EmPOWERment 2022 -

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	Pl code	Pl-Div-WtCl	Tm Pts	Notes
Maria Salvat	38	F_SR_APF	74.35	75	0.8407	0			**0**	0			**0**	0	0			**0**	**0**	0.00	0.00	2	0	0	
Sheila Kulycky	69	F_MCR_6_AAPF	63.45	67.5	0.9439	42.5	47.5	50	**50**	35	37.5	-40	**37.5**	87.5	67.5	75	80	**80**	**167.5**	158.10	254.55	2	1-F_MCR_6_AAPF	3	
Mary Fedor	60	F_MCR_5_APF	69.3	75	0.8827	52.5	-62.5	62.5	**62.5**	-32.5	-37.5	37.5	**37.5**	100	62.5	72.5	80	**80**	**180**	158.88	212.90	2	1-F_MCR_5_APF	3	
Carla Day	49	F_MR_2_APF	104.4	110	0.7042	80	90	-97.5	**90**	45	50	-55	**50**	140	90	105	110	**110**	**250**	176.05	195.94	2	2-F_MR_2_APF	3	
Kendra Simpson (Foley)	42	F_MCR_1_APF	82	82.5	0.7895	77.5	-87.5	-87.5	**77.5**	45	47.5	50	**50**	127.5	92.5	105	-115	**105**	**232.5**	183.55	187.22	2	1-F_MCR_1_APF	3	
Kristen Ward	45	F_MR_2_APF	70.55	75	0.8713	-70	-70	70	**70**	42.5	-47.5	-47.5	**42.5**	112.5	87.5	97.5	105	**105**	**217.5**	189.50	199.92	2	1-F_MR_2_APF	3	
Gladys Jimenez	27	F_OCR_APF	83.4	90	0.7814	65	72.5	82.5	**82.5**	42.5	45	47.5	**47.5**	130	102.5	117.5	127.5	**127.5**	**257.5**	201.20	0.00	1	1-F_OCR_APF-90	3	
Jessica Criollo	25	F_OR_AAPF	55.9	56	1.0454	57.5	-62.5	-62.5	**57.5**	35	40	-45	**40**	97.5	85	100	-112.5	**100**	**197.5**	206.47	0.00	1	1-F_OR_AAPF-56	3	
Molly Kirk	26	F_OR_APF	104	110	0.7052	95	102.5	112.5	**112.5**	60	-70	-70	**60**	172.5	112.5	117.5	125	**125**	**297.5**	209.78	0.00	1	1-F_OR_APF-110	3	
Amanda Lackmann	20	F_JR_AAPF	86.7	90	0.7635	87.5	95	107.5	**107.5**	52.5	55	-57.5	**55**	162.5	107.5	117.5	125	**125**	**287.5**	219.51	0.00	2	1-F_JR_AAPF	3	
Laurie Ruoti	68	F_MCR_6_APF	59.85	60	0.9889	65	72.5	75	**75**	45	-47.5	-47.5	**45**	120	87.5	95	105	**105**	**225**	222.50	350.66	2	1-F_MCR_6_APF	3	
Rebecca Becker	26	F_OR_APF	86.7	90	0.7635	70	77.5	87.5	**87.5**	50	57.5	60	**60**	147.5	112.5	125	150	**150**	**297.5**	227.14	0.00	1	1-F_OR_APF-90	3	
Lindsey Kedinger	36	F_OCR_AAPF	66.6	67.5	0.9092	80	-87.5	87.5	**87.5**	-47.5	47.5	50	**50**	137.5	92.5	100	115	**115**	**252.5**	229.56	0.00	1	3-F_OCR_AAPF-67.5	3	
Elizabeth Barron	38	F_SR_APF	96.85	100	0.7245	102.5	110	115	**115**	-47.5	52.5	-57.5	**52.5**	167.5	135	142.5	152.5	**152.5**	**320**	231.84	0.00	2	1-F_SR_APF	3	
Morgan Prato	33	F_OR_APF	80.55	82.5	0.798	90	-100	102.5	**102.5**	55	65	-70	**65**	167.5	105	120	125	**125**	**292.5**	233.42	0.00	1	2-F_OR_APF-82.5	3	
Gulmira Galarza	39	F_SCR_APF	65.75	67.5	0.9178	-85	-85	85	**85**	42.5	45	-47.5	**45**	130	112.5	120	125	**125**	**255**	234.04	0.00	2	1-F_SCR_APF	3	
Courtney Jonsson	30	F_OR_APF	81.9	82.5	0.7901	92.5	100	107.5	**107.5**	57.5	62.5	-70	**62.5**	170	115	125	130	**130**	**300**	237.02	0.00	1	1-F_OR_APF-82.5	3	
Kelly Nguyen	29	F_OCR_APF	67	68	0.9	83	90	98	**98**	40	45	48	**48**	145	103	113	118	**118**	**262.5**	237.81	0.00	1	1-F_OCR_APF-67.5	3	
Sicily Bowling 1	20	F_JCR_AAPF	58.9	60	1.0024	70	77.5	82.5	**82.5**	35	40	-45	**40**	122.5	102.5	107.5	115	**115**	**237.5**	238.07	0.00	2	2-F_JCR_AAPF	3	
Sicily Bowling 2	20	F_OCR_AAPF	58.9	60	1.0024	70	77.5	82.5	**82.5**	35	40	-45	**40**	122.5	102.5	107.5	115	**115**	**237.5**	238.07	0.00	1	1-F_OCR_AAPF-60	3	
Brooke De Jong	30	F_OR_APF	93.7	100	0.7346	110	-122.5	122.5	**122.5**	60	62.5	-65	**62.5**	185	125	150	-157.5	**150**	**335**	246.09	0.00	1	1-F_OR_APF-100	3	
