

**2013 AAPF Nationals
Powerlifting Championship**

Presented by: Performance Edge
Training Center

Grand Rapids MI
April 26-28, 2013



Divisions

Abbrev	Description	Abbrev	Description
M_OR_AAPF	Men Open Raw AAPF	M_OE_AAPF	Men Open Equipped AAPF
M_TR_1_AAPF	Men Teen Raw 1 AAPF: 13-15	M_TE_1_AAPF	Men Teen Equipped 1 AAPF: 13-15
M_TR_2_AAPF	Men Teen Raw 2 AAPF: 16-17	M_TE_2_AAPF	Men Teen Equipped 2 AAPF: 16-17
M_TR_3_AAPF	Men Teen Raw 3 AAPF: 18-19	M_TE_3_AAPF	Men Teen Equipped 3 AAPF: 18-19
M_JR_AAPF	Men Junior Raw AAPF: 20-23	M_JE_AAPF	Men Junior Equipped AAPF: 20-23
M_SMR_AAPF	Men Sub-Master Raw AAPF: 33-39	M_SME_AAPF	Men Sub-Master Equipped AAPF: 33-39
M_MR_1_AAPF	Men Master Raw 1 AAPF: 40-44	M_ME_1_AAPF	Men Master Equipped 1 AAPF: 40-44
M_MR_2_AAPF	Men Master Raw 2 AAPF: 45-49	M_ME_2_AAPF	Men Master Equipped 2 AAPF: 45-49
M_MR_3_AAPF	Men Master Raw 3 AAPF: 50-54	M_ME_3_AAPF	Men Master Equipped 3 AAPF: 50-54
M_MR_4_AAPF	Men Master Raw 4 AAPF: 55-59	M_ME_4_AAPF	Men Master Equipped 4 AAPF: 55-59
M_MR_5_AAPF	Men Master Raw 5 AAPF: 60-64	M_ME_5_AAPF	Men Master Equipped 5 AAPF: 60-64
M_MR_6_AAPF	Men Master Raw 6 AAPF: 65-69	M_ME_6_AAPF	Men Master Equipped 6 AAPF: 65-69
M_MR_7_AAPF	Men Master Raw 7 AAPF: 70-74	M_ME_7_AAPF	Men Master Equipped 7 AAPF: 70-74
M_MR_8_AAPF	Men Master Raw 8 AAPF: 75-79	M_ME_8_AAPF	Men Master Equipped 8 AAPF: 75-79
M_MR_9_AAPF	Men Master Raw 9 AAPF: 80+	M_ME_9_AAPF	Men Master Equipped 9 AAPF: 80+
F_OR_AAPF	Women Open Raw AAPF	F_OE_AAPF	Women Open Equipped AAPF
F_TR_1_AAPF	Women Teen Raw 1 AAPF: 13-15	F_TE_1_AAPF	Women Teen Equipped 1 AAPF: 13-15
F_TR_2_AAPF	Women Teen Raw 2 AAPF: 16-17	F_TE_2_AAPF	Women Teen Equipped 2 AAPF: 16-17
F_TR_3_AAPF	Women Teen Raw 3 AAPF: 18-19	F_TE_3_AAPF	Women Teen Equipped 3 AAPF: 18-19
F_JR_AAPF	Women Junior Raw AAPF: 20-23	F_JE_AAPF	Women Junior Equipped AAPF: 20-23
F_SMR_AAPF	Women Sub-Master Raw AAPF: 33-39	F_SME_AAPF	Women Sub-Master Equipped AAPF: 33-39
F_MR_1_AAPF	Women Master Raw 1 AAPF: 40-44	F_ME_1_AAPF	Women Master Equipped 1 AAPF: 40-44
F_MR_2_AAPF	Women Master Raw 2 AAPF: 45-49	F_ME_2_AAPF	Women Master Equipped 2 AAPF: 45-49
F_MR_3_AAPF	Women Master Raw 3 AAPF: 50-54	F_ME_3_AAPF	Women Master Equipped 3 AAPF: 50-54
F_MR_4_AAPF	Women Master Raw 4 AAPF: 55-59	F_ME_4_AAPF	Women Master Equipped 4 AAPF: 55-59
F_MR_5_AAPF	Women Master Raw 5 AAPF: 60-64	F_ME_5_AAPF	Women Master Equipped 5 AAPF: 60-64
F_MR_6_AAPF	Women Master Raw 6 AAPF: 65-69	F_ME_6_AAPF	Women Master Equipped 6 AAPF: 65-69
F_MR_7_AAPF	Women Master Raw 7 AAPF: 70-74	F_ME_7_AAPF	Women Master Equipped 7 AAPF: 70-74
F_MR_8_AAPF	Women Master Raw 8 AAPF: 75-79	F_ME_8_AAPF	Women Master Equipped 8 AAPF: 75-79
F_MR_9_AAPF	Women Master Raw 9 AAPF: 80+	F_ME_9_AAPF	Women Master Equipped 9 AAPF: 80+

