

18-Nov-17 2XL Intro to Powerlifting-Kg Results

Name	Age	Div	BWT (Kg)	WCIs (Kg)	Glossbrn ner	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	Score & Coef	PI-Div-WCI
Jean Salley	71	F_MR_7_APF	47.15	48	1.1942	20	25	27.5	27.5	25	27.5	30	30	67.5	57.5	62.5	-65	62.5	120	143.304	240.894024	1-F_MR_7_APF
Carola Pena	45	F_MR_2_APF	59.9	60	0.9889	67.5	77.5	87.5	87.5	37.5	40	-42.5	40	127.5	82.5	92.5	102.5	102.5	230	227.447	239.956585	1-F_MR_2_APF
Anitra DuPart	44	F_MR_1_APF	67.9	75	0.8954	102.5	112.5	-130	112.5	-57.5	62.5	-70	62.5	175	112.5	122.5	137.5	137.5	312.5	279.8125	191.844437	1-F_MR_1_APF
Liz Lopez	33	F_SR_APF	72.35	75	0.8563	70	77.5	90	90	47.5	52.5	-57.5	52.5	142.5	107.5	115	127.5	127.5	270	231.201	0	1-F_SR_APF
Alex Rodriguez	23	F_JCR_APF	92.5	UNL	0.73865	142.5	155	170	170	97.5	107.5	-120	107.5	277.5	155	170	187.5	187.5	465	343.47225	0	1-F_JCR_APF
Lauren McAdon	21	F_JR_APF	65.45	67.5	0.9211	85	92.5	97.5	97.5	45	50	-55	50	147.5	105	117.5	125	125	272.5	250.99975	0	1-F_JR_APF
Caitlyn Prosapio	28	F_OCR_APF	61.3	67.5	0.9708	92.5	97.5	102.5	102.5	47.5	52.5	-57.5	52.5	155	105	117.5	122.5	122.5	277.5	269.397	0	1-F_OCR_APF-67.5
Cassandra Misiak	24	F_OR_APF	58.15	60	1.012	-77.5	-77.5	77.5	77.5	47.5	-55	-57.5	47.5	125	102.5	110	122.5	122.5	247.5	250.47	0	1-F_OR_APF-60
Ashley Deck	31	F_OR_APF	64.1	67.5	0.93735	62.5	65	67.5	67.5	45	-47.5	-47.5	45	112.5	-92.5	97.5	105	105	217.5	203.873625	0	1-F_OR_APF-67.5
Seth Lamen	43	M_MR_1_APF	74.55	75	0.89125	127.5	140	150	150	97.5	105	115	115	265	155	165	172.5	172.5	437.5	302.421879	11.796953	1-M_MR_1_APF
John Hoff	40	M_MR_1_APF	112.4	125	0.55925	197.5	207.5	-215	207.5	107.5	115	-122.5	115	322.5	182.5	192.5	200	200	522.5	292.208125	292.208125	2-M_MR_1_APF
Mark Stephens	36	M_SCR_APF	109.65	110	0.5629	195	207.5	215	215	150	160	-195	160	375	240	255	260	260	635	357.4415	0	1-M_SCR_APF
Jacob Pfau	35	M_SR_APF	99.55	100	0.5923	165	182.5	-192.5	182.5	112.5	125	-135	125	307.5	202.5	227.5	227.5	227.5	535	311.5305	0	1-M_SR_APF
Alex Carl	29	M_JCR_APF	79.5	82.5	0.6606	175	192.5	202.5	202.5	110	117.5	122.5	122.5	325	220	235	242.5	242.5	567.5	374.8905	0	1-M_JCR_APF
Alejandro Jimenez	21	M_JCR_APF	79.15	82.5	0.66235	172.5	-180	180	180	115	120	122.5	122.5	302.5	190	195	205	205	507.5	336.142625	0	2-M_JCR_APF
Cooper Napoli	21	M_JCR_APF	74.35	75	0.69265	157.5	175	-177.5	175	87.5	95	100	100	275	180	190	202.5	202.5	477.5	330.740375	0	3-M_JCR_APF
Renee Henert	23	M_JCR_APF	93.95	100	0.598	80	82.5	85	85	40	42.5	47.5	47.5	132.5	92.5	95	97.5	97.5	230	137.54	0	4-M_JCR_APF
Nicholas Rosello	19	M_TCR_3_APF	81.35	82.5	0.65025	207.5	220	-232.5	220	110	120	122.5	122.5	342.5	172.5	197.5	205	205	547.5	356.011875	0	1-M_TCR_3_APF
Jakob Kolodziej	18	M_TR_3_APF	80.10	82.5	0.6567	182.5	200	212.5	212.5	115	125	-137.5	125	337.5	195	215	-227.5	215	552.5	362.82675	0	1-M_TR_3_APF
Jetaime Covello	32	M_OCR_APF	55.05	56	0.9078	-82.5	82.5	92.5	92.5	-47.5	50	-50	47.5	140	92.5	97.5	102.5	102.5	242.5	220.1415	0	1-M_OCR_APF-56
Jordan Bradley	24	M_OCR_APF	79.7	82.5	0.6595	170	-187.5	190	190	120	132.5	-140	132.5	322.5	205	227.5	-235	227.5	550	362.725	0	1-M_OCR_APF-82.5
Matthew Walters	26	M_OCR_APF	89.8	90	0.6126	185	195	200	200	102.5	112.5	122.5	122.5	325	210	230	232.5	232.5	555	339.993	0	1-M_OCR_APF-90
Christ Nicholas	30	M_OCR_APF	86.5	90	0.62595	125	145	160	160	97.5	105	117.5	117.5	277.5	160	185	192.5	192.5	470	294.1965	0	2-M_OCR_APF-90
Derek Nelson	24	M_OCR_APF	99.7	100	0.58205	185	-192.5	197.5	197.5	115	120	125	125	322.5	197.5	215	-227.5	215	537.5	312.851875	0	1-M_OCR_APF-100
Kevin DeStefano	30	M_OCR_APF	96.2	100	0.5914	105	142.5	157.5	157.5	102.5	115	125	125	282.5	185	195	-212.5	195	472.5	282.3935	0	2-M_OCR_APF-100
David Turner	30	M_OCR_APF	106.15	110	0.5945	195	210	227.5	227.5	152.5	160	-177.5	160	387.5	227.5	262.5	275	275	672.5	378.598125	0	1-M_OCR_APF-110
Darren Cooper	30	M_OCR_APF	105.3	110	0.5701	192.5	207.5	-220	207.5	162.5	170	175	175	392.5	232.5	242.5	260	260	642.5	366.28925	0	2-M_OCR_APF-110
Marco Thierry	26	M_OCR_APF	124.5	125	0.546	175	187.5	192.5	192.5	125	137.5	147.5	147.5	340	185	205	-227.5	205	545	297.57	0	1-M_OCR_APF-125
Daniel McCormack	25	M_OR_APF	74.05	75	0.6947	125	132.5	142.5	142.5	107.5	-115	-115	107.5	250	170	172.5	180	180	430	298.721	0	1-M_OR_APF-75
Jesse Shapiro	26	M_OR_APF	81.45	82.5	0.64975	160	175	182.5	182.5	115	127.5	-137.5	127.5	310	187.5	200	205	205	515	334.62125	0	1-M_OR_APF-82.5
Christopher Roth	27	M_OR_APF	123.7	125	0.54695	190	202.5	212.5	212.5	112.5	120	-125	120	332.5	225	242.5	-260	242.5	575	314.49625	0	1-M_OR_APF-125
Lynn Vrdoljak	61	F_MR_5_APF	77.25	82.5	0.81965					25	27.5	30	30		45	65	75	75	105	86.06325	17.562399	1-F_MR_5_APF
Jerry Lezon	65	M_MR_6_APF	77.8	82.5	0.6706					67.5	77.5	85	85						57.001	84.36148		1-M_MR_6_APF

2XL Intro to Powerlifting-Lb Results

Name	Age	Div	BWT (Kg)	WCIs (Kg)	Glossbrn ner	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	Score & Coef	PI-Div-WCI	
Jean Salley	71	F_MR_7_APF	47.15	48	1.1942	44.092	55.115	60.6265	60.6265	55.115	60.6265	66.138	66.138	126.76461	26.76451	37.7875	143.299137	7875	264.552	143.304	240.894024	1-F_MR_7_APF	
