USPF OH STATE RAW D-3 RECORDS PUSH / PULL					
			MEN ~ O		
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL	205.0 310.0 525.0	451.9 683.4 1157.4	Kenneth Zimmerman Kenneth Zimmerman Kenneth Zimmerman	11/14/2020 11/14/2020 11/14/2020
125kg/275lb	Bench Deadlift TOTAL	197.0 290.0 482.5	434.3 639.3 1063.7	Dan Shaver Dan Shaver Dan Shaver	7/6/2019 11/14/2020 11/14/2020
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				

			MEN ~	TEEN	13-15	
Weight	Lift	Kgs		Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	J				
56kg/123.5lb	Bench Deadlift TOTAL					
60kg/132.2lb	Bench Deadlift TOTAL					
67.5kg/148lb	Bench Deadlift TOTAL					
75kg/165.2lb	Bench Deadlift TOTAL					
82.5kg/181.7lb	Bench Deadlift TOTAL					
90kg/198.2lb	Bench Deadlift TOTAL					
100kg/220lb	Bench Deadlift TOTAL					
110kg/242lb	Bench Deadlift TOTAL					
125kg/275lb	Bench Deadlift TOTAL					
140kg/308.5lb	Bench Deadlift TOTAL					
140+kg/308+lb	Bench Deadlift TOTAL					
			MEN ~	TEEN	16-17	
Weight	Lift	Kgs		Lbs	Name	Date
52kg/114.5lb	Bench Deadlift					

TOTAL

56kg/123.5l	b Bench Deadlift TOTAL
60kg/132.2l	b Bench Deadlift TOTAL
67.5kg/148l	b Bench Deadlift TOTAL
75kg/165.2l	b Bench Deadlift TOTAL
82.5kg/181.	7lb Bench Deadlift TOTAL
90kg/198.2l	b Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5	5lb Bench Deadlift TOTAL
140+kg/308	+lb Bench Deadlift TOTAL

MEN ~ TEEN 18-19							
Weight	Lift	Kgs	Lbs	Name	Date		
52kg/114.5lb	Bench Deadlift TOTAL						
56kg/123.5lb	Bench Deadlift TOTAL						

60kg/132.2lb	Bench Deadlift TOTAL
67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN -	- JUNIO	RS 20-23	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				

67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MFN ~	SUBMA	STER 35-39	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				

75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN ~	MAST	ER 40-44	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench				

	Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL	195.0 272.5 467.5	430.0 600.8 1030.7	Aaron Nedeff Aaron Nedeff Aaron Nedeff	6/3/2018 6/3/2018 6/3/2018
Weight	Lift	Kgs	Lbs	ER 45-49 Name	Date
VVCIQIIL				Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	. 135	200		
	Bench Deadlift	. 13	255		
52kg/114.5lb	Bench Deadlift TOTAL Bench Deadlift				
52kg/114.5lb 56kg/123.5lb	Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				
52kg/114.5lb 56kg/123.5lb 60kg/132.2lb	Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift TOTAL				
52kg/114.5lb 56kg/123.5lb 60kg/132.2lb 67.5kg/148lb	Bench Deadlift TOTAL Bench Deadlift TOTAL				

100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN -	~ MAST	ER 50-54	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				

110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN.	~ MAST	ER 55-59	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench				

	Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

		MEN	~ MAST	ER 60-64	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	1190			25.00
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift				

TOTAL

140+kg/308+lb Bench

Deadlift TOTAL

		MEN	~ MASTI	ERS 65-69	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	<u> </u>			
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				

		MEN	~ MAST	ER 70-74	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench Deadlift TOTAL	J			
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				
		MEN	~ MASTE	ER 75-79	
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Bench				

52kg/114.5lb Bench Deadlift

	TOTAL	
56kg/123.5lb	Bench Deadlift TOTAL	
60kg/132.2lb	Bench Deadlift TOTAL	
67.5kg/148lb	Bench Deadlift TOTAL	
75kg/165.2lb	Bench Deadlift TOTAL	
82.5kg/181.7lb	Bench Deadlift TOTAL	
90kg/198.2lb	Bench Deadlift TOTAL	
100kg/220lb	Bench Deadlift TOTAL	
110kg/242lb	Bench Deadlift TOTAL	
125kg/275lb	Bench Deadlift TOTAL	
140kg/308.5lb	Bench Deadlift TOTAL	
140+kg/308+lb	Bench Deadlift TOTAL	
		MEN ~ MASTER 80+
Weight	Lift	Kgs Lbs Name
52kg/114.5lb	Bench	. 190 Loo Hamo
3g/ 11 11010	Deadlift	

MEN ~ MASTER 80+						
Weight	Lift	Kgs	Lbs	Name	Date	
52kg/114.5lb	Bench Deadlift TOTAL					
56kg/123.5lb	Bench Deadlift TOTAL					

60kg/132.2lb	Bench Deadlift TOTAL
67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL