

Powerlifting

Masters (40-44)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Judy Gedney	123.3	Kg	271.8	lbs	
Bench	Ann Leverett	80.0	Kg	176.4	lbs	7/29/1994
Deadlift	Ann Leverett	152.5	Kg	336.2	lbs	7/21/1995
Total	Ann Leverett	340.0	Kg	749.6	lbs	7/29/1991

105lbs/48Kgs

Squat	Ann Leverett	142.5	Kg	314.2	lbs	12/6/1997
Bench	April Shumaker	117.5	Kg	259.0	lbs	9/24/2010
Deadlift	Ann Leverett	157.5	Kg	347.2	lbs	7/12/1997
Total	April Shumaker	390.0	Kg	859.8	lbs	9/24/2010

114lbs/52Kgs

Squat	Ann Leverett	132.5	Kg	292.1	lbs	12/5/1998
Bench	Ann Leverett	80.0	Kg	176.4	lbs	12/5/1998
Deadlift	Ann Leverett	153.0	Kg	337.3	lbs	12/5/1998
Total	Ann Leverett	365.0	Kg	804.7	lbs	12/5/1998

123lbs/56Kgs

Squat	Kelii	167.5	Kg	369.3	lbs	7/21/1995
Bench	Diane Frantz	77.5	Kg	170.9	lbs	
Deadlift	Diane Frantz	182.5	Kg	402.3	lbs	
Total	Kelii	427.5	Kg	942.5	lbs	7/21/1995

132lbs/60Kgs

Squat	Diane Frantz	190.9	Kg	420.9	lbs	
Bench	Danni Eldridge (Danni Hawks)	95.0	Kg	209.4	lbs	7/7/1982
Deadlift	Diane Frantz	195.0	Kg	429.9	lbs	
Total	Diane Frantz	467.5	Kg	1030.7	lbs	

148lbs/67.5Kgs

Squat	Vicki Steenrod	205.0	Kg	451.9	lbs	7/26/1991
Bench	Vicki Steenrod	132.5	Kg	292.1	lbs	7/31/1992
Deadlift	Vicki Steenrod	207.5	Kg	457.5	lbs	12/8/1990
Total	Vicki Steenrod	530.0	Kg	1168.4	lbs	7/31/1992

165lbs/75Kgs

Squat

Vicki Steenrod

207.5 Kg

457.5 lbs

7/30/1994

Bench	Vicki Steenrod	137.5	Kg	303.1	lbs	10/26/1993
Deadlift	Vicki Steenrod	210.0	Kg	463.0	lbs	7/30/1994
Total	Vicki Steenrod	547.0	Kg	1205.9	lbs	7/30/1994
181lbs/82.5Kgs						
Squat	Nicolai Stern	187.5	Kg	413.4	lbs	9/13/2008
Bench	Tanya Reed	132.5	Kg	292.1	lbs	2/16/2008
Deadlift	Nicolai Stern	210.0	Kg	463.0	lbs	9/13/2008
Total	Nicolai Stern	507.5	Kg	1118.8	lbs	9/13/2008
198lbs/90Kgs						
Squat	Janet Loveall	245.0	Kg	540.1	lbs	1/23/2010
Bench	Janet Loveall	150.0	Kg	330.7	lbs	7/3/2009
Deadlift	Janet Loveall	222.5	Kg	490.5	lbs	1/23/2010
Total	Janet Loveall	617.5	Kg	1361.3	lbs	1/23/2010
SHW/90+Kgs						
Squat	Corloss Lott	215.0	Kg	474.0	lbs	5/11/1985
Bench	Shary Barbee	125.0	Kg	275.6	lbs	8/5/2000
Deadlift	Corloss Lott	237.5	Kg	523.6	lbs	
Total	Corloss Lott	562.5	Kg	1240.1	lbs	

