

2-Dec-17

APF Gulf Coast Winter Bash-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2
Mirian Fernandes	50	F_MES_3_APF	73.7	75	0.84605	-170	-170
Donna Bingham	48	F_MCR_2_APF	81.8	82.5	0.7907	110	120
Claudia Gomez 2	44	F_MCR_1_APF	66.3	67.5	0.91235	120	-132.5
Angie Becker 2	40	F_MCR_1_APF	105.1	SHW	0.70245	192.5	-227.5
Katrina Silva	21	F_JES_APF	56.4	60	1.038	70	80
Annmarie Thum	22	F_JCR_APF	66.7	67.5	0.90805	92.5	97.5
Carolyn Super	21	F_JR_APF	62.2	67.5	0.95955	102.5	110
Katelyn Cowen	28	F_OES_APF	55.7	56	1.0484	97.5	107.5
Kimberly Daorerk	31	F_OCR_APF	60	60	0.9876	110	-117.5
Claudia Gomez	44	F_OCR_APF	66.3	67.5	0.91235	120	-132.5
Andrea King	31	F_OCR_APF	65.3	67.5	0.92325	112.5	125
Lynnsey Terepka	28	F_OCR_APF	71.7	75	0.86205	102.5	112.5
Allison Martin	25	F_OCR_APF	72.4	75	0.8563	-95	97.5
Kailey Brandmaier	24	F_OCR_APF	80.3	82.5	0.79985	102.5	107.5
Shenika Lee	32	F_OCR_APF	86.2	90	0.7661	152.5	167.5
Jamie Karbett	29	F_OCR_APF	87.4	90	0.75995	110	115
Angie Becker	40	F_OCR_APF	105.1	SHW	0.70245	192.5	-227.5
Rebecca Brennan	31	F_OCR_APF	115.7	SHW	0.6834	-130	137.5
Rachel Ilic	27	F_OCR_APF	107.4	SHW	0.69705	-130	130
Brian Sullivan	61	M_MES_5_APF	96	100	0.59195	160	172.5
Thomus Bodenbender	51	M_MEM_3_APF	121.5	125	0.5494	-330	330
Joe Norman		M_MEM_2_APF	109.7	110	0.5629	-410	410
Oscar Acosta	43	M_MES_1_APF	101.2	110	0.5785	-210	210
Brian Highnote 2	43	M_MEM_1_APF	89.6	90	0.61335	320	342.5
Mena Joachim	21	M_JEM_APF	100.5	110	0.58015	140	152.5
Brandon Bartlett	22	M_JCR_APF	68.4	75	0.7402	167.5	-177.5
Corey Michael Bartlett	18	M_TR_3_APF	63.9	67.5	0.791	95	102.5
Chazz Poutre	19	M_TR_3_APF	65.8	67.5	0.76505	-92.5	92.5
Trevor Gilbert	19	M_TR_3_APF	73.4	75	0.69975	135	147.5
Arnold Gomez	19	M_TR_3_APF	80.35	82.5	0.65565	137.5	142.5
Chris Golden	34	M_OES_APF	98.9	100	0.58535	225	235
Grant Biggs	30	M_OES_APF	99.5	100	0.58255	242.5	260
Joseph Sonntag	27	M_OES_APF	108.6	110	0.56455	367.5	-410
Brian Highnote	43	M_OEM_APF	89.6	90	0.61335	320	342.5
Steve Flaming	38	M_OEM_APF	121.1	125	0.5498	282.5	305
Nephi Solorzano	27	M_OEM_APF	124.4	125	0.54615	287.5	305

APF Gulf Coast Winter Bash-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2
Mirian Fernandes	50	F_MES_3_APF	73.7	75	0.84605	-374.782	-374.782
Donna Bingham	48	F_MCR_2_APF	81.8	82.5	0.7907	242.506	264.552
Claudia Gomez 2	44	F_MCR_1_APF	66.3	67.5	0.91235	264.552	-292.11

