

07-Mar-14

## APF Lift 4 Lupus - Full Power - 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	Age & Coeff	PI-Div-WtCl
Cerono Chavez	18	M_TR_APF	150.6	SHW	0.52265	200	220	227.5	227.5	142.5	147.5	157.5	157.5	385	200	210	222.5	222.5	607.5	317.509875	0	1-M_TR_APF
Dana Dengler	34	F_OR_APF	76.66	82.5	0.8238	75	-80	80	80	47.5	50	-52.5	50	130	100	105	107.5	107.5	237.5	195.6525	0	1-F_OR_APF-82.5
Jeremy Lewis	17	M_TR_APF	88.45	90	0.6177	175	180	185	185	92.5	102.5	-107.5	102.5	287.5	180	185	190	190	477.5	294.95175	0	2-M_TR_APF
John Dengler	33	M_OR_APF	81.19	82.5	0.6513	-197.5	197.5	-217.5	197.5	-110	110	122.5	122.5	320	202.5	220	-227.5	220	540	351.702	0	2-M_OR_APF-82.5
Kathy Lee	54	F_MR_APF	62.5	67.5	0.9559	-102.5	-102.5	-102.5	0	37.5	45	55	55	0	-110	110	117.5	117.5	0	0	0	0
Keanu Mafnas	17	M_TR_APF	98.88	100	0.58535	-155	155	165	165	82.5	-102.5	102.5	102.5	267.5	160	172.5	182.5	182.5	450	263.4075	0	3-M_TR_APF
Laura Beazley	34	F_OR_APF	83.5	90	0.78075	125	132.5	137.5	137.5	62.5	67.5	-70	67.5	205	135	-142.5	-142.5	135	340	265.455	0	1-F_OR_APF-90
Lee Zumdom	35	M_OR_APF	94.6	100	0.59615	165	-187.5	-187.5	165	142.5	152.5	-162.5	152.5	317.5	165	192.5	205	205	522.5	311.488375	0	2-M_OR_APF-100
Paul Scully	24	M_OR_APF	80.29	82.5	0.65615	185	205	217.5	217.5	-110	-110	-110	0	0	185	200	-217.5	200	0	0	0	0
Richie Rowe	27	M_OR_APF	87	90	0.62385	160	167.5	-180	167.5	105	110	-117.5	110	277.5	-212.5	-212.5	-227.5	0	0	0	0	0
Sam Martin	20	M_OR_APF	73.7	75	0.69755	130	142.5	-150	142.5	-112.5	120	-125	120	262.5	175	185	192.5	192.5	455	317.38525	0	1-M_OR_APF-75
Stanton Schneider	41	M_OR_APF	82.5	82.5	0.6446	200	-210	-222.5	200	142.5	147.5	-155	147.5	347.5	207.5	222.5	-227.5	222.5	570	367.422	371.09622	1-M_OR_APF-82.5
Stephen Schaecher	21	M_OR_APF	98.5	100	0.58505	197.5	212.5	-225	212.5	115	-120	-120	115	327.5	225	240	-252.5	240	567.5	332.015875	0	1-M_OR_APF-100

## APF Lift 4 Lupus - Full Power - 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	Age & Coeff	PI-Div-WtCl
Cerono Chavez	18	M_TR_APF	150.6	SHW	0.52265	440.92	485.012	501.5465	501.5465	314.1555	325.1785	347.2245	347.2245	848.771	440.92	462.966	490.5235	490.5235	1339.2945	317.509875	0	1-M_TR_APF
Dana Dengler	34	F_OR_APF	76.66	82.5	0.8238	165.345	-176.368	176.368	176.368	104.7185	110.23	-115.7415	110.23	286.598	220.46	231.483	236.9945	236.9945	523.5925	195.6525	0	1-F_OR_APF-82.5
Jeremy Lewis	17	M_TR_APF	88.45	90	0.6177	385.805	396.828	407.851	407.851	203.9255	225.9715	-236.9945	225.9715	633.8225	396.828	407.851	418.874	418.874	1052.6965	294.95175	0	2-M_TR_APF
John Dengler	33	M_OR_APF	81.19	82.5	0.6513	-435.4085	435.4085	-479.5005	435.4085	-242.506	242.506	270.0635	270.0635	705.472	446.4315	485.012	-501.5465	485.012	1190.484	351.702	0	2-M_OR_APF-82.5
Kathy Lee	54	F_MR_APF	62.5	67.5	0.9559	-225.9715	-225.9715	-225.9715	0	82.6725	99.207	121.253	121.253	0	-242.506	242.506	259.0405	259.0405	0	0	0	0
Keanu Mafnas	17	M_TR_APF	98.88	100	0.58535	-341.713	341.713	363.759	363.759	181.8795	-225.9715	225.9715	225.9715	589.7305	352.736	380.2935	402.3395	402.3395	992.07	263.4075	0	3-M_TR_APF
Laura Beazley	34	F_OR_APF	83.5	90	0.78075	275.575	292.1095	303.1325	303.1325	137.7875	148.8105	-154.322	148.8105	451.943	297.621	-314.1555	-314.1555	297.621	749.564	265.455	0	1-F_OR_APF-90
Lee Zumdom	35	M_OR_APF	94.6	100	0.59615	363.759	-413.3625	-413.3625	363.759	314.1555	336.2015	-358.2475	336.2015	699.9605	363.759	424.3855	451.943	451.943	1151.9035	311.488375	0	2-M_OR_APF-100
Paul Scully	24	M_OR_APF	80.29	82.5	0.65615	407.851	451.943	479.5005	479.5005	-242.506	-242.506	-242.506	0	0	407.851	440.92	-479.5005	440.92	0	0	0	0
Richie Rowe	27	M_OR_APF	87	90	0.62385	352.736	369.2705	-396.828	369.2705	231.483	242.506	-259.0405	242.506	611.7765	-468.4775	-468.4775	-501.5465	0	0	0	0	0
Sam Martin	20	M_OR_APF	73.7	75	0.69755	286.598	314.1555	-330.69	314.1555	-248.0175	264.552	-275.575	264.552	578.7075	385.805	407.851	424.3855	424.3855	1003.093	317.38525	0	1-M_OR_APF-75
Stanton Schneider	41	M_OR_APF	82.5	82.5	0.6446	440.92	-462.966	-490.5235	440.92	314.1555	325.1785	-341.713	325.1785	766.0985	457.4545	490.5235	-501.5465	490.5235	1256.622	367.422	371.09622	1-M_OR_APF-82.5
Stephen Schaecher	21	M_OR_APF	98.5	100	0.58505	435.4085	468.4775	-496.035	468.4775	253.529	-264.552	-264.552	253.529	722.0065	496.035	529.104	-556.6615	529.104	1251.1105	332.015875	0	1-M_OR_APF-100

07-Mar-14	APF Lift 4 Lupus - Squat Only - Kg Results												
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Best Squat	Coeff Score	Age & Coeff	PI-Div-WtCI	
Peter Kipper	51	M_MR_APF	107.95	110	0.5655	187.5	-210	-210	187.5	106.03125	121.6178438	1-M_MR_APF	
APF Lift 4 Lupus - Squat Only - Lb Results													
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Best Squat	Coeff Score	Age & Coeff	PI-Div-WtCI	
Peter Kipper	51	M_MR_APF	107.95	110	0.5655	413.3625	-462.966	-462.966	413.3625	106.03125	121.6178438	1-M_MR_APF	

07-Mar-14	APF Lift 4 Lupus - Bench Only - 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
Jakob Kluger	24	M_OR_APF	109.54	110	0.5632	142.5	-152.5	-152.5	142.5	80.256	0	1-M_OR_APF-110
APF Lift 4 Lupus - Bench Only - Lb Results												
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCl
Jakob Kluger	24	M_OR_APF	109.54	110	0.5632	314.1555	-336.2015	-336.2015	314.1555	80.256	0	1-M_OR_APF-110

07-Mar-14	APF Lift 4 Lupus - Deadlift Only - Kg Results											
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI
Sarah Cupp	32	F_OR_APF	68	75	0.8945	125	130	137.5	137.5	122.99375	0	1-F_OR_APF-75
APF Lift 4 Lupus - Deadlift Only - Lb Results												
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI
Sarah Cupp	32	F_OR_APF	68	75	0.8945	275.575	286.598	303.1325	303.1325	122.99375	0	1-F_OR_APF-75