Carola Pena	45	F_MR_2_APF	59.9	60	0.9889	148.8105170.8565192.902592	90.2592	90.2592	90.2592	88.184	93.6955	88.184	88.184	281.08651	81.8795203	92.52525	97.15225	97.15	507.058	227.447	239.956585	1-F_MR_2_APF	
Anitra DuPart	44	F_MR_1_APF	67.9	75	0.8954	225.9715248.0175.286.598248.0175	126.7848137	7875	154.322137	7875	385.805	248.0175270.0635303	1325303	1325	688.9375	279.8125	191.844437		595.242	279.8125	191.844437	1-F_MR_1_APF	
Liz Lopez	33	F_SR_APF	72.35	75	0.8563	154.3222170.8565198.414	198.414	104.7185115	74.15126.76451	15.7415314	1555236.9945253	529.281	0.865281	0.865	595.242	231.201	0		595.242	231.201	0	1-F_SR_APF	
Alex Rodriguez	23	F_JCR_APF	92.5	UNL	0.73865	314.1555341.713	374.782	374.782	209.437	236.9945	264.552	252.266	994.561	17765	341.713	374.782	413.3625	13.3625	1025.139	343.47225	0	1-F_JCR_APF	
Lauren McAdon	21	F_JR_APF	65.45	67.5	0.9211	187.391	203.925214.9485214.9485	14.9485	99.207	110.23	-121.253	110.23	325.1785	231.483	259.0405	275.575	275.575	600.7535	250.99975	0	1-F_JR_APF		
Caitlyn Prosapio	28	F_OCR_APF	61.3	67.5	0.9708	203.925214.9485214.9485	97.1504	71.85115	74.15126.76451	15.7415314	713	231.483	259.0405	270.0635270.0635	611.7765	269.397	0		611.7765	269.397	0	1-F_OCR_APF-67.5	
Cassandra Misiak	24	F_OR_APF	58.15	60	1.012	170.856170.8565170.8565	170.8565	104.7185	121.253	126.7848104	7185	275.575	225.9715	242.506	270.0635270.0635	545.6385	250.47	0		545.6385	250.47	0	1-F_OR_APF-60
Ashley Deck	31	F_OR_APF	64.1	67.5	0.93735	137.7875	143.299148.8105	148.8105	99.207	104.7185104	7185	99.207	248.0175203.925214.9485	231.483	479.5005	203.873625	0		479.5005	203.873625	0	1-F_OR_APF-67.5	
Seth Lamen	43	M_MR_1_APF	74.55	75	0.89125	281.0865308.644	330.69	330.69	214.9485	231.483	253.529	263.629	584.219	341.713	363.759	380.2935	380.2935	964.5125	302.421879	11.796953	1-M_MR_1_APF		
John Hoff	40	M_MR_1_APF	112.4	125	0.55925	435.408547.4545	473.989	473.989	454.5473	399.479	330.69	352.736	363.759	352.736	826.725	529.104	562.173	573.196	1399.921	357.4415	0	2-M_MR_1_APF	
Mark Stephens	36	M_SCR_APF	109.65	110	0.5629	429.897	457.4545	473.989	473.989	330.69	352.736	363.759	352.736	826.725	529.104	562.173	573.196	1399.921	357.4415	0	1-M_SCR_APF		
Jacob Pfau	35	M_SR_APF	99.55	100	0.5923	363.759	402.3395424.3855424.3395424	0175.275.575	-297.621	275.575	297.621	275.575	677.915402	339546	431501	5465501	5465	1179.461	311.5305	0	1-M_SR_APF		
Alex Carl	29	M_JCR_APF	79.5																				