Masters (45-49)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Ann Leverett	125.0	Kg	275.6	lbs	7/23/1999
Bench	Ann Leverett	75.0	Kg	165.3	lbs	7/23/1999
Deadlift	Ann Leverett	150.0	Kg	330.7	lbs	7/23/1999
Total	Ann Leverett	350.0	Kg	771.6	lbs	7/23/1999

105lbs/48Kgs

Squat	Ann Leverett	145.0	Kg	319.7	lbs	4/15/2000
Bench	Michele Bertoli	65.0	Kg	143.3	lbs	9/25/1999
Deadlift	Michele Bertoli	136.3	Kg	300.5	lbs	9/25/1999
Total	Ann Leverett	377.5	Kg	832.2	lbs	4/15/2000

114lbs/52Kgs

Squat	Suzanne Hedman	142.5	Kg	314.2	lbs	1/23/2010
Bench	Suzanne Hedman	92.5	Kg	203.9	lbs	1/23/2010
Deadlift	Karin Reagan	157.5	Kg	347.2	lbs	
Total	Suzanne Hedman	385.0	Kg	848.8	lbs	1/23/2010

123lbs/56Kgs

Squat	Diane Frantz	157.5	Kg	347.2	lbs	
Bench	Suzanne Hedman	93.0	Kg	205.0	lbs	5/17/2008
Deadlift	Diane Frantz	190.0	Kg	418.9	lbs	
Total	Diane Frantz	425.0	Kg	937.0	lbs	

132lbs/60Kgs

Squat	Diane Frantz	190.0	Kg	418.9	lbs	
Bench	Misty Rendleman	90.0	Kg	198.4	lbs	7/30/2022
Deadlift	Diane Frantz	207.5	Kg	457.5	lbs	
Total	Diane Frantz	477.5	Kg	1052.7	lbs	

148lbs/67.5Kgs

Squat	Danni Eldridge (Danni Hawks)	185.0	Kg	407.9	lbs	5/14/1988
Bench	Danni Eldridge (Danni Hawks)	122.5	Kg	270.1	lbs	3/9/1991
Deadlift	Danni Eldridge (Danni Hawks)	210.0	Kg	463.0	lbs	3/9/1991
Total	Danni Eldridge (Danni Hawks)	507.5	Kg	1118.8	lbs	5/14/1988

165lbs/75Kgs

Squat	Vicki Steenrod	205.0	Kg	451.9	lbs	7/22/1995
Bench	Vicki Steenrod	145.0	Kg	319.7	lbs	10/21/1995
Deadlift	Vicki Steenrod	212.5	Kg	468.5	lbs	7/22/1995

Total	Vicki Steenrod	555.0	Kg	1223.6	lbs	7/22/1995
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181lbs/82.5Kgs

Squat	Tanya Reed	195.0	Kg	429.9	lbs	9/24/2010
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Bench	Tanya Reed	142.5	Kg	314.2	lbs	9/24/2010
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Deadlift	Linda Devaney	205.0	Kg	451.9	lbs	3/9/1991
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Total	Tanya Reed	537.5	Kg	1185.0	lbs	9/24/2010
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198lbs/90Kgs

Squat	Sharylee Barbee	180.0	Kg	396.8	lbs	12/3/2000
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Bench	Sharylee Barbee	120.0	Kg	264.6	lbs	12/3/2000
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Deadlift	Sharylee Barbee	192.5	Kg	424.4	lbs	12/3/2000
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Total	Sharylee Barbee	492.5	Kg	1085.8	lbs	12/3/2000
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SHW/90+Kgs

Squat	Ruth Jolicoeur	117.5	Kg	259.0	lbs	5/15/1992
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Bench	Linda Devaney	80.0	Kg	176.4	lbs	10/14/1989
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Deadlift	Linda Devaney	172.5	Kg	380.3	lbs	10/14/1989
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Total	Linda Devaney	367.5	Kg	810.2	lbs	10/14/1989
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Masters (50-54)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Record open	0.0	Kg	0.0	lbs	
Bench	Record open	0.0	Kg	0.0	lbs	
Deadlift	Record open	0.0	Kg	0.0	lbs	
Total	Record open	0.0	Kg	0.0	lbs	

