USPF REGION 7 RAW RECORDS PUSH / PULL					
			WOME	N	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL	90			25.10
48kg/105.7lb	Bench Deadlift TOTAL				
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				
90+kg/UNL	Bench Deadlift TOTAL				

	WOMEN ~ S	UBMASTE	ER 35-39	9	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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
90+kg/UNL	Bench Deadlift TOTAL

	WOMEN	~ MASTE	R 40-44		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift	60.0 125.0	132.3 275.6	Emma Villa Emma Villa	10/30/2016 10/30/2016

	TOTAL	185.0	407.9	Emma Villa	10/30/2016
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench Deadlift TOTAL				

	WOMEN ~	MASTER	45-49		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
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				

90+kg/UNL

Bench Deadlift TOTAL

	WOMEN -	~ MASTER	50-54		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
40km/405 715	Danal				
48kg/105.7lb	Bench Deadlift				
	TOTAL				
	TOTAL				
52kg/114.5lb	Bench				
5_11 <b>g</b> , 11115115	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
00kg/132.2ID	Deadlift				
	TOTAL				
	. 0 . /				
67.5kg/148lb	Bench				
-	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Bench				
-2.5	Deadlift				
	TOTAL				
90kg/198.2lb	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Donah				
90+Kg/UNL	Bench Deadlift				
	TOTAL				
	101/L				
	WOMEN -	- MASTER	55-59		

1	WOMEN	~ MASTE	R 55-59		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				_
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				

	TOTAL
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
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 60-64					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Bench				
	Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift				
	TOTAL				
60ka/122 2lb	Danah				
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
90+kg/UNL	Bench Deadlift TOTAL

	WOMEN -	- MASTER	65-69		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
10Kg/100.715	Deadlift				
	TOTAL				
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
00kg/120.0ib	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
07.3kg/140lb	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
00 Eka/101 71h	Donah				
82.5kg/181.7lb	Bench Deadlift				
	TOTAL				
	TOTAL				

90kg/198.2lb Bench

Deadlift TOTAL

90+kg/UNL Bench

Deadlift TOTAL

	WOMEN	l ~ MASTE	R 70- <u>74</u>	·	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
50L : /4.4.4.5II	Danie				
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
00kg/120.0lb	Deadlift				
	TOTAL				
	. •				
60kg/132.2lb	Bench				
· ·	Deadlift				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
,,					
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
00 Eka/101 7lb	Donah				
82.5kg/181.7lb	Bench Deadlift				
	TOTAL				
	TOTAL				
90kg/198.2lb	Bench				
00kg/100.2ib	Deadlift				
	TOTAL				
90+kg/UNL	Bench				
-	Deadlift				
	TOTAL				

WOMEN ~ MASTER 75-79					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				_
	Deadlift				
	TOTAL				

48kg/105.7lb	Bench Deadlift TOTAL
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
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 80+					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
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
90+kg/UNL	Bench Deadlift TOTAL