

10-Feb-18 FULL POWER: 2018 SD State APF/AAPF Powerlifting Championships-Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Glossbreaker	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-BL-WICI
Jennifer Huerta	41	F-OAaCR	148	148	0.90385	253.529	-275.575	275.575	275.575	93.6955	99.207	-110.23	99.207	374.782	253.529	270.0635	-286.598	270.0635	644.8455	264.3761	267.0198	1-F-OAaCR-148
Miranda Ficek	33	F-OAaCR	194.5	198	0.756	-275.58	281.087	303.133	303.133	132.276	-137.79	137.788	137.788	440.92	303.133	314.156	336.202	336.202	5	266.49	266.49	1-F-OAaCR-198
Kala Espinoza	33	F-OAAR	132	132	0.9889	220.46	-242.506	-242.506	220.46	121.253	-143.299	-143.299	121.253	341.713	292.1095	314.1555	-330.69	314.1555	655.8685	294.1977	294.1977	1-F-OAAR-132
Roxanne Lewis	49	F-OAAR	132	132	0.9889	-214.949	214.9485	0	214.9485	-121.253	121.253	-132.276	121.253	336.2015	253.529	-286.598	-286.598	253.529	589.7305	264.5307	294.4227	2-F-OAAR-132
Kerri Niehaus	30	F-OAAR	148	148	0.90385	248.0175	-259.041	-264.552	248.0175	110.23	-115.742	115.7415	115.7415	363.759	292.1095	303.1325	314.1555	314.1555	677.9145	277.9338	277.9338	1-F-OAAR-148
Lindzey Groth	23	F-OAAR	144.5	148	0.9211	-181.88	181.8795	192.9025	192.9025	137.7875	148.8105	-165.345	148.8105	341.713	225.9715	242.506	259.0405	259.0405	600.7535	250.9997	250.9997	2-F-OAAR-148
Kathy Nordness	50	F-OAAR	177	181	0.79985	165.345	-192.903	-192.903	165.345	137.7875	-148.811	-148.811	137.7875	303.1325	203.9255	225.9715	-248.018	225.9715	529.104	191.964	216.9193	1-F-OAAR-181
Debbie Damminga	56	F-Oeq	162	165	0.84755	529.104	567.6845	600.7535	600.7535	248.0175	259.0405	281.0865	281.0865	881.84	462.966	501.5465	523.5925	523.5925	1405.432	540.3131	673.2301	1-F-Oeq-165
Sotiria "Tia" Spencer	24	F-OcR	108	114	1.1604	187.391	-214.949	-231.483	187.391	93.6955	115.7415	-126.765	115.7415	303.1325	192.9025	231.483	259.0405	259.0405	562.173	295.902	295.902	1-F-OcR-114
Christel Dodd	37	F-OcR	159	165	0.8587	242.506	264.552	286.598	286.598	132.276	143.299	154.322	154.322	440.92	253.529	-281.087	281.0865	281.0865	722.0065	281.2242	281.2242	1-F-OcR-165
Katie Stensland	30	F-OcR	171.5	181	0.8162	259.0405	281.0865	303.1325	303.1325	115.7415	126.7645	137.7875	137.7875	440.92	264.552	303.1325	314.1555	314.1555	755.0755	279.5485	279.5485	1-F-OcR-181
Holly Sullivan	38	F-OcR	196	198	0.7526	170.8565	209.437	236.9945	236.9945	88.184	110.23	126.7645	126.7645	363.759	242.506	292.1095	303.1325	303.1325	666.8915	227.6615	227.6615	1-F-OcR-198
Yvette McKee	42	F-OcR	206	SHW	0.7356	242.506	-264.552	-264.552	242.506	148.8105	159.8335	-170.857	159.8335	402.3395	275.575	292.1095	-308.644	292.1095	694.449	231.714	236.3482	1-F-OcR-SHW