105lbs/48Kgs

Squat	Norma Smith	97.5	Kg	214.9	lbs	5/4/1990
Bench	G. Marshall	46.0	Kg	101.4	lbs	5/19/1995
Deadlift	Norma Smith	117.5	Kg	259.0	lbs	5/4/1990
Total	Norma Smith	260.0	Kg	573.2	lbs	5/4/1990

114lbs/52Kgs

Squat	Rosellen Kerr	110.0	Kg	242.5	lbs	5/14/1993
Bench	Bonnie Aerts	63.5	Kg	140.0	lbs	3/6/2010
Deadlift	Bonnie Aerts	126.0	Kg	277.8	lbs	3/6/2010
Total	Bonnie Aerts	284.5	Kg	627.2	lbs	3/6/2010

123lbs/56Kgs

Squat	Suzanne Hedman	147.5	Kg	325.2	lbs	9/24/2010
Bench	Suzanne Hedman	102.5	Kg	226.0	lbs	9/24/2010
Deadlift	Suzanne Hedman	160.0	Kg	352.7	lbs	9/24/2010
Total	Suzanne Hedman	410.0	Kg	903.9	lbs	9/24/2010

132lbs/60Kgs

Squat	Misty Rendleman	175.0	Kg	385.8	lbs	11/12/2022
Bench	Misty Rendleman	97.5	Kg	215.0	lbs	11/12/2022
Deadlift	Misty Rendleman	210.0	Kg	463.0	lbs	11/12/2022
Total	Misty Rendleman	482.5	Kg	1063.7	lbs	11/12/2022

148lbs/67.5Kgs

Squat	Heena Patel	192.5	Kg	424.4	lbs	4/14/2024
Bench	Heena Patel	107.5	Kg	237.0	lbs	4/14/2024
Deadlift	Misty Rendleman	205.0	Kg	451.9	lbs	5/18/2024
Total	Heena Patel	500.0	Kg	1102.3	lbs	4/14/2024

165lbs/75Kgs

Squat	Gretchen Buerki	135.0	Kg	297.6	lbs	11/19/1994
Bench	Joyce Hamblin	85.0	Kg	187.4	lbs	10/21/1995
Deadlift	Gretchen Buerki	162.5	Kg	358.2	lbs	5/10/1996

Total	Gretchen Buerki	372.5	Kg	821.2	lbs	11/19/1994
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181lbs/82.5Kgs

Squat	Gretchen Buerki	160.0	Kg	352.7	lbs	5/14/1993
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Bench	Gretchen Buerki	87.5	Kg	192.9	lbs	5/14/1993
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Deadlift	Gretchen Buerki	177.5	Kg	391.3	lbs	5/14/1993
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Total	Gretchen Buerki	425.0	Kg	937.0	lbs	5/14/1993
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198lbs/90Kgs

Squat	Louella Niekirk	110.0	Kg	242.5	lbs	5/4/1990
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Bench	Louella Niekirk	75.0	Kg	165.3	lbs	5/4/1990
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Deadlift	Louella Niekirk	150.0	Kg	330.7	lbs	5/4/1990
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Total	Louella Niekirk	335.0	Kg	738.5	lbs	5/4/1990
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SHW/90+Kgs

Squat	Lora Keller	75.0	Kg	165.3	lbs	5/3/2008
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Bench	Mary Rubcic-Tawzer	67.5	Kg	148.8	lbs	5/24/2009
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Deadlift	Mary Rubcic-Tawzer	127.5	Kg	281.1	lbs	5/24/2009
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Total	Mary Rubcic-Tawzer	260.0	Kg	573.2	lbs	5/24/2009
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Masters (55-59)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

105lbs/48Kgs

Squat	N. Smith	85.0	Kg	187.4	lbs	5/6/1994
Bench	N. Smith	47.5	Kg	104.7	lbs	5/6/1994
Deadlift	N. Smith	107.5	Kg	237.0	lbs	5/6/1994
Total	N. Smith	250.0	Kg	551.2	lbs	5/6/1994

