

# RI State Men

## Powerlifting

### Masters (40-44)

#### 114lbs/52Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

#### 123lbs/56Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

#### 132lbs/60Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

#### 148lbs/67.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

#### 165lbs/75Kgs

Squat	Russ Metivier	199.6	Kg	440.0	lbs	3/21/2004
Bench	Russ Metivier	129.3	Kg	285.0	lbs	3/21/2004
Deadlift	Russ Metivier	215.5	Kg	475.0	lbs	3/21/2004
Total	Russ Metivier	544.3	Kg	1200.0	lbs	3/21/2004

#### 181lbs/82.5Kgs

Squat	Bob Ducharme	262.5	Kg	578.7	lbs	3/21/2010
Bench	Bob Ducharme	162.5	Kg	358.2	lbs	3/21/2010
Deadlift	Bob Ducharme	250.0	Kg	551.2	lbs	3/21/2010
Total	Bob Ducharme	675.0	Kg	1488.1	lbs	3/21/2010

#### 198lbs/90Kgs

Squat	William Green	235.9	Kg	520.0	lbs	3/20/1994
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Bench	Kevin Rossi	190.5	Kg	420.0	lbs	3/17/2002
Deadlift	William Green	285.8	Kg	630.0	lbs	3/20/1994
Total	William Green	662.3	Kg	1460.0	lbs	3/20/1994

220lbs/100Kgs

Squat	Tim Brien	283.5	Kg	625.0	lbs	3/14/1999
Bench	Bob Connell Jr.	181.4	Kg	400.0	lbs	3/30/2003
Deadlift	Tim Brien	272.2	Kg	600.0	lbs	3/14/1999
Total	Tim Brien	707.6	Kg	1560.0	lbs	3/14/1999

242lbs/110Kgs

Squat	Dennis Montembault	299.4	Kg	660.0	lbs	3/17/2002
Bench	Craig A. DeBartolo	227.5	Kg	501.5	lbs	3/21/2010
Deadlift	Craig A. DeBartolo	290.0	Kg	639.3	lbs	3/21/2010
Total	Dennis Montembault	753.0	Kg	1660.0	lbs	3/17/2002

275lbs/125Kgs

Squat	Ted J. Isabella	365.1	Kg	805.0	lbs	3/21/2004
Bench	James Bourgault Sr.	217.7	Kg	480.0	lbs	3/17/2002
Deadlift	Joe Reeves	351.5	Kg	775.0	lbs	3/30/2003
Total	Ted J. Isabella	880.0	Kg	1940.0	lbs	3/21/2004

308lbs/140kgs

Squat	Ted J. Isabella	365.0	Kg	804.7	lbs	6/29/2008
Bench	Ted J. Isabella	197.5	Kg	435.4	lbs	6/29/2008
Deadlift	Ted J. Isabella	315.0	Kg	694.4	lbs	6/29/2008
Total	Ted J. Isabella	877.5	Kg	1934.5	lbs	6/29/2008

SHW/140+Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

## Masters (45-49)

114lbs/52Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

132lbs/60Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

148lbs/67.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

165lbs/75Kgs

Squat	Russ Metivier	182.5	Kg	402.3	lbs	3/23/2008
Bench	Russ Metivier	130.0	Kg	286.6	lbs	3/23/2008
Deadlift	Russ Metivier	215.0	Kg	474.0	lbs	3/23/2008
Total	Russ Metivier	527.5	Kg	1162.9	lbs	3/23/2008

181lbs/82.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

198lbs/90Kgs

Squat	Alfred Irby Jr.	210.9	Kg	465.0	lbs	3/20/1994
Bench	Alfred Irby Jr.	129.3	Kg	285.0	lbs	3/20/1994
Deadlift	Alfred Irby Jr.	222.3	Kg	490.0	lbs	3/20/1994

Total	Alfred Irby Jr.	562.5	Kg	1240.0	lbs	3/20/1994
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220lbs/100Kgs

