			XAS RAV PUSH / P PEN - WO		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL	- rigo	200	Name	Duit
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	65.0 155.0 220.0	143.3 341.7 485.0	Regina Raine Regina Raine Regina Raine	10/22/2016 10/22/2016 10/22/2016
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench Deadlift TOTAL				
		WOMEN ~	TEENS [~]	13-15	
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				
	Deadlift TOTAL	WOMEN		16-17	
90+kg/UNL Weight 44kg/97lb	Deadlift	WOMEN Kgs	- TEENS Lbs	16-17 Name	Date
Weight	Deadlift TOTAL Lift Bench Deadlift				Date
Weight 44kg/97lb	Deadlift TOTAL Lift Bench Deadlift TOTAL Bench Deadlift				Date
Weight 44kg/97lb 48kg/105.7lb	Deadlift TOTAL Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				Date
Weight 44kg/97lb 48kg/105.7lb 52kg/114.5lb	Deadlift TOTAL Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				Date

	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	~ TEENS	18-19	
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	~ JUNIC	RS 20-23	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
19ka/105 716	Bench				
48kg/105.7lb	Deadlift				
	TOTAL				
	101/12				
52kg/114.5lb	Bench				
-	Deadlift				
	TOTAL				
56kg/123.5lb	Bench				
	Deadlift TOTAL				
	TOTAL				
60kg/132.2lb	Bench				
-	Deadlift				
	TOTAL				
	D				
67.5kg/148lb	Bench				
	Deadlift TOTAL				
	TOTAL				
75kg/165.2lb	Bench				
0	Deadlift				
	TOTAL				
82.5kg/181.7lb	Bench				
	Deadlift TOTAL				
	TOTAL				
90kg/198.2lb	Bench				
<u>.</u>	Deadlift				
	TOTAL				
	_ .				
90+kg/UNL	Bench				
	Deadlift TOTAL				
	IUTAL				
	WOMEN	I ~ SUBMA	STERS	35-39	
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

	WON	IEN ~ MAS	STERS 4	40-44	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift TOTAL				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Bench				
eg,ee	Deadlift				
	TOTAL				
	Danah				
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

	WOM	EN ~ MAST	ERS 45	5-49	
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

		MEN ~ MAS			
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				
8kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
2kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
	-				
6kg/123.5lb	Bench				
0	Deadlift				
	TOTAL				
	· - · · · -				
0kg/132.2lb	Bench				
	Deadlift				
	TOTAL				
	TOTAL				
7.5kg/148lb	Bench				
7.0Kg/14010	Deadlift				
	TOTAL				
	TOTAL				
5kg/165.2lb	Bench				
JKY/100.210	Deadlift				
	TOTAL				
0 Eka/101 716	Donch				
2.5kg/181.7lb	Bench				
	Deadlift				
	TOTAL				
	Danat				
0kg/198.2lb	Bench				
	Deadlift				
	TOTAL				
	_ .				
0+kg/UNL	Bench				
	Deadlift				
	TOTAL				

VVO		วเร่หว่า	00-09	
Lift	Kgs	Lbs	Name	Date
Bench				
Deadlift				
TOTAL				
	Lift Bench Deadlift	Lift Kgs Bench Deadlift	Lift Kgs Lbs Bench Deadlift	Bench Deadlift

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 ~ MASTERS 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				

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	

	WOM	EN ~ MAS	TERS 6	5-69	
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

		MEN ~ MA	STERS	70-74	
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				

Mainht Lift Kan Like Name	WOMEN ~ MASTERS 75-79					
vveight Lift Kgs Los Name Dat	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 ~ MASTERS 80+					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift TOTAL				
	TOTAL				
48kg/105.7lb	Bench				
C C	Deadlift				
	TOTAL				
	_				
52kg/114.5lb	Bench				
	Deadlift TOTAL				
	IOTAL				
56kg/123.5lb	Bench				
00.0.9/	20.000				

	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