24-May-19 10th Annual Show of Strength-Kg Results

Name	Age	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1
Denise Corona	35	112.5	120	127.5	**127.5**	-52.5	57.5	-60	**57.5**	112.5
Marissa Cambora	28	-142.5	152.5	160	**160**	87.5	92.5	-97.5	**92.5**	137.5
Shannon Dempsey	28	117.5	130	137.5	**137.5**	55	62.5	-67.5	**62.5**	132.5
Kevin Williams	61	182.5	-212.5	-212.5	**182.5**	135	142.5	147.5	**147.5**	182.5
Rick Carter (Master)	60	232.5	237.5	250	**250**	60			**60**	227.5
Mike Dugan	50	210	227.5	237.5	**237.5**	155	167.5	-177.5	**167.5**	235
Cary Darwin	41	170	177.5	182.5	**182.5**	115	122.5	-127.5	**122.5**	-215
Adam Bush	35	200	207.5	217.5	**217.5**	157.5	170	-175	**170**	230
Jake Dixon (Submaster)	36	212.5	227.5	-237.5	**227.5**	135	-145	-145	**135**	217.5
Nick Myatt (Submaster)	36	237.5	257.5	272.5	**272.5**	175	-185	185	**185**	265
Alex Hamblin (Submaster)	34	295	-320	320	**320**	185	195	-205	**195**	280
Jake Dixon (Open)	36	212.5	227.5	-237.5	**227.5**	135	-145	-145	**135**	217.5
Triston McAfee	28	170	-185	190	**190**	137.5	142.5	150	**150**	227.5
Austin Coon	26	227.5	240	245	**245**	-150			**0**	0
Rick Carter (Open)	60	232.5	237.5	250	**250**	60			**60**	227.5
Nick Myatt (Open)	36	237.5	257.5	272.5	**272.5**	175	-185	185	**185**	265
Alexis Chaparro	26	195	205	-212.5	**205**	130	-137.5	-137.5	**130**	197.5
Alex Hamblin (Open)	34	295	-320	320	**320**	185	195	-205	**195**	280
Jay Mullens	30	275	285	-300	**285**	190	200	-212.5	**200**	285
Boris Tulchinskiy	25	145	160	170	**170**	92.5	100	-107.5	**100**	175
Phu Lam	32	-185	185	190	**190**	140	-145	145	**145**	200
Cody Lee	31	140	-145	145	**145**	100	-105	-105	**100**	192.5
Drew Vrba	29	125	-137.5	145	**145**	125	137.5	-140	**137.5**	152.5

10th Annual Show of Strength-Lb Results

Name	Age	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1
Denise Corona	35	248	264.6	281.1	**281.1**	-115.7	126.8	-132.3	**126.8**	248.02
Marissa Cambora	28	-314.2	336.2	352.7	**352.7**	192.9	203.9	-214.9	**203.9**	303.13
Shannon Dempsey	28	259	286.6	303.1	**303.1**	121.3	137.8	-148.8	**137.8**	292.11
Kevin Williams	61	402.3	-468.5	-468.5	**402.3**	297.6	314.2	325.2	**325.2**	402.34
Rick Carter (Master)	60	512.6	523.6	551.2	**551.2**	132.3	0	0	**132.3**	501.55
Mike Dugan	50	463	501.5	523.6	**523.6**	341.7	369.3	-391.3	**369.3**	518.08
Cary Darwin	41	374.8	391.3	402.3	**402.3**	253.5	270.1	-281.1	**270.1**	-473.99
Adam Bush	35	440.9	457.5	479.5	**479.5**	347.2	374.8	-385.8	**374.8**	507.06
Jake Dixon (Submaster)	36	468.5	501.5	-523.6	**501.5**	297.6	-319.7	-319.7	**297.6**	479.5

