22-Sep-18	September 2018-Kg Results																			
Name	**Age**	**Div**	**BWt (Kg)**	**WtCls (Kg)**	**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**	**Coeff Score**	**Age & Coeff**	**Team**
Sidra Zion 2	46	F_MR_2_AAPF	54.3	56	77.5	85	-90	85	57.5	60	62.5	62.5	147.5	110	117.5	-120	117.5	283.5765	302.859702	Steel Fitness
MiKala Thompkins 2	33	F_SR_AAPF	73.9	75	125	130	135	135	75	80	82.5	82.5	217.5	175	182.5	-187.5	182.5	337.78	0	Defined
Tracy Day 2	38	F_SR_AAPF	85	90	127.5	132.5	137.5	137.5	85	90	-92.5	90	227.5	140	147.5	-160	147.5	289.66875	0	Defined
Elizabeth Schuman 2	22	F_JR_AAPF	59.1	60	115	122.5	127.5	127.5	65	-70	70	70	197.5	162.5	167.5	-172.5	167.5	364.8905	0	Brickhaus Fitness
Maria Adam 2	28	F_JR_AAPF	55.9	56	-35	40	-50	40	27.5	32.5	37.5	37.5	77.5	90	95	100	100	185.5585	0	Mary Adam
Julia Strumska 2	19	F_TR_3_AAPF	51.4	52	75	82.5	87.5	87.5	52.5	57.5	-60	57.5	145	100	105	-110	105	279.45	0	Brickhaus
Amy Snitko	17	F_TR_2_AAPF	61.5	67.5	105	110	115	115	-57.5	57.5	-62.5	57.5	172.5	125	127.5	130	130	292.91075	0	MPG Fitness Plainfield
Kyla Pendergrass	17	F_TR_2_AAPF	51.5	52	62.5	67.5	72.5	72.5	32.5	40	-45	40	112.5	65	72.5	80	80	214.84925	0	Cali Fitness - Max Effort Performance
Julia Strumska 1	19	F_OR_AAPF	51.4	52	75	82.5	87.5	87.5	52.5	57.5	-60	57.5	145	100	105	-110	105	279.45	0	Brickhaus
Stephanie Wodek	31	F_OR_AAPF	55.8	56	100	110	-112.5	110	50	52.5	55	55	165	137.5	-145	145	145	324.539	0	Lance's Gym
Sidra Zion 1	46	F_OR_AAPF	54.3	56	77.5	85	-90	85	57.5	60	62.5	62.5	147.5	110	117.5	-120	117.5	283.5765	302.859702	Steel Fitness
Maria Adam 1	28	F_OR_AAPF	55.9	56	-35	40	-50	40	27.5	32.5	37.5	37.5	77.5	90	95	100	100	185.5585	0	Mary Adam
Elizabeth Schuman 1	22	F_OR_AAPF	59.1	60	115	122.5	127.5	127.5	65	-70	70	70	197.5	162.5	167.5	-172.5	167.5	364.8905	0	Brickhaus Fitness
MiKala Thompkins 1	33	F_OR_AAPF	73.9	75	125	130	135	135	75	80	82.5	82.5	217.5	175	182.5	-187.5	182.5	337.78	0	Defined
Monica Alvarez	31	F_OR_AAPF	74	75	102.5	110	-115	110	57.5	-62.5	-62.5	57.5	167.5	120	130	135	135	255.204125	0	Defined
Allison Gonzalez	29	F_OR_AAPF	71	75	85	-92.5	97.5	97.5	45	47.5	-52.5	47.5	145	117.5	125	132.5	132.5	240.828375	0	Defined
Tracy Day 1	38	F_OR_AAPF	85	90	127.5	132.5	137.5	137.5	85	90	-92.5	90	227.5	140	147.5	-160	147.5	289.66875	0	Defined
Brittany Bailey	30	F_OR_AAPF	86.4	90	110	-115	115	115	62.5	67.5	-70	67.5	182.5	125	132.5	-135	132.5	240.99075	0	Defined
Kelly Pierce	54	M_MR_3_AAPF	79.5	82.5	142.5	147.5	155	155	90	-95	-95	90	245	150	160	170	170	274.149	330.075396	Defined
James Melucci	43	M_MR_1_AAPF	140	140	260	275	287.5	287.5	162.5	170	177.5	177.5	465	245	-260	260	260	385.0475	396.983972	Performance Training Systems
Cortez Cross	42	M_MR_1_AAPF	80.4	82.5	180	-190	190	190	125	130	135	135	325	210	-220	-220	210	350.77275	357.788205	Cortez Cross