Angie Becker 2	40	F_MCR_1_APF	105.1	SHW	0.70245	424.3855	-501.547
Katrina Silva	21	F_JES_APF	56.4	60	1.038	154.322	176.368
Annmarie Thum	22	F_JCR_APF	66.7	67.5	0.90805	203.9255	214.9485
Carolyn Super	21	F_JR_APF	62.2	67.5	0.95955	225.9715	242.506
Katelyn Cowen	28	F_OES_APF	55.7	56	1.0484	214.9485	236.9945
Kimberly Daorerk	31	F_OCR_APF	60	60	0.9876	242.506	-259.041
Claudia Gomez	44	F_OCR_APF	66.3	67.5	0.91235	264.552	-292.11
Andrea King	31	F_OCR_APF	65.3	67.5	0.92325	248.0175	275.575
Lynnsey Terepka	28	F_OCR_APF	71.7	75	0.86205	225.9715	248.0175
Allison Martin	25	F_OCR_APF	72.4	75	0.8563	-209.437	214.9485
Kailey Brandmaier	24	F_OCR_APF	80.3	82.5	0.79985	225.9715	236.9945
Shenika Lee	32	F_OCR_APF	86.2	90	0.7661	336.2015	369.2705
Jamie Karbett	29	F_OCR_APF	87.4	90	0.75995	242.506	253.529
Angie Becker	40	F_OCR_APF	105.1	SHW	0.70245	424.3855	-501.547
Rebecca Brennan	31	F_OCR_APF	115.7	SHW	0.6834	-286.598	303.1325
Rachel Ilic	27	F_OCR_APF	107.4	SHW	0.69705	-286.598	286.598
Brian Sullivan	61	M_MES_5_APF	96	100	0.59195	352.736	380.2935
Thomus Bodenbender	51	M_MEM_3_APF	121.5	125	0.5494	-727.518	727.518
Joe Norman		M_MEM_2_APF	109.7	110	0.5629	-903.886	903.886
Oscar Acosta	43	M_MES_1_APF	101.2	110	0.5785	-462.966	462.966
Brian Highnote 2	43	M_MEM_1_APF	89.6	90	0.61335	705.472	755.0755
Mena Joachim	21	M_JEM_APF	100.5	110	0.58015	308.644	336.2015
Brandon Bartlett	22	M_JCR_APF	68.4	75	0.7402	369.2705	-391.317
Corey Michael Bartlett	18	M_TR_3_APF	63.9	67.5	0.791	209.437	225.9715
Chazz Poutre	19	M_TR_3_APF	65.8	67.5	0.76505	-203.926	203.9255
Trevor Gilbert	19	M_TR_3_APF	73.4	75	0.69975	297.621	325.1785
Arnold Gomez	19	M_TR_3_APF	80.35	82.5	0.65565	303.1325	314.1555
Chris Golden	34	M_OES_APF	98.9	100	0.58535	496.035	518.081
Grant Biggs	30	M_OES_APF	99.5	100	0.58255	534.6155	573.196
Joseph Sonntag	27	M_OES_APF	108.6	110	0.56455	810.1905	-903.886
Brian Highnote	43	M_OEM_APF	89.6	90	0.61335	705.472	755.0755
Steve Flaming	38	M_OEM_APF	121.1	125	0.5498	622.7995	672.403
Nephi Solorzano	27	M_OEM_APF	124.4	125	0.54615	633.8225	672.403

APF Gulf Coast Winter Bash-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2
Lee Lichtle	73	M_MR_7_APF	83	90	0.6421	130	137.5
Steve Kylis	65	M_MCR_6_APF	87.9	90	0.62225	167.5	
Eric Kahn	66	M_MCR_6_APF	103.8	110	0.57295	-105	120
Robert Boisclair	56	M_MCR_4_APF	102.5	110	0.57565	132.5	142.5
Scott Wilson	55	M_MR_4_APF	79.2	82.5	0.66235	-105	-105
Charles Norman	56	M_MR_4_APF	97.9	100	0.58805	185	195
John Melcher	55	M_MR_4_APF	105.9	110	0.56985	190	200
Ron McLeod	53	M_MCR_3_APF	99.9	100	0.5828	190	202.5
David Earp	54	M_MCR_3_APF	117.6	125	0.5534	205	225

Jon Wisenbaker	48	M_MCR_2_APF	80.5	82.5	0.65505	180	195
Lloyd Bingham	48	M_MCR_2_APF	99.3	100	0.58305	165	182.5
Greg Staruk	47	M_MCR_2_APF	117.1	125	0.55395	245	-262.5
Tim Burns	48	M_MCR_2_APF	143.6	SHW	0.52805	-190	190
Ty Evans	40	M_MCR_1_APF	115.9	125	0.5557	230	-247.5
Dustin Washington	28	M_OCR_APF	60	60	0.83285	110	120
Kimny Lam	35	M_OCR_APF	70.5	75	0.7221	187.5	202.5
Tony Conyers	59	M_OCR_APF	72.7	75	0.70485	250	-277.5
Carlos Vazquez	31	M_OCR_APF	73.5	75	0.699	92.5	97.5
Jacob Rogers	24	M_OCR_APF	81.4	82.5	0.65025	170	182.5
Jacob Sunde	22	M_OCR_APF	89.5	90	0.61375	-290	-290
Geoffrey Zinkan	39	M_OCR_APF	96.2	100	0.5914	215	227.5
Brett Barber	24	M_OCR_APF	98.1	100	0.58615	205	235
Anthony Liardo	24	M_OCR_APF	97.8	100	0.58695	210	222.5
Luis Gonzalez	32	M_OCR_APF	91.7	100	0.60575	107.5	115
Johnny Wilson	36	M_OCR_APF	106.7	110	0.56765	190	207.5
Joel Mohorter	34	M_OCR_APF	103.9	110	0.57375	182.5	192.5
Orlando Garcia	35	M_OCR_APF	120.6	125	0.55035	300	-325
Sean Danner	27	M_OCR_APF	115.6	125	0.5556	245	260
Danny Watson	36	M_OCR_APF	121.8	125	0.54905	230	242.5
Renato Cunha	26	M_OCR_APF	137.6	140	0.53315	247.5	262.5
Christian Schultze	24	M_OCR_APF	139.8	140	0.53125	227.5	235
Shane Haller	24	M_OCR_APF	145.8	SHW	0.5263	340	365
Craig Foster	29	M_OCR_APF	157	SHW	0.5179	327.5	350
Matthew Malabanan	29	M_OR_APF	84.5	90	0.63495	157.5	165
Sam Bass	22	M_OR_APF	95.2	100	0.5943	130	137.5

