

08-Aug-15 QC Strength Expo - FP - 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	PI-Div-WtCI	Team	
Kiersten Scurlock	22	F_JR_APF	74.9	75	0.8369	142.5	155	160	160	70	77.5	-82.5	77.5	237.5	160	170	177.5	177.5	415	347.29275	1-F_JR_APF		Female Junior Best Lifter
Taylor Longstreth	18	F_TR_3_APF	73	75	0.8515	-85	90	92.5	92.5	50	55	-57.5	55	147.5	82.5	87.5	92.5	92.5	240	204.36	1-F_TR_3_APF	L&M High School	Female Teen Best Lifter
Emma Sadoris	18	F_TR_3_APF	53.6	56	1.0812	-112.5	115	-120	115	0			0	0	0			0	0	0	0		
Rochelle Longstreth	14	F_TR_1_APF	76.6	82.5	0.8246	60	65	72.5	72.5	37.5	42.5	45	45	117.5	65	70	82.5	82.5	200	164.91	1-F_TR_1_APF	L&M High School	
Laura Beazley	34	F_OR_APF	87.5	90	0.7594	-135	-135	-137.5	0	65	70	-72.5	70	0	137.5	142.5	145	145	0	0	0	QC Barbell	
John Dengler	33	M_SR_APF	79.8	82.5	0.659	175	207.5	220	220	115	125	-130	125	345	212.5	225	235	235	580	382.191	1-M_SR_APF		
William Slocum	23	M_JR_APF	97.2	100	0.5886	232.5	-242.5	-242.5	232.5	157.5	162.5	-167.5	162.5	395	257.5	272.5	-277.5	272.5	667.5	392.85712	1-M_JR_APF		Male Junior Best Lifter
Jeremy Lewis	17	M_TR_2_APF	89.7	90	0.613	185	-195	197.5	197.5	-102.5	105	-110	105	302.5	197.5	202.5	-207.5	202.5	505	309.565	1-M_TR_2_APF	QC Barbell	Male Teen Best Lifter
Edward Cupp	33	M_OR_APF	73.9	75	0.6999	-117.5	-120	122.5	122.5	80	85	95	95	217.5	115	120	127.5	127.5	345	241.44825	1-M_OR_APF-75	QC Barbell	
Sean Orton	23	M_OR_APF	80.7	82.5	0.654	185	192.5	197.5	197.5	105	115	-120	115	312.5	227.5	242.5	-247.5	242.5	555	362.97	1-M_OR_APF-82.5		
Richard Beeler	24	M_OR_APF	87.7	90	0.6209	175	185	-190	185	120	125	-132.5	125	310	220	230	240	240	550	341.495	1-M_OR_APF-90		
Richie Rowe	28	M_OR_APF	85.5	90	0.6304	155	170	182.5	182.5	-102.5	107.5	-112.5	107.5	290	200	-215	215	215	505	318.32675	2-M_OR_APF-90	QC Barbell	
Nicolas Xavier	26	M_OR_APF	95.7	100	0.5929	195	207.5	-222.5	227.5	127.5	155	-182.5	155	382.5	245	262.5	0	262.5	645	382.38825	1-M_OR_APF-100		Male Open Best Lifter
Tom Helms	29	M_OR_APF	96	100	0.592	212.5	227.5	235	235	125	137.5	-145	137.5	372.5	235	-252.5	260	260	632.5	374.40837	2-M_OR_APF-100		