Squat	Dennis Montembault	306.2	Kg	675.0	lbs	3/30/2003
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Bench	Dennis Montembault	208.7	Kg	460.0	lbs	3/30/2003
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Deadlift	Dennis Montembault	260.8	Kg	575.0	lbs	3/30/2003
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Total	Dennis Montembault	787.0	Kg	1735.0	lbs	3/30/2003
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242lbs/110Kgs

Squat	Stanley Pappas	25.0	Kg	55.1	lbs	3/23/2008
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Bench	Stanley Pappas	200.0	Kg	440.9	lbs	3/23/2008
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Deadlift	Stanley Pappas	272.5	Kg	600.8	lbs	3/23/2008
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Total	Stanley Pappas	497.5	Kg	1096.8	lbs	3/23/2008
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275lbs/125Kgs

Squat	Ray Dame	188.2	Kg	415.0	lbs	3/20/2005
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Bench	Ray Dame	183.7	Kg	405.0	lbs	3/20/2005
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Deadlift	Ray Dame	222.3	Kg	490.0	lbs	3/20/2005
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Total	Ray Dame	594.2	Kg	1310.0	lbs	3/20/2005
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308lbs/140kgs

Squat	Ted J. Isabella	365.0	Kg	804.7	lbs	7/4/2009
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Bench	Ted J. Isabella	197.5	Kg	435.4	lbs	7/4/2009
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Deadlift	Ted J. Isabella	307.5	Kg	677.9	lbs	7/4/2009
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Total	Ted J. Isabella	870.0	Kg	1918.0	lbs	7/4/2009
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SHW/140+Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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## Masters (50-54)

### 114lbs/52Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 123lbs/56Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 132lbs/60Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 148lbs/67.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 165lbs/75Kgs

Squat	Cris Tabulina	158.8	Kg	350.0	lbs	3/25/2007
Bench	Cris Tabulina	158.8	Kg	350.0	lbs	3/25/2007
Deadlift	Cris Tabulina	229.1	Kg	505.0	lbs	3/25/2007
Total	Cris Tabulina	546.6	Kg	1205.0	lbs	3/25/2007

### 181lbs/82.5Kgs

Squat	Cris Tabulina	185.0	Kg	407.9	lbs	3/23/2008
Bench	Cris Tabulina	162.5	Kg	358.2	lbs	3/23/2008
Deadlift	Jack Paskanik	113.4	Kg	250.0	lbs	3/14/1999
Total	Cris Tabulina	580.0	Kg	1278.7	lbs	3/23/1999

### 198lbs/90Kgs

Squat	Alfred Irby Jr.	242.7	Kg	535.0	lbs	3/19/2000
Bench	Alfred Irby Jr.	145.2	Kg	320.0	lbs	3/19/2000
Deadlift	Alfred Irby Jr.	238.1	Kg	525.0	lbs	3/14/1999

Total	Alfred Irby Jr.	621.4	Kg	1370.0	lbs	3/19/2000
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220lbs/100Kgs

Squat	Alfred Irby Jr.	233.6	Kg	515.0	lbs	3/16/1997
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Bench	Thomas Lydon Jr.	152.0	Kg	335.0	lbs	3/20/1994
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Deadlift	Alfred Irby Jr.	233.6	Kg	515.0	lbs	3/16/1997
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Total	Alfred Irby Jr.	603.3	Kg	1330.0	lbs	3/16/1997
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242lbs/110Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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275lbs/125Kgs

Squat	George Lazzareschi Jr.	220.0	Kg	485.0	lbs	3/21/2010
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Bench	George Lazzareschi Jr.	192.5	Kg	424.4	lbs	3/21/2010
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Deadlift	George Lazzareschi Jr.	62.5	Kg	137.8	lbs	3/21/2010
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Total	George Lazzareschi Jr.	475.0	Kg	1047.2	lbs	3/21/2010
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308lbs/140kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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SHW/140+Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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## Masters (55-59)