APF Gulf Coast Winter Bash-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2
Sample					0	0	0
Lee Lichtle	73	M_MR_7_APF	83	90	0.6421	286.598	303.1325
Steve Kylis	65	M_MCR_6_APF	87.9	90	0.62225	369.2705	0
Eric Kahn	66	M_MCR_6_APF	103.8	110	0.57295	-231.483	264.552
Robert Boisclair	56	M_MCR_4_APF	102.5	110	0.57565	292.1095	314.1555
Scott Wilson	55	M_MR_4_APF	79.2	82.5	0.66235	-231.483	-231.483
Charles Norman	56	M_MR_4_APF	97.9	100	0.58805	407.851	429.897
John Melcher	55	M_MR_4_APF	105.9	110	0.56985	418.874	440.92
Ron McLeod	53	M_MCR_3_APF	99.9	100	0.5828	418.874	446.4315
David Earp	54	M_MCR_3_APF	117.6	125	0.5534	451.943	496.035
Jon Wisenbaker	48	M_MCR_2_APF	80.5	82.5	0.65505	396.828	429.897
Lloyd Bingham	48	M_MCR_2_APF	99.3	100	0.58305	363.759	402.3395
Greg Staruk	47	M_MCR_2_APF	117.1	125	0.55395	540.127	-578.708
Tim Burns	48	M_MCR_2_APF	143.6	SHW	0.52805	-418.874	418.874
Ty Evans	40	M_MCR_1_APF	115.9	125	0.5557	507.058	-545.639
Dustin Washington	28	M_OCR_APF	60	60	0.83285	242.506	264.552

Kimny Lam	35	M_OCR_APF	70.5	75	0.7221	413.3625	446.4315
Tony Conyers	59	M_OCR_APF	72.7	75	0.70485	551.15	-611.777
Carlos Vazquez	31	M_OCR_APF	73.5	75	0.699	203.9255	214.9485
Jacob Rogers	24	M_OCR_APF	81.4	82.5	0.65025	374.782	402.3395
Jacob Sunde	22	M_OCR_APF	89.5	90	0.61375	-639.334	-639.334
Geoffrey Zinkan	39	M_OCR_APF	96.2	100	0.5914	473.989	501.5465
Brett Barber	24	M_OCR_APF	98.1	100	0.58615	451.943	518.081
Anthony Liardo	24	M_OCR_APF	97.8	100	0.58695	462.966	490.5235
Luis Gonzalez	32	M_OCR_APF	91.7	100	0.60575	236.9945	253.529
Johnny Wilson	36	M_OCR_APF	106.7	110	0.56765	418.874	457.4545
Joel Mohorter	34	M_OCR_APF	103.9	110	0.57375	402.3395	424.3855
Orlando Garcia	35	M_OCR_APF	120.6	125	0.55035	661.38	-716.495
Sean Danner	27	M_OCR_APF	115.6	125	0.5556	540.127	573.196
Danny Watson	36	M_OCR_APF	121.8	125	0.54905	507.058	534.6155
Renato Cunha	26	M_OCR_APF	137.6	140	0.53315	545.6385	578.7075
Christian Schultz	24	M_OCR_APF	139.8	140	0.53125	501.5465	518.081
Shane Haller	24	M_OCR_APF	145.8	SHW	0.5263	749.564	804.679
Craig Foster	29	M_OCR_APF	157	SHW	0.5179	722.0065	771.61
Matthew Malabanan	29	M_OR_APF	84.5	90	0.63495	347.2245	363.759
Sam Bass	22	M_OR_APF	95.2	100	0.5943	286.598	303.1325

2-Dec-17 APF Gulf Coast Winter Bash-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2
Kenneth Moore	58	M_MES_4_APF	90	90	0.61185	-210	-210
Donnie Daubert	46	M_MR_2_APF	114.6	125	0.55665	185	195
Clay Goodwin	47	M_MR_2_APF	151.1	SHW	0.52225	122.5	-137.5
Rich Ficca	42	M_MR_1_APF	151.5	SHW	0.52195	250	-260
Cranford Roberts	37	M_OR_APF	107.9	110	0.5664	195	210
Robert Ryan	24	M_OR_APF	108.2	110	0.5652	182.5	190
Willis Blackwell	38	M_OR_APF	108.8	110	0.56425	157.5	165
Andrew Penick	27	M_OR_APF	106.7	110	0.56765	165	-175
James Gandy	29	M_OR_APF	132.7	140	0.5377	135	150

APF Gulf Coast Winter Bash-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2
Kenneth Moore	58	M_MES_4_APF	90	90	0.61185	-462.966	-462.966
Donnie Daubert	46	M_MR_2_APF	114.6	125	0.55665	407.851	429.897
Clay Goodwin	47	M_MR_2_APF	151.1	SHW	0.52225	270.0635	-303.133
Rich Ficca	42	M_MR_1_APF	151.5	SHW	0.52195	551.15	-573.196
Cranford Roberts	37	M_OR_APF	107.9	110	0.5664	429.897	462.966
Robert Ryan	24	M_OR_APF	108.2	110	0.5652	402.3395	418.874
Willis Blackwell	38	M_OR_APF	108.8	110	0.56425	347.2245	363.759
Andrew Penick	27	M_OR_APF	106.7	110	0.56765	363.759	-385.805
James Gandy	29	M_OR_APF	132.7	140	0.5377	297.621	330.69

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APF Gulf Coast Winter Bash-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2
Bill Beekley	58	M_MCR_4_APF	98	100	0.58635	62.5	72.5

APF Gulf Coast Winter Bash-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Bench 1	Bench 2
Bill Beekley	58	M_MCR_4_APF	98	100	0.58635	137.7875	159.8335

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APF Gulf Coast Winter Bash-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2
Kenneth Moore	58	M_MES_4_APF	90	90	0.61185	0	
Willis Blackwell	38	M_OR_APF	108.8	110	0.56425	237.5	252.5

