Bench Deadlift TOTAL	USPF MARYLAND STATE RECORDS ~ D1						
Squat Bench Deadlift TOTAL						. .	
Bench Deadlift TOTAL			Kgs	Lbs	Name	Date	
Deadlift TOTAL	52kg/114.5lb	•					
TOTAL 6kg/123.5lb Squat Bench Deadlift TOTAL 0kg/132.2lb Squat Bench Deadlift TOTAL 7.5kg/148lb Squat Bench Deadlift TOTAL 5kg/165.2lb Squat Bench Deadlift TOTAL 5kg/165.2lb Squat Bench Deadlift TOTAL 612.5 Stag/181.7lb Squat Bench Deadlift TOTAL 0kg/198.2lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL							
Squat Bench Deadlift TOTAL							
Bench Deadlift TOTAL							
Deadlift TOTAL	56kg/123.5lb	•					
TOTAL Squat Bench Deadlift TOTAL							
0kg/132.2lb Squat Bench Deadlift TOTAL 7.5kg/148lb Squat Bench Deadlift TOTAL 5kg/165.2lb Squat Bench Deadlift TOTAL 227.5 501.5 Gary Shanholtz Journal Standort 3/15/1982 3/15/1982 Journal Standort 2.5kg/181.7lb Squat Bench Deadlift TOTAL 612.5 Journal Standort 1350.0 Gary Shanholtz Journal Standort 0kg/198.2lb Squat Bench Deadlift TOTAL 00kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL Deadlift TOTAL Squat Bench Deadlift TOTAL							
Bench Deadlift TOTAL							
Deadlift TOTAL 7.5kg/148lb Squat Bench Deadlift TOTAL 5kg/165.2lb Squat Bench Deadlift TOTAL 5kg/165.2lb Squat Bench Deadlift TOTAL 612.5 1350.0 Gary Shanholtz 3/15/1982 2.5kg/181.7lb Squat Bench Deadlift TOTAL 0kg/198.2lb Squat Bench Deadlift TOTAL 0kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL 5kg/275lb Squat Bench Deadlift TOTAL	60kg/132.2lb						
TOTAL 7.5kg/148lb							
7.5kg/148lb		Deadlift					
Bench Deadlift TOTAL		TOTAL					
Deadlift TOTAL	67.5kg/148lb	Squat					
TOTAL 5kg/165.2lb		Bench					
5kg/165.2lb Squat 227.5 501.5 Gary Shanholtz 3/15/1982 Bench 145.0 319.5 Gary Shanholtz 3/15/1982 Joeadlift 240.0 529.0 Gary Shanholtz 3/15/1982 2.5kg/181.7lb Squat Bench Deadlift Deadlift TOTAL Deadlift TOTAL Okg/198.2lb Squat Bench Deadlift TOTAL 10kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL Squat		Deadlift					
Bench		TOTAL					
Deadlift 240.0 529.0 Gary Shanholtz 3/15/1982 TOTAL 612.5 1350.0 Gary Shanholtz 3/15/1982 2.5kg/181.7lb Squat Bench Deadlift TOTAL Okg/198.2lb Squat Bench Deadlift TOTAL Okg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL	75kg/165.2lb	Squat	227.5	501.5	Gary Shanholtz	3/15/1982	
TOTAL 612.5 1350.0 Gary Shanholtz 3/15/1982 2.5kg/181.7lb Squat Bench Deadlift TOTAL 0kg/198.2lb Squat Bench Deadlift TOTAL 00kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL		Bench	145.0	319.5	Gary Shanholtz	3/15/1982	
2.5kg/181.7lb Squat Bench Deadlift TOTAL 0kg/198.2lb Squat Bench Deadlift TOTAL 00kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL		Deadlift	240.0	529.0	Gary Shanholtz	3/15/1982	
Bench Deadlift TOTAL Okg/198.2lb Squat Bench Deadlift TOTAL Ookg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL		TOTAL	612.5	1350.0	Gary Shanholtz	3/15/1982	
Bench Deadlift TOTAL Okg/198.2lb Squat Bench Deadlift TOTAL Ookg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL	82.5kg/181.7lb	Squat					
TOTAL Okg/198.2lb Squat Bench Deadlift TOTAL Ookg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL							
Okg/198.2lb Squat Bench Deadlift TOTAL Ookg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL		Deadlift					
Bench Deadlift TOTAL O0kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL 25kg/275lb TOTAL Deadlift TOTAL		TOTAL					
Bench Deadlift TOTAL O0kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL 25kg/275lb TOTAL Deadlift TOTAL	90kg/198.2lb	Squat					
Deadlift TOTAL O0kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL Deadlift TOTAL		•					
TOTAL O0kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL Deadlift TOTAL							
O0kg/220lb Squat Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL TOTAL							
Bench Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL TOTAL	100kg/220lb						
Deadlift TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL	G r						
TOTAL 10kg/242lb Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL							
Squat Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL							
Bench Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL	110kg/242lb						
Deadlift TOTAL 25kg/275lb Squat Bench Deadlift TOTAL	110/18/21210						
TOTAL 25kg/275lb Squat Bench Deadlift TOTAL							
25kg/275lb Squat Bench Deadlift TOTAL							
Bench Deadlift TOTAL	125kg/275lh						
Deadlift TOTAL	123kg/273lb	•					
TOTAL							
MN/a/200 Elb Caust	140kg/308.5lb						
Bench Doadlift							
Deadlift							
TOTAL		IUIAL					

140+kg/308+lb Squat

Bench Deadlift TOTAL