26-Apr-13

2013 AAFP National Powerlifting Championships - Bench Only - Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbre nner	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	PI-Div-WtCI
Bruce Edwards	54	M_MR_3_AAPF	133	140	0.5374	187.5	197.5	-207.5		197.5	106.1365	1-M_MR_3_AAPF-140
Danny Rodriguez	27	M_OE_AAPF	118	125	0.553	-227.5	-227.5	-232.5		0	0	0
Debbie Damminga (master)	51	F_MR_3_AAPF	67.3	67.5	0.90175	77.5	-85	-85		77.5	69.885625	1-F_MR_3_AAPF-67.5
Debbie Damminga (open)	51	F_OR_AAPF	67.3	67.5	0.90175	77.5	-85	-85		77.5	69.885625	1-F_OR_AAPF-67.5
Dennis Weathers	60	M_MR_5_AAPF	81.5	82.5	0.64975	-137.5	137.5	142.5	147.5	142.5	92.589375	1-M_MR_5_AAPF-82.5
Gary Knurek	31	M_OR_AAPF	88.8	90	0.61645	200	-216	-216		200	123.29	1-M_OR_AAPF-90
Ian Scott	75	M_MR_8_AAPF	80.2	82.5	0.6567	102.5	-105	107.5	-110	107.5	70.59525	1-M_MR_8_AAPF-82.5
James Briggs (equiped)	53	M_ME_3_AAPF	89.7	90	0.613	-162.5	162.5	-167.5		162.5	99.6125	1-M_ME_3_AAPF-90
James Briggs (raw)	54	M_MR_3_AAPF	89.7	90	0.613	132.5	-140	0		132.5	81.2225	1-M_MR_3_AAPF-90
James Proce	46	M_ME_2_AAPF	89.8	90	0.6126	-227.5	-227.5	-230		0	0	0
James Straight	42	M_ME_1_AAPF	183.3	SHW	0.50007	255	272.5	285	-301	285	142.51995	1-M_ME_1_AAPF-SHW
Janet Sink	70	F_MR_7_AAPF	87.6	90	0.75895	40	42.5	45		45	34.15275	1-F_MR_7_AAPF-90
Jeff Campion	49	M_MR_2_AAPF	128.9	140	0.542	165	170	-177.5		170	92.14	1-M_MR_2_AAPF-140
John Lindley	41	M_ME_1_AAPF	98.6	100	0.5848	185	200	215		215	125.732	1-M_ME_1_AAPF-100
Jordan Hines	23	M_JR_AAPF	104.9	110	0.57175	185	192.5	-200		192.5	110.061875	1-M_JR_AAPF-110
Ken Wentworth	42	M_ME_1_AAPF	82.3	82.5	0.6456	182.5	-200	-200		182.5	117.822	1-M_ME_1_AAPF-82.5
Matthew Hull	28	M_OR_AAPF	89.2	90	0.6149	120	130	-137.5		130	79.937	2-M_OR_AAPF-90
Michael Bingham (master)	47	M_ME_2_AAPF	79.7	82.5	0.6595	245	257.5	265	272.5	265	174.7675	1-M_ME_2_AAPF-82.5
Michael Bingham (open)	47	M_OE_AAPF	79.7	82.5	0.6595	245	257.5	265	272.5	265	174.7675	1-M_OE_AAPF-82.5
Mohamed Mohamed	20	M_JR_AAPF	79.9	82.5	0.6613	102.5	120	-127.5		120	79.356	1-M_JR_AAPF-82.5
Nora Langdon	70	F_ME_7_AAPF	89.6	90	0.74925	67.5	70	0		70	52.4475	1-F_ME_7_AAPF-90
Paul Rupright	58	M_ME_4_AAPF	146.7	SHW	0.5256	207.5	-225	225	-227.5	225	118.26	1-M_ME_4_AAPF-SHW
Ronald Walsh Jr.	47	M_ME_2_AAPF	131.5	140	0.5388	-290	-300	-317.5		0	0	0
Tate Briggs	18	M_TE_2_AAPF	138.1	140	0.53275	207.5	-220	-222.5		207.5	110.545625	1-M_TE_2_AAPF-140
Thomas Nelson	64	M_MR_5_AAPF	124.8	125	0.54565	142.5	-151	-151		142.5	77.755125	1-M_MR_5_AAPF-125
Tim Hensley	32	M_OE_AAPF	89	90	0.6157	-287.5	287.5	321		321	197.6397	1-M_OE_AAPF-90
William Dixon (open)	35	M_OE_AAPF	154.6	SHW	0.5196	245	267.5	-277.5		267.5	138.993	1-M_OE_AAPF-SHW
William Dixon (submaster)	35	M_SME_AAPF	154.6	SHW	0.5196	245	267.5	-277.5		267.5	138.993	1-M_SME_AAPF-SHW