APF Gulf Coast Winter Bash-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)		Deadlift 1	Deadlift 2
Kenneth Moore	58	M_MES_4_APF	90	90	0.61185	0	0
Willis Blackwell	38	M_OR_APF	108.8	110	0.56425	523.5925	556.6615

2-Dec-17

APF Gulf Coast Winter Bash-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2
Lee Lichtle	73	M_MR_7_APF	83	90	0.6421	0	170
Bill Beekley	58	M_MCR_4_APF	98	100	0.58635	197.5	212.5
Chad Walker	35	M_OR_APF	123.4	125	0.5473	307.5	-327.5

APF Gulf Coast Winter Bash-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2
Lee Lichtle	73	M_MR_7_APF	83	90	0.6421	0	374.782
Bill Beekley	58	M_MCR_4_APF	98	100	0.58635	435.4085	468.4775
Chad Walker	35	M_OR_APF	123.4	125	0.5473	677.9145	-722.007

Team Placing

- 1 Venice Island Ironworks
- 2 Orlando Barbell
- 3 Chalk & Iron
- 4 Strong Life Tampa Bay

Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2
170	170	80	85	-95	85	255	-180	195
130	130	60	70	-77.5	70	200	105	120
137.5	137.5	75	82.5	-90	82.5	220	105	117.5
227.5	227.5	95	105	-107.5	105	332.5	197.5	215
87.5	87.5	42.5	45	-47.5	45	132.5	122.5	135
102.5	102.5	47.5	52.5	55	55	157.5	112.5	120
-117.5	110	60	65	-67.5	65	175	125	135
115	115	57.5	62.5	67.5	67.5	182.5	105	115
120	120	60	67.5	-72.5	67.5	187.5	130	145
137.5	137.5	75	82.5	-90	82.5	220	105	117.5
-137.5	125	55	62.5	67.5	67.5	192.5	122.5	132.5
-122.5	112.5	57.5	65	-72.5	65	177.5	112.5	117.5
102.5	102.5	50	52.5	-55	52.5	155	125	132.5
110	110	52.5	57.5	-67.5	57.5	167.5	135	142.5
-182.5	167.5	82.5	92.5	-102.5	92.5	260	152.5	167.5
120	120	60	65	-67.5	65	185	112.5	120
227.5	192.5	95	105	-107.5	105	297.5	197.5	215
147.5	147.5	65	-70	70	70	217.5	120	137.5
-157.5	130	60	67.5	70	70	200	142.5	155
-182.5	172.5	122.5	132.5	137.5	137.5	310	170	185
342.5	342.5	-235	-235	235	235	577.5	252.5	-272.5
-432.5	410	100	0	0	100	510	100	272.5
227.5	227.5	-182.5	-185	185	185	412.5	207.5	227.5
0	342.5	207.5	212.5	0	212.5	555	242.5	267.5
-162.5	152.5	80	87.5	95	95	247.5	165	180
177.5	177.5	125	132.5	-135	132.5	310	215	227.5
-110	102.5	90	-102.5	-102.5	90	192.5	137.5	-150
-95	92.5	80	85	90	90	182.5	70	105
155	155	112.5	117.5	-122.5	117.5	272.5	182.5	190
147.5	147.5	92.5	100	-102.5	100	247.5	157.5	172.5
250	250	220	225	230	230	480	232.5	235
-267.5	260	-142.5	142.5	167.5	167.5	427.5	215	227.5
0	367.5	182.5	197.5	210	210	577.5	275	0
0	342.5	207.5	212.5	0	212.5	555	242.5	267.5
325	325	167.5	-182.5	0	167.5	492.5	330	-365
-330	305	170	-182.5	182.5	182.5	487.5	240	260

Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2
374.782	374.782	176.368	187.391	-209.437	187.391	562.173	-396.828	429.897
286.598	286.598	132.276	154.322	-170.857	154.322	440.92	231.483	264.552
303.1325	303.1325	165.345	181.8795	-198.414	181.8795	485.012	231.483	259.0405