Nick Myatt (Submaster)	36	523.6	567.7	600.8	**600.8**	385.8	-407.9	407.9	**407.9**	584.22
Alex Hamblin (Submaster)	34	650.4	-705.5	705.5	**705.5**	407.9	429.9	-451.9	**429.9**	617.29
Jake Dixon (Open)	36	468.5	501.5	-523.6	**501.5**	297.6	-319.7	-319.7	**297.6**	479.5
Triston McAfee	28	374.8	-407.9	418.9	**418.9**	303.1	314.2	330.7	**330.7**	501.55
Austin Coon	26	501.5	529.1	540.1	**540.1**	-330.7	0	0	**0**	0
Rick Carter (Open)	60	512.6	523.6	551.2	**551.2**	132.3	0	0	**132.3**	501.55
Nick Myatt (Open)	36	523.6	567.7	600.8	**600.8**	385.8	-407.9	407.9	**407.9**	584.22
Alexis Chaparro	26	429.9	451.9	-468.5	**451.9**	286.6	-303.1	-303.1	**286.6**	435.41
Alex Hamblin (Open)	34	650.4	-705.5	705.5	**705.5**	407.9	429.9	-451.9	**429.9**	617.29
Jay Mullens	30	606.3	628.3	-661.4	**628.3**	418.9	440.9	-468.5	**440.9**	628.31
Boris Tulchinskiy	25	319.7	352.7	374.8	**374.8**	203.9	220.5	-237	**220.5**	385.81
Phu Lam	32	-407.9	407.9	418.9	**418.9**	308.6	-319.7	319.7	**319.7**	440.92
Cody Lee	31	308.6	-319.7	319.7	**319.7**	220.5	-231.5	-231.5	**220.5**	424.39
Drew Vrba	29	275.6	-303.1	319.7	**319.7**	275.6	303.1	-308.6	**303.1**	336.2

Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Pl-Div-WtCl						
122.5	132.5	**132.5**	**317.5**	1-F_SR_APF-75						
142.5	150	**150**	**402.5**	1-F_OCR_APF-75						
142.5	152.5	**152.5**	**352.5**	1-F_OR_APF-90						
-205	205	**205**	**535**	1-M_MCR_5_APF-90						
245	250	**250**	**560**	1-M_MCR_5_APF-110						
252.5	260	**260**	**665**	1-M_MR_3_APF-110						
-222.5	222.5	**222.5**	**527.5**	1-M_MCR_1_AAPF-110						
247.5	255	**255**	**642.5**	1-M_SCR_AAPF-110						
227.5	237.5	**237.5**	**600**	1-M_SCR_APF-82.5						
-275	-275	**265**	**722.5**	1-M_SCR_APF-125						
295	-302.5	**295**	**810**	1-M_SCR_APF-140						
227.5	237.5	**237.5**	**600**	1-M_OCR_APF-82.5						
242.5	250	**250**	**590**	1-M_OCR_APF-100						
		0	**0**	0						
245	250	**250**	**560**	1-M_OCR_APF-110						
-275	-275	**265**	**722.5**	1-M_OCR_APF-125						
207.5	-217.5	**207.5**	**542.5**	2-M_OCR_APF-125						
295	-302.5	**295**	**810**	1-M_OCR_APF-140						
295	310	**310**	**795**	2-M_OCR_APF-140						
192.5	212.5	**212.5**	**482.5**	1-M_OR_AAPF-75						
215	227.5	**227.5**	**562.5**	1-M_OR_APF-90						
-200	-200	**192.5**	**437.5**	2-M_OR_APF-90						
162.5	172.5	**172.5**	**455**	1-M_OR_APF-100						

Deadlift 2	Deadlift 3	Best Deadlift		Pl-Div-WtCl
270.06	292.11	**292.11**		1-F_SR_APF-75
314.16	330.69	**330.69**		1-F_OCR_APF-75
314.16	336.2	**336.2**		1-F_OR_APF-90
-451.9	451.94	**451.94**		1-M_MCR_5_APF-90
540.13	551.15	**551.15**		1-M_MCR_5_APF-110
556.66	573.2	**573.2**		1-M_MR_3_APF-110
-490.5	490.52	**490.52**		1-M_MCR_1_AAPF-110
545.64	562.17	**562.17**		1-M_SCR_AAPF-110
501.55	523.59	**523.59**		1-M_SCR_APF-82.5

-606.3	-606.27	**584.22**	1-M_SCR_APF-125
650.36	-666.89	**650.36**	1-M_SCR_APF-140
501.55	523.59	**523.59**	1-M_OCR_APF-82.5
534.62	551.15	**551.15**	1-M_OCR_APF-100
0	0	**0**	0
540.13	551.15	**551.15**	1-M_OCR_APF-110
-606.3	-606.27	**584.22**	1-M_OCR_APF-125
457.45	-479.5	**457.45**	2-M_OCR_APF-125
650.36	-666.89	**650.36**	1-M_OCR_APF-140
650.36	683.43	**683.43**	2-M_OCR_APF-140
424.39	468.48	**468.48**	1-M_OR_AAPF-75
473.99	501.55	**501.55**	1-M_OR_APF-90
-440.9	-440.92	**424.39**	2-M_OR_APF-90
358.25	380.29	**380.29**	1-M_OR_APF-100