26-Apr-13

2013 AAFP National Powerlifting Championships - Bench Only - Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbre nner	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	PI-Div-WtCI
Bruce Edwards	54	M_MR_3_AAPF	133	140	0.5374	413.3625	435.4085	-457.4545	0	435.4085	106.1365	1-M_MR_3_AAPF-140
Danny Rodriguez	27	M_OE_AAPF	118	125	0.553	-501.5465	-501.5465	-512.5695	0	0	0	0
Debbie Damminga (master)	51	F_MR_3_AAPF	67.3	67.5	0.90175	170.8565	-187.391	-187.391	0	170.8565	69.885625	1-F_MR_3_AAPF-67.5
Debbie Damminga (open)	51	F_OR_AAPF	67.3	67.5	0.90175	170.8565	-187.391	-187.391	0	170.8565	69.885625	1-F_OR_AAPF-67.5
Dennis Weathers	60	M_MR_5_AAPF	81.5	82.5	0.64975	-303.1325	303.1325	314.1555	325.1785	314.1555	92.589375	1-M_MR_5_AAPF-82.5
Gary Knurek	31	M_OR_AAPF	88.8	90	0.61645	440.92	-476.1936	-476.1936	0	440.92	123.29	1-M_OR_AAPF-90
Ian Scott	75	M_MR_8_AAPF	80.2	82.5	0.6567	225.9715	-231.483	236.9945	-242.506	236.9945	70.59525	1-M_MR_8_AAPF-82.5
James Briggs (equiped)	53	M_ME_3_AAPF	89.7	90	0.613	-358.2475	358.2475	-369.2705	0	358.2475	99.6125	1-M_ME_3_AAPF-90
James Briggs (raw)	54	M_MR_3_AAPF	89.7	90	0.613	292.1095	-308.644	0	0	292.1095	81.2225	1-M_MR_3_AAPF-90
James Proce	46	M_ME_2_AAPF	89.8	90	0.6126	-501.5465	-501.5465	-507.058	0	0	0	0
James Straight	42	M_ME_1_AAPF	183.3	SHW	0.50007	562.173	600.7535	628.311	-663.5846	628.311	142.51995	1-M_ME_1_AAPF-SHW
Janet Sink	70	F_MR_7_AAPF	87.6	90	0.75895	88.184	93.6955	99.207	0	99.207	34.15275	1-F_MR_7_AAPF-90
Jeff Campion	49	M_MR_2_AAPF	128.9	140	0.542	363.759	374.782	-391.3165	0	374.782	92.14	1-M_MR_2_AAPF-140