501.5465	501.5465	209.437	231.483	-236.995	231.483	733.0295	435.4085	473.989
192.9025	192.9025	93.6955	99.207	-104.719	99.207	292.1095	270.0635	297.621
225.9715	225.9715	104.7185	115.7415	121.253	121.253	347.2245	248.0175	264.552
-259.041	242.506	132.276	143.299	-148.811	143.299	385.805	275.575	297.621
253.529	253.529	126.7645	137.7875	148.8105	148.8105	402.3395	231.483	253.529
264.552	264.552	132.276	148.8105	-159.834	148.8105	413.3625	286.598	319.667
303.1325	303.1325	165.345	181.8795	-198.414	181.8795	485.012	231.483	259.0405
-303.133	275.575	121.253	137.7875	148.8105	148.8105	424.3855	270.0635	292.1095
-270.064	248.0175	126.7645	143.299	-159.834	143.299	391.3165	248.0175	259.0405
225.9715	225.9715	110.23	115.7415	-121.253	115.7415	341.713	275.575	292.1095
242.506	242.506	115.7415	126.7645	-148.811	126.7645	369.2705	297.621	314.1555
-402.34	369.2705	181.8795	203.9255	-225.972	203.9255	573.196	336.2015	369.2705
264.552	264.552	132.276	143.299	-148.811	143.299	407.851	248.0175	264.552
0	424.3855	209.437	231.483	-236.995	231.483	655.8685	435.4085	473.989
325.1785	325.1785	143.299	-154.322	154.322	154.322	479.5005	264.552	303.1325
-347.225	286.598	132.276	148.8105	154.322	154.322	440.92	314.1555	341.713
-402.34	380.2935	270.0635	292.1095	303.1325	303.1325	683.426	374.782	407.851
755.0755	755.0755	-518.081	-518.081	518.081	518.081	1273.1565	556.6615	-600.754
-953.49	903.886	220.46	0	0	220.46	1124.346	220.46	600.7535
501.5465	501.5465	-402.34	-407.851	407.851	407.851	909.3975	457.4545	501.5465
0	755.0755	457.4545	468.4775	0	468.4775	1223.553	534.6155	589.7305
-358.248	336.2015	176.368	192.9025	209.437	209.437	545.6385	363.759	396.828
391.3165	391.3165	275.575	292.1095	-297.621	292.1095	683.426	473.989	501.5465
-242.506	225.9715	198.414	-225.972	-225.972	198.414	424.3855	303.1325	-330.69
-209.437	203.9255	176.368	187.391	198.414	198.414	402.3395	154.322	231.483
341.713	341.713	248.0175	259.0405	-270.064	259.0405	600.7535	402.3395	418.874
325.1785	325.1785	203.9255	220.46	-225.972	220.46	545.6385	347.2245	380.2935
551.15	551.15	485.012	496.035	507.058	507.058	1058.208	512.5695	518.081
-589.731	573.196	-314.156	314.1555	369.2705	369.2705	942.4665	473.989	501.5465
0	810.1905	402.3395	435.4085	462.966	462.966	1273.1565	606.265	0
0	755.0755	457.4545	468.4775	0	468.4775	1223.553	534.6155	589.7305
716.495	716.495	369.2705	-402.34	0	369.2705	1085.7655	727.518	-804.679
-727.518	672.403	374.782	-402.34	402.3395	402.3395	1074.7425	529.104	573.196

Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1
147.5	147.5	120	125			125	272.5	0
	167.5	125	132.5			132.5	300	205
135	135	127.5	-140	140		140	275	125
155	155	110	117.5	-122.5		117.5	272.5	170
105	105	90	95	-97.5		95	200	120
202.5	202.5	127.5	137.5	142.5		142.5	345	-187.5
210	210	130	140	150		150	360	200
-215	202.5	155	165	-170		165	367.5	227.5
230	230	145	155	162.5		162.5	392.5	235

205	205	137.5	142.5	-150	142.5	347.5	242.5
-192.5	182.5	102.5	-112.5	-112.5	102.5	285	185
	245	182.5	-195		182.5	427.5	
215	215	142.5	-155		142.5	357.5	190
-247.5	230	165	-177.5	177.5	177.5	407.5	287.5
122.5	122.5	105	112.5	115	115	237.5	150
215	215	105	120	-127.5	120	335	197.5
-277.5	250	152.5	-167.5	167.5	167.5	417.5	132.5
100	100	70	75	-77.5	75	175	117.5
202.5	202.5	132.5	140	-145	140	342.5	175
	0				0	0	
-240	227.5	160	170	-182.5	170	397.5	215
245	245	112.5	127.5	-137.5	127.5	372.5	210
227.5	227.5	135	145	152.5	152.5	380	215
125	125	70	80	-85	80	205	120
212.5	212.5	147.5	157.5		157.5	370	247.5
202.5	202.5	137.5	142.5	147.5	147.5	350	192.5
325	325	192.5	200	-207.5	200	525	300
272.5	272.5	150	165	-182.5	165	437.5	230
260	260	145	-155	-157.5	145	405	250
272.5	272.5	155	165	-170	165	437.5	295
	235	137.5	145		145	380	250
370	370	205	220	227.5	227.5	597.5	282.5
365	365	205	220	-227.5	220	585	227.5
175	175	117.5	122.5	-125	122.5	297.5	157.5
147.5	147.5	-112.5	112.5	-122.5	112.5	260	175

Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1
0	0	0	0	0	0	0	0	0
325.1785	325.1785	264.552	275.575	0	0	275.575	600.7535	0
0	369.2705	275.575	292.1095	0	0	292.1095	661.38	451.943
297.621	297.621	281.0865	-308.644	308.644	0	308.644	606.265	275.575
341.713	341.713	242.506	259.0405	-270.064	0	259.0405	600.7535	374.782
231.483	231.483	198.414	209.437	-214.949	0	209.437	440.92	264.552
446.4315	446.4315	281.0865	303.1325	314.1555	0	314.1555	760.587	-413.363
462.966	462.966	286.598	308.644	330.69	0	330.69	793.656	440.92
-473.989	446.4315	341.713	363.759	-374.782	0	363.759	810.1905	501.5465
507.058	507.058	319.667	341.713	358.2475	0	358.2475	865.3055	518.081
451.943	451.943	303.1325	314.1555	-330.69	0	314.1555	766.0985	534.6155
-424.386	402.3395	225.9715	-248.018	-248.018	0	225.9715	628.311	407.851
0	540.127	402.3395	-429.897	0	0	402.3395	942.4665	0
473.989	473.989	314.1555	-341.713	0	0	314.1555	788.1445	418.874
-545.639	507.058	363.759	-391.317	391.3165	0	391.3165	898.3745	633.8225
270.0635	270.0635	231.483	248.0175	253.529	0	253.529	523.5925	330.69

