPF	Men Master 3 Equiped AAPF: 50-54
F_OR_AAPF	Women Open Raw AAPF
F_OE_AAPF	Women Open Equiped AAPF
F_SMR_AAPF	Women Sub-Master Raw AAPF: 33-39
F_MR_1_AAPF	Women Master 1 Raw AAPF: 40-44
F_ME_3_AAPF	Women Master 3 Equiped AAPF: 50-54

26 Jan 13		APF/AAPF Great Lakes Open Results: Full Power																																					
Name	Age	Div	BWt (Lb)	WtCls (Lb)	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	PI-Div-WtCI	Team	Notes																
Aaron Brown _OR	36	M_OR_APF	260.8	275	0.5527	550	580	-600	580	420	455	465	465	1045	575	620	-655	620	1665	920.2455	1-M_OR_APF-275	Black Owl Barbell																	
Aaron Brown _SMR	36	M_SMR_APF	260.8	275	0.5527	550	580	-600	580	420	455	465	465	1045	575	620	-655	620	1665	920.2455	1-M_SMR_APF-275	Black Owl Barbell																	
Aaron West	32	M_OR_APF	241	242	0.5635	425	475	-510	475	340	360	0	360	835	605	660	700	700	1535	864.9725	1-M_OR_APF-242																		
Alex Vanos	28	M_OR_AAPF	195.6	198	0.61685	435	470	-500	470	225	245	255	255	725	405	440	465	465	1190	734.0515	2-M_OR_AAPF-198																		
Andrew Willard _OE	33	M_OE_AAPF	239.8	242	0.56425	575	645	-700	645	375	465	500	500	1145	495	545	-600	545	1690	953.5825	1-M_OE_AAPF-242																		
Andrew Willard _SME	33	M_SME_AAPF	239.8	242	0.56425	575	645	-700	645	375	465	500	500	1145	495	545	-600	545	1690	953.5825	1-M_SME_AAPF-242																		
Christopher Inglese	22	M_OR_APF	194.8	198	0.6181	370	-390	-400	370	315	-335	-335	315	685	495	515	545	545	1230	760.263	1-M_OR_APF-198																		
Colby Gillette	17	M_TE_2_APF	145.8	148	0.762	320	355	390	390	200	220	230	230	620	300	325	340	340	960	731.52	1-M_TE_2_APF-148																		
Dan Allison	26	M_OR_AAPF	197.4	198	0.61375	525	-575	-575	525	300	-320	-320	300	825	525	565	580	580	1405	862.31875	1-M_OR_AAPF-198	Powr Performance Gym																	
David Travers	24	M_OR_AAPF	142.8	148	0.7754	195	225	250	250	185	215	-225	215	465	305	320	340	340	805	624.197	1-M_OR_AAPF-148																		
Dennis Soule II	35	M_OE_APF	240.4	242	0.56395	600	650	-700	650	-450	450	-475	450	1100	550	600	620	620	1720	969.994	1-M_OE_APF-242	Berserker Powerlifting	Best Lifter Heavyweight																
Jacob Soule	34	M_OE_APF	220.4	220	0.5813	-450	-475	475	475	400	-425	-440	400	875	475	500	530	530	1405	816.7265	1-M_OE_APF-220	Berserker Powerlifting																	
Jake Harmon	21	M_JR_AAPF	252.2	275	0.5569	470	500	530	530	380	-400	400	400	930	600	650	-670	650	1580	879.902	1-M_JR_AAPF-275																		
Jeff Cory	41	M_ME_1_APF	210	220	0.594	740	-775	785	785	595	615	630	630	1415	495	520	-530	520	1935	1149.39	1-M_ME_1_APF-220		Best Lifter Lightweight																
Jeff Mumaw _ME	50	M_ME_3_AAPF	180.6	181	0.6504	465	-485	505	505	250	260	-270	260	765	485	515	-525	515	1280	832.512	1-M_ME_3_AAPF-181																		
Jeff Mumaw _OE	50	M_OE_AAPF	180.6	181	0.6504	465	-485	505	505	250	260	-270	260	765	485	515	-525	515	1280	832.512	1-M_OE_AAPF-181																		
Jenn Gavala	38	F_OR_AAPF	113.4	114	1.1178	175	-190	190	190	125	135	-140	135	325	225	245	255	255	580	648.324	1-F_OR_AAPF-114	Detroit Barbell																	
Jerome Cook	39	M_SME_AAPF	208	220	0.5971	530	560	-600	560	380	-405	-405	380	940	510	-550	-550	510	1450	865.795	1-M_SME_AAPF-220	The Dungeon Gym																	
John Balcazar	37	M_SMR_AAPF	180.8	181	0.64715	315	335	355	355	250	260	270	270	625	350	400	435	435	1060	685.979	1-M_SMR_AAPF-181	F3 Warriors																	
Jordan Hanges	24	M_OR_AAPF	177.6	181	0.6545	275	290	315	315	225	245	-255	245	560	350	375	385	385	945	618.5025	1-M_OR_AAPF-181																		
Kevin Zerbo	27	M_OR_AAPF	274.4	275	0.546	-435	475	-515	475	315	365	-400	365	840	435	500	525	525	1365	745.29	2-M_OR_AAPF-275	Powr Performance Gym																	
Koley Hockeborn _ME	52	F_ME_3_AAPF	129	132	1.0079	255	290	315	315	220	240	-255	240	555	260	290	330	330	885	891.9915	1-F_ME_3_AAPF-132																		
Koley Hockeborn _OE	52	F_OE_AAPF	129	132	1.0079	255	290	315	315	220	240	-255	240	555	260	290	330	330	885	891.9915	1-F_OE_AAPF-132																		
Miguel Guillen	32	M_OE_APF	165	165	0.6899	-520	520	550	550	385	-400	400	400	950	455	-500	-500	455	1405	969.3095	1-M_OE_APF-165	Black Owl Barbell																	
Noah Sazy	16	M_TR_2_AAPF	195	198	0.6177	280	305	325	325	-150	150	-165	150	475	345	385	415	415	890	549.753	1-M_TR_2_AAPF-198	Black Owl Barbell																	
Randy Cairns _MR	47	M_MR_2_AAPF	269.2	275	0.54875	510	540	600	600	300	320	-340	320	920	550	620	0	620	1540	845.075	1-M_MR_2_AAPF-275																		
Randy Cairns _OR	47	M_OR_AAPF	269.2	275	0.54875	510	540	600	600	300	320	-340	320	920	550	620	0	620	1540	845.075	1-M_OR_AAPF-275																		