Shaina James	31	F_OR_AAPF	58.65	60	1.0051	65	70	80	**80**	52.5	-57.5	-57.5	**52.5**	132.5	110	115	-120	**115**	**247.5**	248.76	0.00	1	1-F_OR_AAPF-60	3	
Hayley Gust 2	31	F_OR_AAPF	73.6	75	0.8468	102.5	107.5	-120	**107.5**	-57.5	62.5	-67.5	**62.5**	170	112.5	120	127.5	**127.5**	**297.5**	251.92	0.00	1	1-F_OR_AAPF-75	3	AAPF Raw Best Lifter
Hayley Gust 1	31	F_OR_APF	73.6	75	0.8468	102.5	107.5	-120	**107.5**	-57.5	62.5	-67.5	**62.5**	170	112.5	120	127.5	**127.5**	**297.5**	251.92	0.00	1	1-F_OR_APF-75	3	APF Raw Best Lifter
Kacey Carnithan	19	F_TCR_3_APF	107.7	110	0.6964	-135	135	145	**145**	65	70	-80	**70**	215	145	155	165	**165**	**380**	264.61	0.00	2	2-F_TCR_3_APF	3	
Kristy Suriano 2	42	F_MEM_1_APF	115.5	SHW	0.6837	177.5	195	-200	**195**	52.5	-115	-122.5	**52.5**	247.5	142.5	152.5	170	**170**	**417.5**	285.42	291.13	2	1-F_MEM_1_APF	3	
Kristy Suriano 1	42	F_OEM_APF	115.5	SHW	0.6837	177.5	195	-200	**195**	52.5	-115	-122.5	**52.5**	247.5	142.5	152.5	170	**170**	**417.5**	285.42	291.13	1	1-F_OEM_APF-SHW	3	
Joanna Dunleavy	26	F_OCR_APF	97.2	100	0.7237	147.5	157.5	167.5	**167.5**	70	75	-80	**75**	242.5	142.5	157.5	165	**165**	**407.5**	294.89	0.00	1	1-F_OCR_APF-100	3	
Nely Flores	20	F_JCR_AAPF	69.25	75	0.8827	120	125	130	**130**	57.5	60	62.5	**62.5**	192.5	130	140	145	**145**	**337.5**	297.89	0.00	2	1-F_JCR_AAPF	3	
Huong Van	26	F_OCR_APF	71.65	75	0.8621	-125	135	-140	**135**	45	55	-62.5	**55**	190	137.5	152.5	157.5	**157.5**	**347.5**	299.56	0.00	1	2-F_OCR_APF-75	3	
Caraline Custardo 2	18	F_TCR_3_AAPF	64.55	67.5	0.9312	92.5	115	-120	**115**	62.5	67.5	70	**70**	185	132.5	137.5	145	**145**	**330**	307.28	0.00	2	1-F_TCR_3_AAPF	3	
Caraline Custardo 3	18	F_TCR_3_APF	64.55	67.5	0.9312	92.5	115	-120	**115**	62.5	67.5	70	**70**	185	132.5	137.5	145	**145**	**330**	307.28	0.00	2	1-F_TCR_3_APF	3	
Caraline Custardo 1	18	F_OCR_AAPF	64.55	67.5	0.9312	92.5	115	-120	**115**	62.5	67.5	70	**70**	185	132.5	137.5	145	**145**	**330**	307.28	0.00	1	1-F_OCR_AAPF-67.5	3	
Brooke Minuth	31	F_OEM_AAPF	80.4	82.5	0.7993	142.5	150	157.5	**157.5**	82.5	87.5	-92.5	**87.5**	245	142.5	152.5	-157.5	**152.5**	**397.5**	317.70	0.00	1	1-F_OEM_AAPF-82.5	3	
Germaine Suiza	32	F_OCR_AAPF	61.05	67.5	0.9734	110	117.5	122.5	**122.5**	47.5	52.5	-57.5	**52.5**	175	130	145	152.5	**152.5**	**327.5**	318.77	0.00	1	2-F_OCR_AAPF-67.5	3	
Carrie Nelson	29	F_OCR_AAPF	69.7	75	0.8791	117.5	130	140	**140**	75	80	87.5	**87.5**	227.5	125	135	145	**145**	**372.5**	327.46	0.00	1	1-F_OCR_AAPF-75	3	
Cashay Jefferson	26	F_OCR_APF	73.95	75	0.8437	-125	142.5	150	**150**	70	75	82.5	**82.5**	232.5	147.5	162.5	172.5	**172.5**	**405**	341.68	0.00	1	1-F_OCR_APF-75	3	
Lane Kadlec	24	F_OCR_AAPF	82	82.5	0.7895	145	165	-172.5	**165**	82.5	87.5	92.5	**92.5**	257.5	162.5	172.5	182.5	**182.5**	**440**	347.36	0.00	1	1-F_OCR_AAPF-82.5	3	AAPF Classic or Equipped Best Lifter
Jori Carnithan	46	F_MEM_2_APF	77.85	82.5	0.8156	175	190	-210	**190**	-65	67.5	77.5	**77.5**	267.5	185	192.5	-200	**192.5**	**460**	375.15	400.66	2	1-F_MEM_2_APF	3	
Karina Lazarit	27	F_OCR_APF	48.6	52	1.1678	107.5	120	125	**125**	70	-75	77.5	**77.5**	202.5	142.5	152.5	160	**160**	**362.5**	423.33	0.00	1	1-F_OCR_APF-52	3	APF Classic or Equipped Best Lifter