114lbs/52Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

132lbs/60Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

148lbs/67.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

165lbs/75Kgs

Squat	Cris Tabulina	202.5	Kg	446.4	lbs	3/21/2010
Bench	Cris Tabulina	152.5	Kg	336.2	lbs	3/21/2010
Deadlift	Cris Tabulina	240.0	Kg	529.1	lbs	3/21/2010
Total	Cris Tabulina	595.0	Kg	1311.7	lbs	3/21/2010

181lbs/82.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

198lbs/90Kgs

Squat	Alfred Irby Jr	206.4	Kg	455.0	lbs	3/17/2002
Bench	Alfred Irby Jr	136.1	Kg	300.0	lbs	3/17/2002
Deadlift	Alfred Irby Jr	226.8	Kg	500.0	lbs	3/17/2002

Total	Alfred Irby Jr	569.3	Kg	1255.0	lbs	3/17/2002
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220lbs/100Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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242lbs/110Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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275lbs/125Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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308lbs/140kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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SHW/140+Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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## Masters (60-64)

### 114lbs/52Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 123lbs/56Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 132lbs/60Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 148lbs/67.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 165lbs/75Kgs

Squat	Joe Marchionda	195.0	Kg	430.0	lbs	3/30/1996
Bench	Joe Marchionda	93.0	Kg	205.0	lbs	3/26/1995
Deadlift	Joe Marchionda	179.2	Kg	395.0	lbs	3/30/1996
Total	Joe Marchionda	464.9	Kg	1025.0	lbs	3/30/1996

### 181lbs/82.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

### 198lbs/90Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	

Total		0.0	Kg	0.0	lbs	
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220lbs/100Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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242lbs/110Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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275lbs/125Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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308lbs/140kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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SHW/140+Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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## Masters (65-69)

114lbs/52Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

132lbs/60Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

148lbs/67.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

165lbs/75Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

181lbs/82.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

198lbs/90Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	

Total		0.0	Kg	0.0	lbs	
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220lbs/100Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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242lbs/110Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Squat	S. Marce Donabedian	142.9	Kg	315.0	lbs	3/29/1998
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Bench		0.0	Kg	0.0	lbs	
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Bench	S. Marce Donabedian	104.3	Kg	230.0	lbs	3/29/1998
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Deadlift		0.0	Kg	0.0	lbs	
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Deadlift	S. Marce Donabedian	204.1	Kg	450.0	lbs	3/29/1998
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Deadlift	S. Marce Donabedian	451.3	Kg	995.0	lbs	3/29/1998
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Total		0.0	Kg	0.0	lbs	
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275lbs/125Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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308lbs/140kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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SHW/140+Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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## Masters (70-74)

114lbs/52Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

132lbs/60Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

148lbs/67.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

165lbs/75Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

181lbs/82.5Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	
Total		0.0	Kg	0.0	lbs	

198lbs/90Kgs

Squat	Open	0.0	Kg	0.0	lbs	
Bench		0.0	Kg	0.0	lbs	
Deadlift		0.0	Kg	0.0	lbs	

Total		0.0	Kg	0.0	lbs	
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220lbs/100Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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242lbs/110Kgs

Squat	S. Marce Donabedian	170.1	Kg	375.0	lbs	3/25/2001
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Bench	S. Marce Donabedian	122.5	Kg	270.0	lbs	3/25/2001
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Deadlift	S. Marce Donabedian	190.5	Kg	420.0	lbs	3/14/1999
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Total	S. Marce Donabedian	476.3	Kg	1050.0	lbs	3/25/2001
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275lbs/125Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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308lbs/140kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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SHW/140+Kgs

Squat	Open	0.0	Kg	0.0	lbs	
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Bench		0.0	Kg	0.0	lbs	
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Deadlift		0.0	Kg	0.0	lbs	
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Total		0.0	Kg	0.0	lbs	
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