114lbs/52Kgs

Squat	N. Smith	82.5	Kg	181.9	lbs	5/19/1995
Bench	Ann Boyer	60.0	Kg	132.3	lbs	5/15/1992
Deadlift	Ann Boyer	117.5	Kg	259.0	lbs	5/15/1992
Total	Ann Boyer	257.5	Kg	567.7	lbs	5/15/1992

123lbs/56Kgs

Squat	Deb Barnette	97.5	Kg	214.9	lbs	4/10/2010
Bench	Deb Barnette	50.0	Kg	110.2	lbs	4/10/2010
Deadlift	Deb Barnette	132.5	Kg	292.1	lbs	4/10/2010
Total	Deb Barnette	280.0	Kg	617.3	lbs	4/10/2010

132lbs/60Kgs

Squat	Ellen Stein	170.0	Kg	374.8	lbs	7/8/2011
Bench	Ellen Stein	82.5	Kg	181.9	lbs	7/8/2011
Deadlift	Ellen Stein	185.0	Kg	407.9	lbs	7/8/2011
Total	Ellen Stein	432.5	Kg	953.5	lbs	7/8/2011

148lbs/67.5Kgs

Squat	Gwen Patillo	72.5	Kg	159.8	lbs	5/13/1989
Bench	Gwen Patillo	55.0	Kg	121.3	lbs	5/13/1989
Deadlift	Gwen Patillo	122.5	Kg	270.1	lbs	5/13/1989
Total	Gwen Patillo	250.0	Kg	551.2	lbs	5/13/1989

165lbs/75Kgs

Squat	Marilynn Mathis	147.5	Kg	325.2	lbs	3/21/2009
Bench	Marilynn Mathis	90.0	Kg	198.4	lbs	3/21/2009
Deadlift	Marilynn Mathis	155.0	Kg	341.7	lbs	3/21/2009

Total	Marilynn Mathis	392.5	Kg	865.3	lbs	3/21/2009
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181lbs/82.5Kgs

Squat	Sue Ann Pack	122.5	Kg	270.1	lbs	3/25/2000
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Bench	Sue Ann Pack	97.5	Kg	214.9	lbs	3/25/2000
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Deadlift	Sue Ann Pack	145.0	Kg	319.7	lbs	3/25/2000
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Total	Sue Ann Pack	392.5	Kg	865.3	lbs	3/25/2000
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198lbs/90Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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SHW/90+Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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Masters (60-64)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

105lbs/48Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

114lbs/52Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

132lbs/60Kgs

Squat	Fran Haley	30.0	Kg	66.1	lbs	4/5/1986
Bench	Fran Haley	25.0	Kg	55.1	lbs	4/5/1986
Deadlift	Fran Haley	45.0	Kg	99.2	lbs	4/5/1986
Total	Fran Haley	100.0	Kg	220.5	lbs	4/5/1986

148lbs/67.5Kgs

Squat	Arlene Comber	65.0	Kg	143.3	lbs	5/14/1993
Bench	Arlene Comber	37.5	Kg	82.7	lbs	5/14/1993
Deadlift	Arlene Comber	92.5	Kg	203.9	lbs	5/14/1993
Total	Arlene Comber	195.0	Kg	429.9	lbs	5/14/1993

165lbs/75Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	

Total	Record Open	0.0	Kg	0.0	lbs	
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181lbs/82.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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198lbs/90Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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SHW/90+Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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Masters (65-69)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

105lbs/48Kgs

Squat	Helene Tropp	45.0	Kg	99.2	lbs	3/29/2008
Bench	Helene Tropp	45.0	Kg	99.2	lbs	3/29/2008
Deadlift	Helene Tropp	95.0	Kg	209.4	lbs	3/29/2008
Total	Helene Tropp	185.0	Kg	407.9	lbs	3/29/2008

