

# Dec 8th, 2018 USPF 2018 Winter Powerlifting Event-Kg Results FULL POWER

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4
Alexandria King	20	F_JR_USPF	67.5	67.5	1.0206	70	82.5	-90	
Jennifer Lopez	19	F_JR_3_USPF	70.7	75	0.9881	80	85	92.5	
Dina Pabon	32	F_OR_USPF	72	75	0.976	125	130	137.5	
Kristina Benoit	30	F_OR_USPF	107	SHW	0.818	127.5	132.5	155	
Kelli Coleman	29	F_OR_USPF	94.9	SHW	0.8467	120	127.5	140	
Steven Toribio	21	M_JR_USPF	72.5	75	0.73	182.5	185	190	
Michael Maniquis	22	M_JR_USPF	72.4	75	0.7307	122.5	132.5	137.5	
Brian Aderman Jr.	21	M_JR_USPF	81.9	82.5	0.6729	185	197.5	205	
Matthew Ruiz	23	M_JR_USPF	88.3	90	0.6447	-190	192.5	-205	
Kenneth Zimmerman	23	M_JR_USPF	108.7	110	0.5907	227.5	245	255	
Andy Garcia	18	M_JR_3_USPF	51.7	52	0.9873	105	112.5	122.5	
Joshua Ocampo	19	M_JR_3_USPF	66.5	67.5	0.7804	145	155	167.5	
Julian Joseph Jacquez	18	M_JR_3_USPF	88	90	0.6459	-195	210	220	
Emilio Duran	24	M_OES_USPF	108.6	110	0.5909	280	-292.5	-292.5	
Tyler Butcher	20	M_OES_USPF	161.5	SHW	0.5475	-455	455	-490	
Jordan Travis	26	M_OCR_USPF	99.3	100	0.6103	242.5	-257.5	257.5	
Brandon Heaney	29	M_OCR_USPF	98.9	100	0.6113	232.5	-247.5	-247.5	
Brett Morris		M_OCR_USPF	134.3	140	0.5624	267.5	290	-295	
Muhammed Qureshi	28	M_OR_USPF	73.7	75	0.7214	130	137.5	140	
Andrew Richards	27	M_OR_USPF	76	82.5	0.7061	190	205	210	
Jose Montenegro	30	M_OR_USPF	83.9	90	0.6633	165	-175	177.5	
Robert Avalos	24	M_OR_USPF	90	90	0.6384	165	175	182.5	
Bradley Golden	31	M_OR_USPF	88.4	90	0.6444	97.5	105	115	
Gabriel Cabrera	28	M_OCR_USPF	131.8	140	0.5642	-210	210	227.5	

## BENCH ONLY

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4
Paul Girardi	34	M_OR_USPF	89.9	90	0.6388	120	125	-137.5	

Mario Rizo                      43              M\_OR\_USPF              97.7              100              0.6144              212.5              227.5              -232.5

## DEADLIFT ONLY

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4
Michael Large	41	M_MR_1_USPF	89.4	90	0.6406	220	235	-250	
Alan Lee	26	M_OR_USPF	60	60	0.8529	175	187.5	197.5	205

## PUSH-PULL

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4
Valentino Rivera	40	M_MR_1_USPF	65.4	67.5	0.7911	110	-117.5	-117.5	
Kenneth Zimmerman	23	M_JR_USPF	108.7	110	0.5907	185	-200	-200	

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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
82.5	-57.5	-57.5	57.5		57.5	140	77.5	92.5	-100		92.5	232.5
92.5	30	35	-42.5		35	127.5	85	92.5	102.5		102.5	230
137.5	70	75	-77.5		75	212.5	137.5	142.5	147.5		147.5	360
155	62.5	72.5	82.5		82.5	237.5	142.5	160	175		175	412.5
140	75	82.5	-92.5		82.5	222.5	142.5	155	-175		155	377.5
190	120	130	140		140	330	227.5	232.5	240		240	570
137.5	102.5	110	117.5		117.5	255	142.5	155	167.5		167.5	422.5
205	110	117.5	-122.5		117.5	322.5	207.5	220	227.5		227.5	550
192.5	105	107.5	-115		107.5	300	192.5	197.5	205		205	505
255	185	-200	-200		185	440	275	295	307.5	-317.5	307.5	747.5
122.5	67.5	72.5	80		80	202.5	150	155	160		160	362.5
167.5	80	85	-95		85	252.5	170	182.5	185		185	437.5
220	110	125	127.5		127.5	347.5	-232.5	242.5	-252.5		242.5	590
280	195	-210	-210		195	475	265	275	-280		275	750
455	102.5	-105	-105		102.5	557.5	347.5	365	-372.5		365	922.5
257.5	150	157.5	-160		157.5	415	242.5	257.5	-270		257.5	672.5
232.5	150	160	-170		160	392.5	240	-260	-260		240	632.5
290	175	182.5	-185		182.5	472.5	265	285	290		290	762.5
140	92.5	97.5	100		100	240	170	177.5	182.5		182.5	422.5
210	130	135	140		140	350	215	235	242.5		242.5	592.5
177.5	132.5	135	140		140	317.5	192.5	205	212.5		212.5	530
182.5	112.5	120	-127.5		120	302.5	192.5	202.5	212.5		212.5	515
115	85	90	97.5		97.5	212.5	155	162.5	175		175	387.5
227.5	127.5	142.5	-147.5		142.5	370	192.5	215	232.5		232.5	602.5

Best Bench	Coeff Score	Age & Coeff	PI code	PI-Div-WtCl							
125	79.85	0	1	1-M_OR_USPF-90							

227.5 139.776 144.10905 1 1-M\_OR\_USPF-100

Best Deadlift	Coeff Score	Age & Coeff	PI code	PI-Div-WtCl								
235	150.541	152.04641	1	1-M_MR_1_USPF-90								
197.5	168.44775	0	1	1-M_OR_USPF-60								

Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	PI code	PI-Div-WtCl		
110	165	182.5	190		190	300	237.33	237.33	1	1-M_MR_1_USPF-67.5		
185	275	295	307.5	-317.5	307.5	492.5	290.91975	0	1	1-M_JR_USPF-110		





















