

USPF OH STATE RAW KS D-3 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	190.0	418.9	Eric Banks	6/2/2018
	Bench	110.0	242.5	Eric Banks	6/2/2018
	Deadlift	275.0	606.3	Eric Banks	6/2/2018
	TOTAL	575.0	1267.7	Eric Banks	6/2/2018
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat	247.5	545.6	Aaron Sealey	4/1/2017
	Bench	160.0	352.7	Aaron Sealey	4/1/2017
	Deadlift	280.0	617.3	Aaron Sealey	4/1/2017
	TOTAL	687.5	1515.7	Aaron Sealey	4/1/2017
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat	300.0	661.4	Kenneth Zimmerman	11/13/2020
	Bench	212.5	468.5	Kenneth Zimmerman	11/13/2020
	Deadlift	335.0	738.4	Kenneth Zimmerman	11/13/2020
	TOTAL	847.5	1868.4	Kenneth Zimmerman	11/13/2020
125kg/275lb	Squat	317.5	700.0	Dan Shaver	7/7/2018
	Bench	182.5	402.3	Dan Shaver	7/7/2018
	Deadlift	272.5	600.8	Dan Shaver	7/7/2018
	TOTAL	772.5	1703.1	Dan Shaver	7/7/2018
140kg/308.5lb	Squat	272.5	600.8	Dan Jenkins	6/2/2018
	Bench	145.0	319.7	Dan Jenkins	6/2/2018
	Deadlift	272.5	600.8	Dan Jenkins	6/2/2018
	TOTAL	690.0	1521.2	Dan Jenkins	6/2/2018
140+kg/308+lb	Squat				
	Bench				
	Deadlift				
	TOTAL				

SPF AMERICAN ABSOLUTE RAW 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 Bench Deadlift TOTAL				
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				