John Lindley	41	M_ME_1_AAPF	98.6	100	0.5848	407.851	440.92	473.989	0	473.989	125.732	1-M_ME_1_AAPF-100
Jordan Hines	23	M_JR_AAPF	104.9	110	0.57175	407.851	424.3855	-440.92	0	424.3855	110.061875	1-M_JR_AAPF-110
Ken Wentworth	42	M_ME_1_AAPF	82.3	82.5	0.6456	402.3395	-440.92	-440.92	0	402.3395	117.822	1-M_ME_1_AAPF-82.5
Matthew Hull	28	M_OR_AAPF	89.2	90	0.6149	264.552	286.598	-303.1325	0	286.598	79.937	2-M_OR_AAPF-90
Michael Bingham (master)	47	M_ME_2_AAPF	79.7	82.5	0.6595	540.127	567.6845	584.219	600.7535	584.219	174.7675	1-M_ME_2_AAPF-82.5
Michael Bingham (open)	47	M_OE_AAPF	79.7	82.5	0.6595	540.127	567.6845	584.219	600.7535	584.219	174.7675	1-M_OE_AAPF-82.5
Mohamed Mohamed	20	M_JR_AAPF	79.9	82.5	0.6613	225.9715	264.552	-281.0865	0	264.552	79.356	1-M_JR_AAPF-82.5
Nora Langdon	70	F_ME_7_AAPF	89.6	90	0.74925	148.8105	154.322	0	0	154.322	52.4475	1-F_ME_7_AAPF-90
Paul Rupright	58	M_ME_4_AAPF	146.7	SHW	0.5256	457.4545	-496.035	496.035	-501.5465	496.035	118.26	1-M_ME_4_AAPF-SHW
Ronald Walsh Jr.	47	M_ME_2_AAPF	131.5	140	0.5388	-639.334	-661.38	-699.9605	0	0	0	0
Tate Briggs	18	M_TE_2_AAPF	138.1	140	0.53275	457.4545	-485.012	-490.5235	0	457.4545	110.545625	1-M_TE_2_AAPF-140
Thomas Nelson	64	M_MR_5_AAPF	124.8	125	0.54565	314.1555	-332.8946	-332.8946	0	314.1555	77.755125	1-M_MR_5_AAPF-125
Tim Hensley	32	M_OE_AAPF	89	90	0.6157	-633.8225	633.8225	707.6766	0	707.6766	197.6397	1-M_OE_AAPF-90
William Dixon (open)	35	M_OE_AAPF	154.6	SHW	0.5196	540.127	589.7305	-611.7765	0	589.7305	138.993	1-M_OE_AAPF-SHW
William Dixon (submaster)	35	M_SME_AAPF	154.6	SHW	0.5196	540.127	589.7305	-611.7765	0	589.7305	138.993	1-M_SME_AAPF-SHW