473.989	473.989	231.483	264.552	-281.087	0	264.552	738.541	435.4085
-611.777	551.15	336.2015	-369.271	369.2705	0	369.2705	920.4205	292.1095
220.46	220.46	154.322	165.345	-170.857	0	165.345	385.805	259.0405
446.4315	446.4315	292.1095	308.644	-319.667	0	308.644	755.0755	385.805
0	0	0	0	0	0	0	0	0
-529.104	501.5465	352.736	374.782	-402.34	0	374.782	876.3285	473.989
540.127	540.127	248.0175	281.0865	-303.133	0	281.0865	821.2135	462.966
501.5465	501.5465	297.621	319.667	336.2015	0	336.2015	837.748	473.989
275.575	275.575	154.322	176.368	-187.391	0	176.368	451.943	264.552
468.4775	468.4775	325.1785	347.2245	0	0	347.2245	815.702	545.6385
446.4315	446.4315	303.1325	314.1555	325.1785	0	325.1785	771.61	424.3855
716.495	716.495	424.3855	440.92	-457.455	0	440.92	1157.415	661.38
600.7535	600.7535	330.69	363.759	-402.34	0	363.759	964.5125	507.058
573.196	573.196	319.667	-341.713	-347.225	0	319.667	892.863	551.15
600.7535	600.7535	341.713	363.759	-374.782	0	363.759	964.5125	650.357
0	518.081	303.1325	319.667	0	0	319.667	837.748	551.15
815.702	815.702	451.943	485.012	501.5465	0	501.5465	1317.249	622.7995
804.679	804.679	451.943	485.012	-501.547	0	485.012	1289.691	501.5465
385.805	385.805	259.0405	270.0635	-275.575	0	270.0635	655.8685	347.2245
325.1785	325.1785	-248.018	248.0175	-270.064	0	248.0175	573.196	385.805

Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
-210		0	0	0	1	0
205		205	114.1132	121.8729	1	1-M_MR_2_APF-125
-137.5		122.5	63.97562	69.22162	1	1-M_MR_2_APF-SHW
260		260	135.707	4	1	1-M_MR_1_APF-SHW
-220		210	118.944	0	1	1-M_OR_APF-110
-200		190	107.388	0	1	2-M_OR_APF-110
172.5		172.5	97.33312	0	1	3-M_OR_APF-110
0		165	93.66225	0	1	4-M_OR_APF-110
167.5		167.5	90.06475	0	1	1-M_OR_APF-140

Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
-462.966	0	0	0	0	1	0
451.943	0	451.943	114.1132	121.8729	1	1-M_MR_2_APF-125
-303.133	0	270.0635	63.97562	69.22162	1	1-M_MR_2_APF-SHW
573.196	0	573.196	135.707	138.4211	1	1-M_MR_1_APF-SHW
-485.012	0	462.966	118.944	0	1	1-M_OR_APF-110
-440.92	0	418.874	107.388	0	1	2-M_OR_APF-110
380.2935	0	380.2935	97.33312	0	1	3-M_OR_APF-110
0	0	363.759	93.66225	0	1	4-M_OR_APF-110
369.2705	0	369.2705	90.06475	0	1	1-M_OR_APF-140

Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
82.5		82.5	48.37387	62.45067	1	1-M_MCR_4_APF-100

Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
181.8795	0	181.8795	48.37387	62.45067	1	1-M_MCR_4_APF-100

Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
		0	0	0	1	0
-267.5		252.5	25	0	1	1-M_OR_APF-110

Deadlift 3	Deadlift 4		Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
0	0	0	0	0	1	0
-589.731	0	556.6615	25	0	1	1-M_OR_APF-110

Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
182.5		182.5	117.1632	203.7737	1	1-M_MR_7_APF-90
227.5		227.5	133.3940	172.2124	1	1-M_MCR_4_APF-100
		307.5	168.2947	0	1	1-M_OR_APF-125

Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI code	PI-Div-WtCI
402.3395	0	402.3395	117.1632	203.7737	1	1-M_MR_7_APF-90
501.5465	0	501.5465	133.3940	172.2124	1	1-M_MCR_4_APF-100
0	0	677.9145	168.2947	0	1	1-M_OR_APF-125

Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI
200	200	455	5	075	1-F_MES_3_APF-75
127.5	127.5	327.5	258.9542	284.0728	1-F_MCR_2_APF-82.5
130	130	350	319.3225	333.0533 675	1-F_MCR_1_APF-67.5
-227.5	215	547.5	393.372	360.0056	1-F_MCR_1_APF-SHW
145	145	277.5	288.045	0	1-F_JES_APF-60
125	125	282.5	256.5241	0	1-F_JCR_APF-67.5
-137.5	135	310	297.4605	0	1-F_JR_APF-67.5
122.5	122.5	305	319.762	0	1-F_OES_APF-56
162.5	162.5	350	345.66	0	1-F_OCR_APF-60
130	130	350	319.3225	333.0533	1-F_OCR_APF-67.5
142.5	142.5	335	309.2887	0	2-F_OCR_APF-67.5
122.5	122.5	300	258.615	0	1-F_OCR_APF-75
137.5	137.5	292.5	250.4677	0	2-F_OCR_APF-75
145	145	312.5	249.9531	0	1-F_OCR_APF-82.5
-180	167.5	427.5	327.5077	0	1-F_OCR_APF-90
125	125	310	235.5845	0	2-F_OCR_APF-90
-227.5	215	547.5	360.0056	360.0056	1-F_OCR_APF-SHW
145	145	362.5	247.7325	0	2-F_OCR_APF-SHW
160	160	360	250.938	0	3-F_OCR_APF-SHW
-195	185	495	293.0152	400.2588	1-M_MES_5_APF-100
-282.5	252.5	830	456.002	523.0342	1-M_MEM_3_APF-125
290	290	800	450.32	0	1-M_MEM_2_APF-110
235	235	647.5	374.5787	386.1906	1-M_MES_1_APF-110
280	280	835	5	148	1-M_MEM_1_APF-90
200	200	447.5	259.6171	0	1-M_JEM_APF-110
235	235	545	403.409	0	1-M_JCR_APF-75
-150	137.5	330	261.03	0	1-M_TR_3_APF-67.5
-115	105	287.5	219.9518	0	2-M_TR_3_APF-67.5
-195	190	462.5	323.6343	0	1-M_TR_3_APF-75
182.5	182.5	430	281.9295	0	1-M_TR_3_APF-82.5
-240	235	715	418.5252	0	1-M_OES_APF-100
240	240	667.5	388.8521	0	2-M_OES_APF-100
0	275	852.5	75	0	1-M_OES_APF-110
280	280	835	512.1472	528.0238	1-M_OEM_APF-90
-365	330	822.5	452.2105	0	1-M_OEM_APF-125
-285	260	747.5	408.2471	0	2-M_OEM_APF-125

Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI
440.92	440.92	1003.093	384.9527	434.9966	1-F_MES_3_APF-75
281.0865	281.0865	722.0065	258.9542	284.0728	1-F_MCR_2_APF-82.5
286.598	286.598	771.61	319.3225	333.0533 675	1-F_MCR_1_APF-67.5

501.5465	501.5465	1234.576	393.372	393.372	1-F_MCR_1_APF-SHW
319.667	319.667	611.7765	288.045	0	1-F_JES_APF-60
275.575	275.575	622.7995	256.5241	0	1-F_JCR_APF-67.5
-303.133	297.621	683.426	297.4605	0	1-F_JR_APF-67.5
270.0635	270.0635	672.403	319.762	0	1-F_OES_APF-56
358.2475	358.2475	771.61	345.66	0	1-F_OCR_APF-60
286.598	286.598	771.61	319.3225	333.0533	1-F_OCR_APF-67.5
314.1555	314.1555	738.541	309.2887	0	2-F_OCR_APF-67.5
270.0635	270.0635	661.38	258.615	0	1-F_OCR_APF-75
303.1325	303.1325	644.8455	250.4677	0	2-F_OCR_APF-75
319.667	319.667	688.9375	249.9531	0	1-F_OCR_APF-82.5
-396.828	369.2705	942.4665	327.5077	0	1-F_OCR_APF-90
275.575	275.575	683.426	235.5845	0	2-F_OCR_APF-90
-501.547	473.989	1129.857	360.0056	360.0056	1-F_OCR_APF-SHW
319.667	319.667	799.1675	247.7325	0	2-F_OCR_APF-SHW
352.736	352.736	793.656	250.938	0	3-F_OCR_APF-SHW
-429.897	407.851	1091.277	293.0152	400.2588	1-M_MES_5_APF-100
-622.8	556.6615	1829.818	456.002	523.0342	1-M_MEM_3_APF-125
639.334	639.334	1763.68	450.32	0	1-M_MEM_2_APF-110
518.081	518.081	1427.478	374.5787	386.1906	1-M_MES_1_APF-110
617.288	617.288	1840.841	512.1472	528.0238	1-M_MEM_1_APF-90
440.92	440.92	986.5585	259.6171	0	1-M_JEM_APF-110
518.081	518.081	1201.507	403.409	0	1-M_JCR_APF-75
-330.69	303.1325	727.518	261.03	0	1-M_TR_3_APF-67.5
-253.529	231.483	633.8225	219.9518	0	2-M_TR_3_APF-67.5
-429.897	418.874	1019.627	323.6343	0	1-M_TR_3_APF-75
402.3395	402.3395	947.978	281.9295	0	1-M_TR_3_APF-82.5
-529.104	518.081	1576.289	418.5252	0	1-M_OES_APF-100
529.104	529.104	1471.570	388.8521	0	2-M_OES_APF-100
0	606.265	1879.421	481.2788	0	1-M_OES_APF-110
617.288	617.288	1840.841	512.1472	528.0238	1-M_OEM_APF-90
-804.679	727.518	1813.283	452.2105	0	1-M_OEM_APF-125
-628.311	573.196	1647.938	408.2471	0	2-M_OEM_APF-125

Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI
170	182.5	182.5	455	292.1555	513.025058	1-M_MR_7_APF-90
217.5		217.5	517.5	322.0143	476.581275	1-M_MCR_6_APF-90
142.5	-160	142.5	417.5	239.2066	361.4412104	1-M_MCR_6_APF-110
182.5	192.5	192.5	465	267.6772	333.5258535	1-M_MCR_4_APF-110
132.5	-137.5	132.5	332.5	220.2313	269.7834344	1-M_MR_4_APF-82.5
195	205	205	550	323.4275	402.990665	1-M_MR_4_APF-100
212.5	222.5	222.5	582.5	331.9376	406.6235906	1-M_MR_4_APF-110
240		240	607.5	354.051	419.196384	1-M_MCR_3_APF-100
247.5	255	255	647.5	358.3265	431.425106	1-M_MCR_3_APF-125