Jason Bienko 2	36	M_SR_AAPF	93.9	100	180	185	-187.5	185	102.5	-107.5	-107.5	102.5	287.5	260	-265	-265	260	328.527375	0	Defined
Rolando Perez	38	M_SR_AAPF	87.8	90	147.5	155	165	165	102.5	107.5	115	115	280	195	202.5	-212.5	202.5	299.39125	0	Bezz Training
Sergio Valadez	34	M_SR_AAPF	96.2	100	142.5	150	155	155	110	-115	-115	110	265	187.5	197.5	202.5	202.5	276.4795	0	Defined
Kyle Thompson	20	M_JR_AAPF	81.3	82.5	190	200	210	210	120	127.5	132.5	132.5	342.5	215	235	245	245	382.345	0	Max Effort Performance
Wyatt Martil	14	M_TR_1_AAPF	61.5	67.5	92.5	95	112.5	112.5	-60	67.5	-75	67.5	180	110	127.5	142.5	142.5	262.3215	0	Huntley Barbell
Vianny Saucedo	29	M_OR_AAPF	73	75	112.5	120	-125	120	67.5	72.5	-75	72.5	192.5	140	145	152.5	152.5	242.41425	0	Defined
Sean Wagner	26	M_OR_AAPF	82.2	82.5	-215	215	-227.5	215	132.5	-142.5	-142.5	132.5	347.5	250	-272.5	-272.5	250	386.074625	0	Performance Training Systems
Alex DiRienzo	28	M_OR_AAPF	78.3	82.5	165	-175	0	165	117.5	130	-132.5	130	295	215	227.5	245	245	360.504	0	CrossFit Logan
Dominick Rovito	25	M_OR_AAPF	79.1	82.5	-185	192.5	-197.5	192.5	-120	120	122.5	122.5	315	202.5	210	222.5	222.5	356.30875	0	X Sport Fitness
Woojin Oh	23	M_OR_AAPF	85.8	90	152.5	165	170	170	120	130	137.5	137.5	307.5	215	235	-247.5	235	341.2325	0	garage gym
Geoff Winston	32	M_OR_AAPF	87.5	90	-160	165	170	170	80	-85	-90	80	250	182.5	190	200	200	279.7875	0	Defined
Matthew Cottonaro	33	M_OR_AAPF	98.5	100	-170	170	180	180	132.5	145	-150	145	325	225	240	-250	240	330.55325	0	N/A
Jason Bienko 1	36	M_OR_AAPF	93.9	100	180	185	-187.5	185	102.5	-107.5	-107.5	102.5	287.5	260	-265	-265	260	328.527375	0	Defined
Julian Rosen	30	M_OR_AAPF	92.6	100	157.5	165	-172.5	165	130	-137.5	-142.5	130	295	197.5	207.5	215	215	307.3515	0	Defined
Ryan Ponomar	28	M_OR_AAPF	91.5	100	155	160	-167.5	160	105	110	-115	110	270	185	197.5	210	210	291.072	0	Defined
Eric Gayles	29	M_OR_AAPF	109.7	110	140	160	175	175	102.5	112.5	-125	112.5	287.5	160	177.5	190	190	268.78475	0	Chicago barbell compound
Daniel Murray	27	M_OR_AAPF	131.5	140	167.5	-172.5	-172.5	167.5	112.5	117.5	-122.5	117.5	285	225	-230	-230	225	274.788	0	Defined
	September 2018-Lb Results																			

Name	Age	Div	BWt (Kg)	WtCls (Kg)	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	Coeff Score	Age & Coeff	Team
Sidra Zion 2	46	F_MR_2_AAPF	54.3	56	170.86	187.39	-198.4	187.39	126.765	132.276	137.788	137.788	325.1785	242.506	259.041	-264.552	259.041	283.5765	302.859702	Steel Fitness
MiKala Thompkins 2	33	F_SR_AAPF	73.9	75	275.58	286.6	297.62	297.62	165.345	176.368	181.88	181.88	479.5005	385.805	402.34	-413.363	402.34	337.78	0	Defined
Tracy Day 2	38	F_SR_AAPF	85	90	281.09	292.11	303.13	303.13	187.391	198.414	-203.93	198.414	501.5465	308.644	325.179	-352.736	325.179	289.66875	0	Defined