27-Apr-13

2013 AAPF National Powerlifting Championships - Full Power Equipped - Kg Results

Table with columns: Name, Age, Div, BW(Kg), WtCn(Kg), Squat 1, Squat 2, Squat 3, Squat 4, Best Squat, Bench 1, Bench 2, Bench 3, Bench 4, Best Bench, Sub Total, Deadlift 1, Deadlift 2, Deadlift 3, Deadlift 4, Best Deadlift, PL Total, Coeff Score, Pf-Div(WtCn). Includes names like Alex Trinnad, Andrew Willard, Angelo Giannosa, Arthur Little, Bob Fabiano, Bob McCabe, Brenden Cowy, Chris Korzenewski, Cory Schuttler, Daniel Ransch, Dennis Ryan, Devin Caspirotti, Doug Petersen, Erik Johnson, Francis Ruetterig, Howard Penrose, Hunter Grasso, Jacob Whately, Julien Hengel, Jeff Cory, Jeff Mumaw, Jeff Mumaw (master), Jeff Mumaw (open), Jeffrey Orr, Jim Jeunink, Jim Jeunink, John Hare, Joseph Frescura, Joshua Scribner, Mike Tejero, Max Boone, Michael Now, Nathan Annett, Nick Boek, Nora Lindsborg, Robert Biersbach, Ron 'Huller, Rudy Kadlub, Shelly Brandenburg, Taylor Jakubczak (junior), Taylor Jakubczak (open), Timothy Mitchell, Tom Krawiec, Vince Scelfo.

27-Apr-13

2013 AAPF National Powerlifting Championships - Full Power Equipped - Lb Results

Table with columns: Name, Age, Div, BW(Kg), WtCn(Kg), Squat 1, Squat 2, Squat 3, Squat 4, Best Squat, Bench 1, Bench 2, Bench 3, Bench 4, Best Bench, Sub Total, Deadlift 1, Deadlift 2, Deadlift 3, Deadlift 4, Best Deadlift, PL Total, Coeff Score, Pf-Div(WtCn). Includes names like Alex Trinnad, Andrew Willard, Angelo Giannosa, Arthur Little, Bob Fabiano, Bob McCabe, Brenden Cowy, Chris Korzenewski, Cory Schuttler, Daniel Ransch, Dennis Ryan, Devin Caspirotti, Doug Petersen, Erik Johnson, Francis Ruetterig, Howard Penrose, Hunter Grasso, Jacob Whately, Julien Hengel, Jeff Cory, Jeff Mumaw, Jeff Mumaw (master), Jeff Mumaw (open), Jeffrey Orr, Jim Jeunink, Jim Jeunink, John Hare, Joseph Frescura, Joshua Scribner, Mike Tejero, Max Boone, Michael Now, Nathan Annett, Nick Boek, Nora Lindsborg, Robert Biersbach, Ron 'Huller, Rudy Kadlub, Shelly Brandenburg, Taylor Jakubczak (junior), Taylor Jakubczak (open), Timothy Mitchell, Tom Krawiec, Vince Scelfo.

28-Apr-13

2013 AAPF National Powerlifting Championships - Full Power Raw - Kg Results

Table with columns: Name, Age, Div, BW(Kg), WCLs(Kg), Squat 1, Squat 2, Squat 3, Squat 4, Best Squat, Bench 1, Bench 2, Bench 3, Bench 4, Best Bench, Sub Total, Deadlift 1, Deadlift 2, Deadlift 3, Deadlift 4, Best Deadlift, PL Total, Coeff Score, Pk-Div(WCL). Rows list athletes and their performance metrics.

28-Apr-13

2013 AAPF National Powerlifting Championships - Full Power Raw - Lb Results

Table with columns: Name, Age, Div, BW(Kg), WCLs(Kg), Squat 1, Squat 2, Squat 3, Squat 4, Best Squat, Bench 1, Bench 2, Bench 3, Bench 4, Best Bench, Sub Total, Deadlift 1, Deadlift 2, Deadlift 3, Deadlift 4, Best Deadlift, PL Total, Coeff Score, Pk-Div(WCL). Rows list athletes and their performance metrics.