Samantha Williams	22	F-OR	122	123	1.0545	-198.414	242.506	-275.575	242.506	104.7185	121.253	-137.788	121.253	363.759	236.9945	-275.575	303.1325	303.1325	666.8915	318.9862	318.9862	1-F-OR-123
Harlie Petrak	20	F-OR	120.5	123	1.0638	-209.437	209.437	236.9945	236.9945	-82.6725	88.184	-104.719	88.184	325.1785	187.391	209.437	-231.483	209.437	534.6155	257.9715	257.9715	2-F-OR-123
Robin Miller	48	F-OR	132	132	0.9889	187.391	203.9255	-209.437	203.9255	143.299	-159.834	159.8335	159.8335	363.759	281.0865	-297.621	-297.621	281.0865	644.8455	289.2532	317.3108	1-F-OR-132
Christina Kraft	34	F-OR	139.5	148	0.94625	203.9255	0	0	203.9255	121.253	126.7645	132.276	132.276	336.2015	220.46	248.0175	-264.552	248.0175	584.219	5	5	1-F-OR-148
Brooke Louwagie	22	F-OR	155	165	0.87385	214.9485	231.483	-248.018	231.483	170.8565	-187.391	-198.414	170.8565	402.3395	253.529	275.575	297.621	297.621	699.9605	277.4473	277.4473	1-F-OR-165
Anne-Marie Petty	25	F-OR	160	165	0.8547	154.322	-181.88	187.391	187.391	93.6955	115.7415	126.7645	126.7645	314.1555	187.391	225.9715	253.529	253.529	567.6845	220.0852	220.0852	2-F-OR-165
Justen Frank	42	M-OAAeq	241	242	0.5635	733.0295	-766.099	-771.61	733.0295	-551.15	551.15	-573.196	551.15	1284.18	567.6845	584.219	-606.265	584.219	1868.398	477.5662	487.1175	1-M-OAAeq-242
Matt Dahl	26	M-OAAcR	162	165	0.699	407.851	424.3855	457.4545	457.4545	253.529	275.575	-303.133	275.575	733.0295	440.92	479.5005	-501.547	479.5005	1212.53	384.45	384.45	1-M-OAAcR-165
Dane Anderson	22	M-OAAcR	178.5	181	0.65235	380.2935	424.3855	457.4545	457.4545	253.529	281.0865	303.1325	303.1325	760.587	473.989	507.058	540.127	540.127	1300.714	384.8865	384.8865	1-M-OAAcR-181
Chris Arbach	24	M-OAAcR	173.5	181	0.6652	374.782	424.3855	-473.989	424.3855	225.9715	242.506	259.0405	259.0405	683.426	363.759	424.3855	-446.432	424.3855	1107.811	334.263	334.263	2-M-OAAcR-181
Dennis Park	23	M-OAAcR	195	198	0.6177	374.782	-396.828	396.828	396.828	242.506	264.552	275.575	275.575	672.403	396.828	418.874	435.4085	435.4085	1107.811	310.3942	310.3942	1-M-OAAcR-198
Valentine Huerta - A	43	M-OAAcR	218	220	0.58535	644.8455	688.9375	-710.984	688.9375	319.667	347.2245	-369.271	347.2245	1036.162	606.265	-655.869	-655.869	606.265	1642.427	436.0857	449.6044	1-M-OAAcR-228
Larry Schuck	40	M-OAAcR	216.5	220	0.58585	501.5465	562.173	589.7305	589.7305	341.713	-374.782	374.782	374.782	964.5125	501.5465	534.6155	-556.662	534.6155	1499.128	398.378	398.378	2-M-OAAcR-228
Chase Harmon	20	M-OAAcR	242.5	242	0.5625	473.989	512.5695	529.104	529.104	143.299	187.391	209.437	209.437	738.541	429.897	468.4775	501.5465	501.5465	1240.087	316.4062	316.4062	1-M-OAAcR-242
