

USPF AMERICAN RAW KW DIVISION 4 FULL POWER

MEN - OPEN

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat	226.8	500.0	Troy Marsh	11/13/2021
	Bench	140.6	310.0	Troy Marsh	11/13/2021
	Deadlift	233.6	515.0	Troy Marsh	11/13/2021
	TOTAL	601.0	1325.0	Troy Marsh	11/13/2021
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/308+lb	Squat				
	Bench				
	Deadlift				
	TOTAL				

AMERICAN RAW KW DIVISION 4 SUBMASTER - MEN AGE 35-39

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat	162.5	358.3	Adam Fung	11/12/2023
	Bench	125.0	275.6	Adam Fung	11/12/2023
	Deadlift	170.0	374.8	Adam Fung	11/12/2023
	TOTAL	457.5	1008.6	Adam Fung	11/12/2023
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				