

19-Apr-15		UPA Women's Open National Powerlifting Championship-Lb Results																																							
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Schwartz	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Pl-Div-WtCl	Team																			
Rachell Allbaugh	33	FOR	55.2	56	0.8888	275.58	292.11	314.16	314.16	181.88	203.93	-209.44	203.93	518.08	363.76	385.81	-402.34	385.81	903.886	364.408	1-FOR -56	Boss Body		*Raw Best Lifter																	
Katie Kollath	22	FOR	54.2	56	0.9073	225.97	242.51	253.53	253.53	-121.25	121.25	-132.28	121.25	374.78	242.51	264.55	275.58	275.58	650.357	267.6535	2-FOR -56																				
Winsome Panton	55	FOR	54.2	56	0.9073	121.25	143.3	-165.35	143.3	71.65	82.673	-88.184	82.673	225.97	303.13	319.67	-341.71	319.67	545.6385	224.55675	3-FOR -56																				
Heaher Vogel	27	FOR	55.8	56	0.8782	66.138	99.207	132.28	132.28	-126.76	126.76	143.3	143.3	275.58	220.46	-242.51	-341.71	242.51	518.081	206.377	4-FOR -56																				
Jordanne Panton	15	FOR	59.8	60	0.8156	236.99	253.53	-264.55	253.53	143.3	154.32	165.35	165.35	418.87	363.76	407.85	-413.36	407.85	826.725	305.85	1-FOR -60																				
Liz Rivera	20	FOR	59.2	60	0.8242	275.58	303.13	-314.16	303.13	121.25	-132.28	-132.28	121.25	424.39	225.97	-275.58	-275.58	225.97	650.357	243.139	2-FOR -60																				
Jessica Lilliebridge	27	FOR	58.6	60	0.833	176.37	203.93	231.48	231.48	88.184	99.207	-110.23	99.207	330.69	209.44	231.48	264.55	264.55	595.242	224.91	3-FOR -60	Team Lilliebridge																			
Janel Vegter	25	FOR	65.6	67.5	0.745	374.78	-413.36	413.36	413.36	209.44	-225.97	-225.97	209.44	622.8	380.29	407.85	-429.9	407.85	1030.6505	348.2875	1-FOR -67.5	Team Lilliebridge																			
Emmy Stirn	18	FOR	63.2	67.5	0.7717	275.58	308.64	-330.69	308.64	132.28	143.3	-154.32	143.3	451.94	275.58	308.64	319.67	319.67	771.61	270.095	2-FOR -67.5	Team Lilliebridge																			
Sandy Jiries	26	FOR	67	67.5	0.7307	-264.55	264.55	-303.13	264.55	132.28	143.3	154.32	154.32	418.87	264.55	303.13	-330.69	303.13	722.0065	239.30425	3-FOR -67.5	Team Lilliebridge																			
Kamila Wisniewski	21	FOR	65.6	67.5	0.745	176.37	209.44	253.53	253.53	99.207	115.74	-121.25	115.74	369.27	253.53	275.58	308.64	308.64	677.9145	229.0875	4-FOR -67.5	Team Lilliebridge																			
Jackie Rodriguez	20	FOR	67.4	67.5	0.7268	176.37	203.93	-253.53	203.93	88.184	99.207	110.23	110.23	314.16	198.41	220.46	253.53	253.53	567.6845	187.151	5-FOR -67.5	Team Lilliebridge																			
Tiffany Kragnes	41	FOR	63.6	67.5	0.7671	176.37	187.39	203.93	203.93	104.72	-121.25	-121.25	104.72	308.64	203.93	242.51	253.53	253.53	562.173	195.6105	6-FOR -67.5																				
Michelle Keaulana	36	FOR	75	75	0.6645	380.29	402.34	440.92	440.92	198.41	214.95	-220.46	214.95	655.87	352.74	385.81	-402.34	385.81	1041.6735	313.97625	1-FOR -75																				
Alex Cuevas	18	FOR	75	75	0.6645	275.58	308.64	330.69	330.69	132.28	154.32	159.83	159.83	490.52	275.58	314.16	341.71	341.71	832.2365	250.84875	2-FOR -75	Team Lilliebridge																			
Kelly Wilson	39	FOR	74.8	75	0.6659	248.02	275.58	286.6	286.6	132.28	137.79	-143.3	137.79	424.39	259.04	292.11	325.18	325.18	749.564	226.406	3-FOR -75	Jakked Hardcore Gym																			
Andrea Trent	35	FOR	80.8	82.5	0.6284	330.69	369.27	-402.34	369.27	159.83	176.37	-187.39	176.37	545.64	330.69	374.78	402.34	402.34	947.978	270.212	1-FOR -82.5	Team Lilliebridge																			
Brittany Demmer	22	FOR	80.8	82.5	0.6284	319.67	347.22	363.76	363.76	159.83	170.86	-181.88	170.86	534.62	402.34	-440.92	-440.92	402.34	936.955	267.07	2-FOR -82.5	Team Carpenter																			
Kayla Carpenter	22	FOR	88.8	90	0.5901	176.37	209.44	-253.53	209.44	88.184	104.72	121.25	121.25	330.69	176.37	231.48	303.13	303.13	633.8225	169.65375	1-FOR -90	Team Lilliebridge																			
Stephanie Thies	35	FOR-AD	51	52	0.9734	170.86	187.39	-198.41	187.39	93.696	110.23	-115.74	110.23	297.62	170.86	187.39	209.44	209.44	507.058	223.882	1-FOR-AD-52	Team Anvil																			
Chloe Lansing	23	FOR-AD	55.8	56	0.8782	286.6	-303.13	-303.13	286.6	126.76	132.28	-143.3	132.28	418.87	314.16	325.18	347.22	347.22	766.0985	305.1745	1-FOR-AD-56	Team Anvil																			
Katie Kollath (AD)	22	FOR-AD	54.2	56	0.9073	225.97	242.51	253.53	253.53	-121.25	121.25	-132.28	121.25	374.78	242.51	264.55	275.58	275.58	650.357	267.6535	2-FOR-AD-56																				
Heather Vogel (AD)	27	FOR-AD	55.8	56	0.8782	66.138	99.207	132.28	132.28	-126.76	126.76	143.3	143.3	275.58	220.46	-242.51	242.51	242.51	518.081	206.377	3-FOR-AD-56																				
Alison Speltz	21	FOR-AD	58.4	60	0.8361	297.62	325.18	-336.2	325.18	148.81	159.83	-170.86	159.83	485.01	314.16	330.69	-347.22	330.69	815.702	309.357	1-FOR-AD-60	Team Anvil																			
Liz Rivera (AD)	20	FOR-AD	59.2	60	0.8242	275.58	303.13	-314.16	303.13	121.25	-132.28	-132.28	121.25	424.39	225.97	-275.58	-275.58	225.97	650.357	243.139	2-FOR-AD-60																				
Evah Turner	32	FOR-AD	59.2	60	0.8242	231.48	-242.51	-242.51	231.48	104.72	115.74	121.25	121.25	352.74	248.02	264.55	281.09	281.09	633.8225	236.9575	3-FOR-AD-60	Team Anvil																			
Dawn Zaruba	35	FOR-AD	65.2	67.5	0.7492	314.16	-336.2	-336.2	314.16	170.86	181.88	-192.9	181.88	496.04	314.16	347.22	363.76	363.76	859.794	292.188	1-FOR-AD-67.5	Team Anvil																			
Emmy Stirn (AD)	18	FOR-AD	63.2	67.5	0.7717	275.58	308.64	-330.69	308.64	132.28	143.3	-154.32	143.3	451.94	275.58	308.64	319.67	319.67	771.61	270.095	2-FOR-AD-67.5	Team Lilliebridge																			
Kamila Wisniewski (AD)	21	FOR-AD	65.6	67.5	0.745	176.37	209.44	253.53	253.53	99.207	115.74	-121.25	115.74	369.27	253.53	275.58	308.64	308.64	677.9145	229.0875	3-FOR-AD-67.5	Team Lilliebridge																			
Jen Huerta	38	FOR-AD	67	67.5	0.7307	214.95	231.48	242.51	242.51	93.696	99.207	-104.72	99.207	341.71	253.53	270.06	281.09	281.09	622.7995	206.42275	4-FOR-AD-67.5																				
Erin Zemanovic	45	FOR-AD	65	67.5	0.7514	-209.44	214.95	225.97	225.97	126.76	-137.79	-137.79	126.76	352.74	236.99	253.53	-275.58	253.53	606.265	206.635	5-FOR-AD-67.5																				
Carolyn McBride	23	FOR-AD	74.4	75	0.6687	209.44	225.97	-236.99	225.97	104.72	115.74	-121.25	115.74	341.71	286.6	303.13	-314.16	303.13	644.8455	195.59475	1-FOR-AD-75																				
<b>Morgan Irons</b>	<b>17</b>	<b>FOR-AD</b>	<b>73</b>	<b>75</b>	<b>0.6789</b>	<b>225.97</b>	<b>231.48</b>	<b>-242.51</b>	<b>231.48</b>	<b>121.25</b>	<b>-132.28</b>	<b>-132.28</b>	<b>121.25</b>	<b>352.74</b>	<b>-286.6</b>	<b>-286.6</b>	<b>286.6</b>	<b>286.6</b>	<b>639.334</b>	<b>196.881</b>	<b>2-FOR-AD-75</b>	<b>Forged from Iron Gym</b>																			
Brittany Demmer (AD)	22	FOR-AD	80.8	82.5	0.6284	319.67	347.22	363.76	363.76	159.83	170.86	-181.88	170.86	534.62	402.34	-440.92	-440.92	402.34	936.955	267.07	1-FOR-AD-82.5	Team Carpenter																			
Annie Brees	31	FOR-AD	82.4	82.5	0.6198	248.02	286.6	308.64	308.64	148.81	-165.35	165.35	165.35	473.99	303.13	325.18	-347.22	325.18	799.1675	224.6775	2-FOR-AD-82.5																				
Jodi Hormann	45	FOR-AD	79	82.5	0.6388	187.39	192.9	203.93	203.93	115.74	-121.25	-121.25	115.74	319.67	198.41	225.97	253.53	253.53	573.196	166.088	3-FOR-AD-82.5																				
Dixie Church	32	FOR-AD	88.4	90	0.5918	270.06	303.13	319.67	319.67	170.86	192.9	-198.41	192.9	512.57	308.64	330.69	358.25	358.25	870.817	233.761	1-FOR-AD-90																				
Kayla Carpenter (AD)	22	FOR-AD	88.8	90	0.5901	176.37	209.44	-253.53	209.44	88.184	104.72	121.25	121.25	330.69	176.37	231.48	303.13	303.13	633.8225	169.65375	2-FOR-AD-90	Team Lilliebridge																			
Marisa Nallie	28	FO	73.6	75	0.6745	468.48	512.57	529.1	529.1	303.13	325.18	341.71	341.71	870.82	385.81	-413.36	413.36	413.36	1284.1795	392.89625	1-FO-75			*Equipped Best lifter																	
Andrea Vitz	33	FO	86.8	90	0.5986	479.5	501.55	-523.59	501.55	-319.67	319.67	0	319.67	821.21	363.76	385.81	402.34	402.34	1223.553	332.223	1-FO-90	Team Diablo Barbell																			