260	-272.5	260	607.5	397.9428	436.5433339	1-M_MCR_2_APF-82.5
200	210	210	495	288.6097	316.6048958	1-M_MCR_2_APF-100
		0	0	0	0	0
		190	547.5	289.1073	317.1507904	1-M_MCR_2_APF-SHW
317.5	327.5	327.5	735	408.4395	408.4395	1-M_MCR_1_APF-125
160	-172.5	160	397.5	331.0578	0	1-M_OCR_APF-60
212.5	227.5	227.5	562.5	5	0	1-M_OCR_APF-75
		132.5	550	387.6675	509.7827625	2-M_OCR_APF-75
127.5	132.5	132.5	307.5	214.9425	0	3-M_OCR_APF-75
190	205	205	547.5	356.0118	0	1-M_OCR_APF-82.5
		0	0	0	0	0
227.5	237.5	237.5	635	375.539	0	1-M_OCR_APF-100
230	240	240	612.5	359.0168	0	2-M_OCR_APF-100
230	-237.5	230	610	358.0395	0	3-M_OCR_APF-100
130	137.5	137.5	342.5	207.4693	0	4-M_OCR_APF-100
267.5	277.5	277.5	647.5	367.5533	0	1-M_OCR_APF-110
202.5	212.5	212.5	562.5	322.7343	0	2-M_OCR_APF-110
322.5	-337.5	322.5	847.5	466.4216	0	1-M_OCR_APF-125
252.5	-272.5	252.5	690	383.364	0	2-M_OCR_APF-125
270	-287.5	270	675	370.6087	0	3-M_OCR_APF-125
307.5	315	315	752.5	401.1953	0	1-M_OCR_APF-140
-265		250	630	334.6875	0	2-M_OCR_APF-140
305	322.5	322.5	920	484.196	0	1-M_OCR_APF-SHW
255	272.5	272.5	857.5	444.0992	0	2-M_OCR_APF-SHW
167.5	180	180	477.5	303.1886	0	1-M_OR_APF-90
185	192.5	192.5	452.5	268.9207	0	1-M_OR_APF-100

Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCl
0	0	0	0	0	0	0
374.782	402.3395	402.3395	1003.093	292.1555	513.025058	1-M_MR_7_APF-90
479.5005	0	479.5005	1140.880	322.0143	476.581275	1-M_MCR_6_APF-90
314.1555	-352.736	314.1555	920.4205	239.2066	361.4412104	1-M_MCR_6_APF-110
402.3395	424.3855	424.3855	1025.139	267.6772	333.5258535	1-M_MCR_4_APF-110
292.1095	-303.133	292.1095	733.0295	220.2313	269.7834344	1-M_MR_4_APF-82.5
429.897	451.943	451.943	1212.53	323.4275	402.990665	1-M_MR_4_APF-100
468.4775	490.5235	490.5235	1284.179	331.9376	406.6235906	1-M_MR_4_APF-110
529.104	0	529.104	1339.294	354.051	419.196384	1-M_MCR_3_APF-100
545.6385	562.173	562.173	1427.478	358.3265	431.425106	1-M_MCR_3_APF-125
573.196	-600.754	573.196	1339.294	397.9428	436.5433339	1-M_MCR_2_APF-82.5
440.92	462.966	462.966	1091.277	288.6097	316.6048958	1-M_MCR_2_APF-100
0	0	0	0	0	0	0
0	0	418.874	1207.018	289.1073	317.1507904	1-M_MCR_2_APF-SHW
699.9605	722.0065	722.0065	1620.381	408.4395	408.4395	1-M_MCR_1_APF-125
352.736	-380.294	352.736	876.3285	331.0578	0	1-M_OCR_APF-60

468.4775	501.5465	501.5465	1240.087	406.1812	0	1-M_OCR_APF-75
0	0	292.1095	1212.53	387.6675	509.7827625	2-M_OCR_APF-75
281.0865	292.1095	292.1095	677.9145	214.9425	0	3-M_OCR_APF-75
418.874	451.943	451.943	1207.018	356.0118	0	1-M_OCR_APF-82.5
0	0	0	0	0	0	0
501.5465	523.5925	523.5925	1399.921	375.539	0	1-M_OCR_APF-100
507.058	529.104	529.104	1350.317	359.0168	0	2-M_OCR_APF-100
507.058	-523.593	507.058	1344.806	358.0395	0	3-M_OCR_APF-100
286.598	303.1325	303.1325	755.0755	207.4693	0	4-M_OCR_APF-100
589.7305	611.7765	611.7765	1427.478	367.5533	0	1-M_OCR_APF-110
446.4315	468.4775	468.4775	1240.087	322.7343	0	2-M_OCR_APF-110
710.9835	-744.053	710.9835	1868.398	466.4216	0	1-M_OCR_APF-125
556.6615	-600.754	556.6615	1521.174	383.364	0	2-M_OCR_APF-125
595.242	-633.823	595.242	1488.105	370.6087	0	3-M_OCR_APF-125
677.9145	694.449	694.449	1658.961	401.1953	0	1-M_OCR_APF-140
-584.219	0	551.15	1388.898	334.6875	0	2-M_OCR_APF-140
672.403	710.9835	710.9835	2028.232	484.196	0	1-M_OCR_APF-SHW
562.173	600.7535	600.7535	1890.444	444.0992	0	2-M_OCR_APF-SHW
369.2705	396.828	396.828	1052.696	303.1886	0	1-M_OR_APF-90
407.851	424.3855	424.3855	997.5815	268.9207	0	1-M_OR_APF-100