114lbs/52Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Bettye Shepard	75.0	Kg	165.3	lbs	5/14/1993
Bench	Bettye Shepard	45.0	Kg	99.2	lbs	5/14/1993
Deadlift	Bettye Shepard	110.0	Kg	242.5	lbs	5/14/1993
Total	Bettye Shepard	230.0	Kg	507.1	lbs	5/14/1993

132lbs/60Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

148lbs/67.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

165lbs/75Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	

Total	Record Open	0.0	Kg	0.0	lbs	
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181lbs/82.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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198lbs/90Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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SHW/90+Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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Masters (70-74)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

105lbs/48Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

114lbs/52Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

132lbs/60Kgs

Squat	Vera Moser	50.0	Kg	110.2	lbs	5/19/1995
Bench	Vera Moser	37.5	Kg	82.7	lbs	5/19/1995
Deadlift	Vera Moser	80.0	Kg	176.4	lbs	5/19/1995
Total	Vera Moser	167.5	Kg	369.3	lbs	5/19/1995

148lbs/67.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

165lbs/75Kgs

Squat	Joy Kles	121.0	Kg	266.8	lbs	6/26/1999
Bench	Joy Kles	66.0	Kg	145.5	lbs	6/26/1999
Deadlift	Joy Kles	127.5	Kg	281.1	lbs	6/26/1999

Total	Joy Kles	314.5	Kg	693.5	lbs	6/26/1999
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181lbs/82.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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198lbs/90Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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SHW/90+Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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Masters (75-79)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

105lbs/48Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

114lbs/52Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Elma Beck	52.5	Kg	115.7	lbs	6/14/2003
Bench	Elma Beck	32.5	Kg	71.6	lbs	6/14/2003
Deadlift	Elma Beck	82.5	Kg	181.9	lbs	6/14/2003
Total	Elma Beck	137.5	Kg	303.1	lbs	6/14/2003

132lbs/60Kgs

Squat	Josie Merrell	40.0	Kg	88.2	lbs	5/12/2001
Bench	Josie Merrell	50.0	Kg	110.2	lbs	5/12/2001
Deadlift	Josie Merrell	80.0	Kg	176.4	lbs	5/12/2001
Total	Josie Merrell	170.0	Kg	374.8	lbs	5/12/2001

148lbs/67.5Kgs

Squat	Helen Zechmeister	62.5	Kg	137.8	lbs	5/5/1984
Bench	Helen Zechmeister	42.5	Kg	93.7	lbs	5/5/1984
Deadlift	Helen Zechmeister	100.0	Kg	220.5	lbs	4/24/1983
Total	Helen Zechmeister	200.0	Kg	440.9	lbs	5/5/1984

165lbs/75Kgs

Squat	Helen Zechmeister	55.0	Kg	121.3	lbs	2/13/1983
Bench	Helen Zechmeister	40.0	Kg	88.2	lbs	2/13/1983
Deadlift	Helen Zechmeister	97.5	Kg	214.9	lbs	2/13/1983

Total	Helen Zechmeister	192.5	Kg	424.4	lbs	2/13/1983
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181lbs/82.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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198lbs/90Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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SHW/90+Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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Masters (80+)

Sunday, October 30, 2011

97lbs/44Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

105lbs/48Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

114lbs/52Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

123lbs/56Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

132lbs/60Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	

148lbs/67.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	
Total	Record Open	0.0	Kg	0.0	lbs	

165lbs/75Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
Bench	Record Open	0.0	Kg	0.0	lbs	
Deadlift	Record Open	0.0	Kg	0.0	lbs	

Total	Record Open	0.0	Kg	0.0	lbs	
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181lbs/82.5Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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198lbs/90Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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SHW/90+Kgs

Squat	Record Open	0.0	Kg	0.0	lbs	
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Bench	Record Open	0.0	Kg	0.0	lbs	
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Deadlift	Record Open	0.0	Kg	0.0	lbs	
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Total	Record Open	0.0	Kg	0.0	lbs	
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