Ross Arnold	65	M	MR_6_AAPF	105.3	110	0.5701	220.46	242.506	253.529	0	253.529	292.1095	314.1555	-325.1785	0	314.1555	567.6845	352.736	374.782	402.3395	0	402.3395	970.024	250.844	1-M	MR_6_AAPF-110
Russell DiNaro	27	M	OR_AAPF	107.8	110	0.5958	330.69	402.3395	440.92	0	402.3395	286.598	365.1795	-341.713	0	355.1785	727.518	451.943	-518.081	518.081	0	518.081	1245.599	319.677	6-M	OR_AAPF-110
Samir Ghni	27	M	OR_AAPF	69	90	0.6157	413.3625	435.4095	451.943	0	435.4095	525.1785	-352.736	-352.736	0	325.1785	760.587	435.4095	421.4545	-485.035	0	437.4545	1218.0415	340.17425	2-M	OR_AAPF-90
Sammy Greco	42	M	MR_1_AAPF	73.3	75	0.70045	314.1555	352.736	-374.782	0	352.736	198.414	220.46	-238.9545	0	220.46	573.198	385.805	413.3625	-451.943	0	413.3625	886.5585	313.451375	1-M	MR_1_AAPF-75
Sean Mok	20	M	JR_AAPF	62.2	67.5	0.80485	275.575	314.1555	-352.736	0	314.1555	225.9715	242.506	259.0405	0	259.0405	573.198	363.759	396.828	-418.874	0	396.828	970.024	354.134	1-M	JR_AAPF-67.5
Sean Pfaff	26	M	OR_AAPF	106.5	110	0.56795	440.92	-473.989	473.989	0	440.92	319.667	363.759	-402.3395	0	363.759	804.679	-540.127	540.127	573.198	0	573.198	1377.475	354.9875	4-M	OR_AAPF-110
Shenwood Harris (junior)	20	M	JR_AAPF	138.3	140	0.53255	501.5465	520.104	534.6155	0	534.6155	407.851	418.874	-424.3855	0	418.874	953.4895	584.219	-606.265	606.265	623.9018	606.265	1559.7545	376.779125	1-M	JR_AAPF-140
Shenwood Harris (open)	20	M	OR_AAPF	138.3	140	0.53255	501.5465	520.104	534.6155	0	534.6155	407.851	418.874	-424.3855	0	418.874	953.4895	584.219	-606.265	606.265	623.9018	606.265	1559.7545	376.779125	1-M	OR_AAPF-140
Stephanie Toalston	39	F	OR_AAPF	58.8	60	1.0037	-176.368	176.368	-198.414	0	176.368	-126.7645	126.7645	-143.299	0	126.7645	303.1325	281.0955	303.1325	319.667	0	319.667	622.7995	283.54525	1-F	OR_AAPF-60
Steve Schmidt	15	M	TR_1_AAPF	66.6	67.5	0.73705	209.437	231.483	270.0635	0	270.0635	181.7265	203.9255	211.6418	0	211.6418	481.7265	314.1555	358.2475	380.2938	0	380.2938	861.9998	296.0055	1-M	TR_1_AAPF-67.5
Taline Muskat	35	F	SMR_AAPF	51.5	52	1.1161	176.368	192.9025	203.9255	0	203.9255	115.7415	132.276	134.4506	0	134.4506	338.4061	242.506	259.0405	270.0635	0	270.0635	608.4696	308.0436	1-F	SMR_AAPF-52
Tim Laudensate	26	M	OR_AAPF	89	90	0.6157	407.851	440.92	462.966	0	462.966	319.667	330.69	347.2245	0	347.2245	810.1905	-396.828	407.851	435.4085	0	435.4085	1245.599	347.8705	1-M	OR_AAPF-90
Victor Faylor	28	M	OR_AAPF	99.8	100	0.5823	428.897	457.4545	473.989	0	473.989	319.667	347.2245	363.759	0	363.759	837.748	523.5625	-567.8845	0	0	523.5625	1361.3405	368.57025	4-M	OR_AAPF-100
Zachary Willard	17	M	TR_2_AAPF	78.7	82.5	0.6652	319.667	358.2475	-360.2935	0	358.2475	208.9545	244.552	281.0955	0	281.0955	635.334	380.2935	418.874	451.943	0	451.943	1081.277	323.274	1-M	TR_2_AAPF-82.5