26 Jan 13		APF/AAPF Great Lakes Open Results: Ironman (Push-Pull)																
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	PI-Div-WtCI	Team	
Maureen DuJardin	43	F_MR_1_AAPF	142.2	148	0.9323	100	105	115	115	275	290	305	305	420	391.566	1-F_MR_1_AAPF-148	F3 Warriors	
Erika Crawford	32	F_OR_AAPF	186.6	198	0.77465	125	130	-140	130	265	280	295	295	425	329.22625	1-F_OR_AAPF-198	F3 Warriors	
Garrin Clark	44	M_MR_1_AAPF	160.2	165	0.70485	215	220	-225	220	415	435	460	460	680	479.298	1-M_MR_1_AAPF-165	F3 Warriors	
Tim Hensly	32	M_OE_AAPF	197.8	198	0.613	-760	-760	760	760	610	640	-660	640	1400	858.2	1-M_OE_AAPF-198	Detroit Barbell	
Nick Hinkle	34	M_OR_AAPF	219.8	220	0.58205	320	325	335	335	390	420	440	440	775	451.08875	1-M_OR_AAPF-220	Black Owl Barbell	
Paul Gonzalez	30	M_OR_APF	219.2	220	0.5828	335	355	-370	355	560	585	600	600	955	556.574	1-M_OR_APF-220		
Tony Fallucca	29	M_OR_APF	219	220	0.58305	355	375	-400	375	425	470	525	525	900	524.745	2-M_OR_APF-220		
Keith Davis	34	M_SMR_AAPF	195	198	0.6177	300	320	330	330	400	500	545	545	875	540.4875	1-M_SMR_AAPF-198	F3 Warriors	
Blake Richards	18	M_TR_3_AAPF	163.6	165	0.694	225	235	245	245	375	395	410	410	655	454.57	1-M_TR_3_AAPF-165	F3 Warriors	

26 Jan 13		APF/AAPF Great Lakes Open Results: Bench Only											
Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	PI-Div-WtCI	Team	
JJ Thomas	32	M_OE_AAPF	208.8	220	0.59585	530	575	-600	575	342.61375	1-M_OE_AAPF-220	Detroit Barbell	
Joe Fargo _ OE	34	M_OE_APF	195	198	0.6177	565	585	-600	585	361.3545	1-M_OE_APF-198	Flint Barbell Club	
Joe Fargo _ SME	34	M_SME_APF	195	198	0.6177	565	585	-600	585	361.3545	1-M_SME_APF-198	Flint Barbell Club	
Kyle Hanges	26	M_OR_APF	218	220	0.58535	365	-405	-405	365	213.65275	1-M_OR_APF-220		
Lisa Cook _ OR	36	F_OR_AAPF	160.8	165	0.8523	85	-95	-95	85	72.4455	1-F_OR_AAPF-165	The Dungeon Gym	
Lisa Cook _ SMR	36	F_SMR_AAPF	160.8	165	0.8523	85	-95	-95	85	72.4455	1-F_SMR_AAPF-165	The Dungeon Gym	
Scott Davis	17	M_TR_2_AAPF	180	181	0.64925	320	-330	-330	320	207.76	1-M_TR_2_AAPF-181	Black Owl Barbell	

26 Jan 13		APF/AAPF Great Lakes Open Results: Deadlift Only										
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	PI-Div-WtCI	Team
George Guyott	50	M_MR_3_APF	197	198	0.61415	385	405	430	430	264.0845	1-M_MR_3_APF-198	Black Owl Barbell