Zealan "Z" LaCombe	22	M-OAAcR	299.5	308	0.53525	446.4315	485.012	507.058	507.058	259.0405	281.0865	-297.621	281.0865	788.1445	473.989	518.081	540.127	540.127	1328.271	322.4881	322.4881	1-M-OAAcR-308
Jory Kunzman	26	M-OAAcR	279	308	0.54375	451.943	473.989	490.5235	490.5235	264.552	292.1095	-330.69	292.1095	782.633	418.874	468.4775	501.5465	501.5465	1284.179	316.7343	316.7343	2-M-OAAcR-308
Lucas Bonefield	34	M-OAAcR	324	SHW	0.5254	595.242	650.357	-683.426	650.357	-363.759	363.759	402.3395	402.3395	1052.697	617.288	683.426	-738.541	683.426	1736.122	413.7525	413.7525	1-M-OAAcR-SHW
Tyler Yanez - A	15	M-OAAR	143.5	148	0.77225	374.782	407.851	418.874	418.874	275.575	297.621	303.1325	303.1325	722.0065	407.851	457.4545	462.966	462.966	1184.972	415.0843	415.0843	1-M-OAAR-148
Tomas Pacheco	16	M-OAAR	146.5	148	0.75805	220.46	242.506	253.529	253.529	176.368	198.414	203.9255	203.9255	457.4545	319.667	347.2245	374.782	374.782	832.2365	286.1638	286.1638	2-M-OAAR-148
Gordon Hopperdie	48	M-OAAR	160.5	165	0.70415	297.621	314.1555	-341.713	314.1555	187.391	214.9485	-220.46	214.9485	529.104	374.782	402.3395	418.874	418.874	947.978	302.7845	332.1545	1-M-OAAR-165
Daniel Caron	29	M-OAAR	175	181	0.6612	407.851	429.897	451.943	451.943	297.621	314.1555	-325.179	314.1555	766.0985	462.966	501.5465	512.5695	512.5695	1278.668	383.496	383.496	1-M-OAAR-181
Clinton Chapman	24	M-OAAR	179	181	0.6513	275.575	292.11	314.156	314.156	225.972	236.995	248.018	248.018	562.173	314.156	330.69	341.713	341.713	903.886	267.033	267.033	2-M-OAAR-181
Thomas Tieszen	28	M-OAAR	193.5	198	0.6205	490.5235	-507.058	507.058	507.058	341.713	358.2475	374.782	374.782	881.84	584.219	606.265	628.311	628.311	1510.151	425.0425	425.0425	1-M-OAAR-198
Dave Baker	64	M-OAAR	218.5	220	0.58355	352.736	374.782	396.828	396.828	176.368	187.391	198.414	198.414	595.242	440.92	-451.943	0	440.92	1036.162	274.2685	397.6893	1-M-OAAR-220
Chad Liedtke	50	M-OAAR	306.5	308	0.53195	429.897	-479.501	479.5005	479.5005	308.644	330.69	341.713	341.713	821.2135	523.5925	-562.173	562.173	562.173	1383.386	333.7986	377.1924	1-M-OAAR-308
Shane Graveman	44	M-Oeq	181	181	0.64665	429.897	468.4775	-501.547	468.4775	-308.644	308.644	-330.69	308.644	777.1215	451.943	501.5465	-523.593	501.5465	1278.668	375.057	391.1844	1-M-Oeq-181
Brian Ericksen	46	M-Oeq	229	242	0.57375	633.8225	-672.403	-705.472	633.8225	446.4315	0	0	446.4315	1080.254	473.989	-507.058	-507.058	473.989	1554.243	404.4937	431.9993	1-M-Oeq-242
Adam Scherr	24	M-OcR	173	181	0.6664	286.598	314.1555	336.2015	336.2015	225.9715	-253.529	253.529	253.529	589.7305	369.2705	391.3165	-413.363	391.3165	981.047	296.548	296.548	1-M-OcR-181
Jacob Linn	18	M-OcR	179	181	0.																	