Elizabeth Schuman 2	22	F_JR_AAPF	59.1	60	253.53	270.06	281.09	281.09	143.299	-154.32	154.322	154.322	435.4085	358.248	369.271	-380.294	369.271	364.8905	0	Brickhaus Fitness
Maria Adam 2	28	F_JR_AAPF	55.9	56	-77.16	88.184	-110.2	88.184	60.6265	71.6495	82.6725	82.6725	170.8565	198.414	209.437	220.46	220.46	185.5585	0	Mary Adam
Julia Strumska 2	19	F_TR_3_AAPF	51.4	52	165.35	181.88	192.9	192.9	115.742	126.765	-132.28	126.765	319.667	220.46	231.483	-242.506	231.483	279.45	0	Brickhaus
Amy Snitko	17	F_TR_2_AAPF	61.5	67.5	231.48	242.51	253.53	253.53	-126.76	126.765	-137.79	126.765	380.2935	275.575	281.087	286.598	286.598	292.91075	0	MPG Fitness Plainfield
Kyla Pendergrass	17	F_TR_2_AAPF	51.5	52	137.79	148.81	159.83	159.83	71.6495	88.184	-99.207	88.184	248.0175	143.299	159.834	176.368	176.368	214.84925	0	Cali Fitness - Max Effort Performance
Julia Strumska 1	19	F_OR_AAPF	51.4	52	165.35	181.88	192.9	192.9	115.742	126.765	-132.28	126.765	319.667	220.46	231.483	-242.506	231.483	279.45	0	Brickhaus
Stephanie Wodek	31	F_OR_AAPF	55.8	56	220.46	242.51	-248	242.51	110.23	115.742	121.253	121.253	363.759	303.133	-319.667	319.667	319.667	324.539	0	Lance's Gym
Sidra Zion 1	46	F_OR_AAPF	54.3	56	170.86	187.39	-198.4	187.39	126.765	132.276	137.788	137.788	325.1785	242.506	259.041	-264.552	259.041	283.5765	302.859702	Steel Fitness
Maria Adam 1	28	F_OR_AAPF	55.9	56	-77.16	88.184	-110.2	88.184	60.6265	71.6495	82.6725	82.6725	170.8565	198.414	209.437	220.46	220.46	185.5585	0	Mary Adam
Elizabeth Schuman 1	22	F_OR_AAPF	59.1	60	253.53	270.06	281.09	281.09	143.299	-154.32	154.322	154.322	435.4085	358.248	369.271	-380.294	369.271	364.8905	0	Brickhaus Fitness
MiKala Thompkins 1	33	F_OR_AAPF	73.9	75	275.58	286.6	297.62	297.62	165.345	176.368	181.88	181.88	479.5005	385.805	402.34	-413.363	402.34	337.78	0	Defined
Monica Alvarez	31	F_OR_AAPF	74	75	225.97	242.51	-253.5	242.51	126.765	-137.79	-137.79	126.765	369.2705	264.552	286.598	297.621	297.621	255.204125	0	Defined
Allison Gonzalez	29	F_OR_AAPF	71	75	187.39	-203.9	214.95	214.95	99.207	104.719	-115.74	104.719	319.667	259.041	275.575	292.11	292.11	240.828375	0	Defined
Tracy Day 1	38	F_OR_AAPF	85	90	281.09	292.11	303.13	303.13	187.391	198.414	-203.93	198.414	501.5465	308.644	325.179	-352.736	325.179	289.66875	0	Defined
Brittany Bailey	30	F_OR_AAPF	86.4	90	242.51	-253.5	253.53	253.53	137.788	148.811	-154.32	148.811	402.3395	275.575	292.11	-297.621	292.11	240.99075	0	Defined
Kelly Pierce	54	M_MR_3_AAPF	79.5	82.5	314.16	325.18	341.71	341.71	198.414	-209.44	-209.44	198.414	540.127	330.69	352.736	374.782	374.782	274.149	330.075396	Defined
James Melucci	43	M_MR_1_AAPF	140	140	573.2	606.27	633.82	633.82	358.248	374.782	391.317	391.317	1025.139	540.127	-573.196	573.196	573.196	385.0475	5	Performance Training Systems
Cortez Cross	42	M_MR_1_AAPF	80.4	82.5	396.83	-418.9	418.87	418.87	275.575	286.598	297.621	297.621	716.495	462.966	-485.012	-485.012	462.966	350.77275	357.788205	Cortez Cross