QC Strength Expo - FP - 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	PI-Div-WtCI	Team	
Kiersten Scurlock	22	F_JR_APF	74.9	75	0.8369	314.16	341.71	352.74	352.74	154.32	170.86	-181.88	170.86	523.59	352.74	374.78	391.32	391.32	914.909	347.29275	1-F_JR_APF		
Taylor Longstreth	18	F_TR_3_APF	73	75	0.8515	-187.39	198.41	203.93	203.93	110.23	121.25	-126.76	121.25	325.18	181.88	192.9	203.93	203.93	529.104	204.36	1-F_TR_3_APF	L&M High School	
Emma Sadoris	18	F_TR_3_APF	53.6	56	1.0812	-248.02	253.53	-264.55	253.53	0	0	0	0	0	0	0	0	0	0	0	0		
Rochelle Longstreth	14	F_TR_1_APF	76.6	82.5	0.8246	132.28	143.3	159.83	159.83	82.673	93.696	99.207	99.207	259.04	143.3	154.32	181.88	181.88	440.92	164.91	1-F_TR_1_APF	L&M High School	
Laura Beazley	34	F_OR_APF	87.5	90	0.7594	-297.62	-297.62	-303.13	0	143.3	154.32	-159.83	154.32	0	303.13	314.16	319.67	319.67	0	0	0	QC Barbell	
John Dengler	33	M_SR_APF	79.8	82.5	0.659	385.81	457.45	485.01	485.01	253.53	275.58	-286.6	275.58	760.59	468.48	496.04	518.08	518.08	1278.668	382.191	1-M_SR_APF		
William Slocum	23	M_JR_APF	97.2	100	0.5886	512.57	-534.62	-534.62	512.57	347.22	358.25	-369.27	358.25	870.82	567.68	600.75	-611.78	600.75	1471.5705	392.85712	1-M_JR_APF		
Jeremy Lewis	17	M_TR_2_APF	89.7	90	0.613	407.85	-429.9	435.41	435.41	-225.97	231.48	-242.51	231.48	666.89	435.41	446.43	-457.45	446.43	1113.323	309.565	1-M_TR_2_APF	QC Barbell	
Edward Cupp	33	M_OR_APF	73.9	75	0.6999	-259.04	-264.55	270.06	270.06	176.37	187.39	209.44	209.44	479.5	253.53	264.55	281.09	281.09	760.587	241.44825	1-M_OR_APF-75	QC Barbell	
Sean Orton	23	M_OR_APF	80.7	82.5	0.654	407.85	424.39	435.41	435.41	231.48	253.53	-264.55	253.53	688.94	501.55	534.62	-545.64	534.62	1223.553	362.97	1-M_OR_APF-82.5		
Richard Beeler	24	M_OR_APF	87.7	90	0.6209	385.81	407.85	-418.87	407.85	264.55	275.58	-292.11	275.58	683.43	485.01	507.06	529.1	529.1	1212.53	341.495	1-M_OR_APF-90		
Richie Rowe	28	M_OR_APF	85.5	90	0.6304	341.71	374.78	402.34	402.34	-225.97	236.99	-248.02	236.99	639.33	440.92	-473.99	473.99	473.99	1113.323	318.32675	2-M_OR_APF-90	QC Barbell	
Nicolas Xavier	26	M_OR_APF	95.7	100	0.5929	429.9	457.45	-490.52	501.55	281.09	341.71	-402.34	341.71	843.26	540.13	578.71	0	578.71	1421.967	382.38825	1-M_OR_APF-100		
Tom Helms	29	M_OR_APF	96	100	0.592	468.48	501.55	518.08	518.08	275.58	303.13	-319.67	303.13	821.21	518.08	-556.66	573.2	573.2	1394.4095	374.40837	2-M_OR_APF-100		

08-Aug-15	QC Strength Expo - BP - Kg Results													
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	PI-Div-WtCI	Team		
Shane Schroeder	46	M_MR_2_APF	78.2	82.5	0.6682	102.5	105	-112.5	105	70.15575	1-M_MR_2_APF	QC Barbell		
Donavon Wilson BP	15	M_TR_1_APF	112.5	125	0.5592	85	102.5	-107.5	102.5	57.312875	1-M_TR_1_APF			
	QC Strength Expo - BP - Lb Results													
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	PI-Div-WtCI	Team		
Shane Schroeder	46	M_MR_2_APF	78.2	82.5	0.6682	225.97	231.48	-248.02	231.483	70.15575	1-M_MR_2_APF	QC Barbell		
Donavon Wilson BP	15	M_TR_1_APF	112.5	125	0.5592	187.39	225.97	-236.99	225.9715	57.312875	1-M_TR_1_APF			

08-Aug-15	QC Strength Expo - DL - Kg Results													
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	PI-Div-WtCI	Team		
Stephen Schaecher	22	M_JR_APF	95.7	100	0.5929	222.5	232.5	252.5	252.5	149.69462	1-M_JR_APF	QC Barbell		
Donavon Wilson DL	15	M_TR_1_APF	112.5	125	0.5592	130	-147.5	-165	130	72.6895	1-M_TR_1_APF			
	QC Strength Expo - DL - Lb Results													
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	PI-Div-WtCI	Team		
Stephen Schaecher	22	M_JR_APF	95.7	100	0.5929	490.52	512.57	556.66	556.6615	149.69462	1-M_JR_APF	QC Barbell		
Donavon Wilson DL	15	M_TR_1_APF	112.5	125	0.5592	286.6	-325.18	-363.76	286.598	72.6895	1-M_TR_1_APF			