

American Men

Single Lift Bench

Sub-Masters (35-39)

Sunday, October 30, 2011

	Bench	Glenn Murphy	95.0	Kg	209.4	lbs	2/22/1997
123lbs/56Kgs							
	Bench	Jay Hadden	122.5	Kg	270.1	lbs	3/29/2008
132lbs/60Kgs							
	Bench	Jim Lawrence	157.5	Kg	347.2	lbs	3/2/1996
148lbs/67.5Kgs							
	Bench	Michael Hara	177.5	Kg	391.3	lbs	3/2/1996
165lbs/75Kgs							
	Bench	Dennis McLaughlin	195.0	Kg	429.9	lbs	12/11/2010
181lbs/82.5Kgs							
	Bench	Bob Masello	245.0	Kg	540.1	lbs	6/28/2006
198lbs/90Kgs							
	Bench	James Burdette	287.5	Kg	633.8	lbs	9/13/2008
220lbs/100Kgs							
	Bench	Scott Rowe	305.0	Kg	672.4	lbs	4/18/2009
242lbs/110Kgs							
	Bench	Dennis Reneau	320.5	Kg	706.6	lbs	9/25/2010
275lbs/125Kgs							
	Bench	Allen Baria	370.0	Kg	815.7	lbs	7/10/2011
308lbs/140kgs							
	Bench	Shane Modesitt	295.0	Kg	650.4	lbs	03/24/2013
SHW/140+Kgs							
	Bench	Rich Lopez	330.0	Kg	727.5	lbs	2/20/2010

American Men Raw

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Sunday, October 30, 2011

Bench

Record Open

0.0

Kg

0.0

lbs

123lbs/56Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

132lbs/60Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

148lbs/67.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

165lbs/75Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

181lbs/82.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

198lbs/90Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

220lbs/100Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

242lbs/110Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

275lbs/125Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

308lbs/140kgs

Bench

Record Open

0.0

Kg

0.0

lbs

SHW/140+Kgs

Bench

Record Open

0.0

Kg

0.0

lbs