Jason Bienko 2	36	M_SR_AAPF	93.9	100	396.83	407.85	-413.4	407.85	225.972	-236.99	-236.99	225.972	633.8225	573.196	-584.219	-584.219	573.196	328.527375	0	Defined
Rolando Perez	38	M_SR_AAPF	87.8	90	325.18	341.71	363.76	363.76	225.972	236.995	253.529	253.529	617.288	429.897	446.432	-468.478	446.432	299.39125	0	Bezz Training
Sergio Valadez	34	M_SR_AAPF	96.2	100	314.16	330.69	341.71	341.71	242.506	-253.53	-253.53	242.506	584.219	413.363	435.409	446.432	446.432	276.4795	0	Defined
Kyle Thompson	20	M_JR_AAPF	81.3	82.5	418.87	440.92	462.97	462.97	264.552	281.087	292.11	292.11	755.0755	473.989	518.081	540.127	540.127	382.345	0	Max Effort Performance
Wyatt Martil	14	M_TR_1_AAPF	61.5	67.5	203.93	209.44	248.02	248.02	-132.28	148.811	-165.35	148.811	396.828	242.506	281.087	314.156	314.156	262.3215	0	Huntley Barbell
Vianny Saucedo	29	M_OR_AAPF	73	75	248.02	264.55	-275.6	264.55	148.811	159.834	-165.35	159.834	424.3855	308.644	319.667	336.202	336.202	242.41425	0	Defined
Sean Wagner	26	M_OR_AAPF	82.2	82.5	-474	473.99	-501.5	473.99	292.11	-314.16	-314.16	292.11	766.0985	551.15	-600.754	-600.754	551.15	386.074625	0	Performance Training Systems
Alex DiRienzo	28	M_OR_AAPF	78.3	82.5	363.76	-385.8	0	363.76	259.041	286.598	-292.11	286.598	650.357	473.989	501.547	540.127	540.127	360.504	0	CrossFit Logan
Dominick Rovito	25	M_OR_AAPF	79.1	82.5	-407.9	424.39	-435.4	424.39	-264.55	264.552	270.064	270.064	694.449	446.432	462.966	490.524	490.524	356.30875	0	X Sport Fitness
Woojin Oh	23	M_OR_AAPF	85.8	90	336.2	363.76	374.78	374.78	264.552	286.598	303.133	303.133	677.9145	473.989	518.081	-545.639	518.081	341.2325	0	garage gym
Geoff Winston	32	M_OR_AAPF	87.5	90	-352.7	363.76	374.78	374.78	176.368	-187.39	-198.41	176.368	551.15	402.34	418.874	440.92	440.92	279.7875	0	Defined
Matthew Cottonaro	33	M_OR_AAPF	98.5	100	-374.8	374.78	396.83	396.83	292.11	319.667	-330.69	319.667	716.495	496.035	529.104	-551.15	529.104	330.55325	0	N/A
Jason Bienko 1	36	M_OR_AAPF	93.9	100	396.83	407.85	-413.4	407.85	225.972	-236.99	-236.99	225.972	633.8225	573.196	-584.219	-584.219	573.196	328.527375	0	Defined
Julian Rosen	30	M_OR_AAPF	92.6	100	347.22	363.76	-380.3	363.76	286.598	-303.13	-314.16	286.598	650.357	435.409	457.455	473.989	473.989	307.3515	0	Defined
Ryan Ponomar	28	M_OR_AAPF	91.5	100	341.71	352.74	-369.3	352.74	231.483	242.506	-253.53	242.506	595.242	407.851	435.409	462.966	462.966	291.072	0	Defined
Eric Gayles	29	M_OR_AAPF	109.7	110	308.64	352.74	385.81	385.81	225.972	248.018	-275.58	248.018	633.8225	352.736	391.317	418.874	418.874	268.78475	0	Chicago barbell compound
Daniel Murray	27	M_OR_AAPF	131.5	140	369.27	-380.3	-380.3	369.27	248.018	259.041	-270.06	259.041	628.311	496.035	-507.058	-507.058	496.035	274.788	0	Defined