

10-Sep-16 Washington UPA Fall Championship-Kg Results

Full Power

Name	Age	Div	BWt (Lb)		Best Squat	Best Bench	Best Deadlift	PL Total
Kari Arnold	38	F-AD-R-SM	129.6	132.25	102.5	57.5	120	280
Krista Mahan	53	F-AD-R-M3	128.8	132.25	87.5	50	100	237.5
Emily Herdt	42	F-AD-R-M1	159.2	165.25	120	60	140	320
Tanya Golden	36	F-R-SM	143.6	148.75	105	65	140	310
Nicki Gunther	39	F-R-SM	167.4	181.75	105	62.5	137.5	305
Sonya Lovato	35	F-R-SM	219	SHW	120	0	132.5	0
Robyn Metcalfe	25	F-AD-R-O	123.2	123.25	72.5	42.5	127.5	242.5
Tasha Whelan	31	F-AD-R-O	144.8	148.75	147.5	82.5	187.5	417.5
Maria Cardenas	26	F-AD-R-O	146	148.75	65	40	92.5	197.5
Jamie Shaw	28	F-AD-R-O	175.8	181.75	152.5	72.5	162.5	387.5
Krissy Richerson	30	F-AD-R-O	281.6	SHW	125	85	150	360
Neli Tolman	47	F-R-M2	194.6	198.25	25	30	90	145
Waikele Frantz	42	F-R-M1	170	181.75	142.5	67.5	165	375
Allison Nathe	40	F-R-M1	229	SHW	142.5	77.5	152.5	372.5
Tanya Golden2	36	F-R-O	143.6	148.75	105	65	140	310
Renee Thames	30	F-R-O	173.4	181.75	100	60	112.5	272.5
Vanessa McGarr	25	F-R-O	188	198.25	152.5	82.5	182.5	417.5
Matt Davis	44	M-AD-R-M1	304.8	308.5	352.5	207.5	272.5	832.5
Ryan Coleman	34	M-AD-R-SM	265.4	275.5	240	170	260	670
Eric Radcliffe	21	M-AD-R-J	235.8	242.5	282.5	147.5	310	740
Joe Swope	46	M-R-M2	307.2	308.5	260	0	0	0
Kam Brassfield	38	M-R-SM	238.6	242.5	150	120	212.5	482.5
Ted Kincaid	39	M-R-SM	176.4	181.75	175	107.5	212.5	495
Walid Mahgoub	28	M-R-O	163.8	165.25	165	97.5	192.5	455
Dan Stephenson	27	M-R-O	197	198.25	255	162.5	272.5	690
Sam LoDestro	21	M-R-O	214.2	220.25	260	167.5	275	702.5
Ivan Saniago	27	M-R-O	220.2	220.25	170	112.5	205	487.5
Daniel Atchison	22	M-R-O	242.2	242.5	272.5	177.5	295	745
Jesse Drach	29	M-R-O	274.2	275.5	287.5	245	322.5	855
Tristen Ryles	28	M-R-O	266.4	275.5	242.5	182.5	245	670
Daniel Monague	30	M-R-O	251	275.5	187.5	137.5	275	600
Rick Johnson	39	M-R-O	260	275.5	225	0	265	0
Nathan Brandhorst	22	M-R-J	249.8	275.5	365	197.5	320	882.5
Kirby Chermak	17	M-R-T2	136.8	148.75	147.5	77.5	187.5	412.5
Billy Jones	32	M-AD-R-O	238	242.5	230	152.5	255	637.5

10-Sep-16 Washington UPA Fall Championship-Lb Results

Full Power

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Best Squat	Best Bench	Best Deadlift	PL Total
Kari Arnold	38	F-AD-R-SM	129.6	132.25	225.9715	126.7645	264.552	617.288
Krista Mahan	53	F-AD-R-M3	128.8	132.25	192.9025	110.23	220.46	523.5925
Emily Herdt	42	F-AD-R-M1	159.2	165.25	264.552	132.276	308.644	705.472
Tanya Golden	36	F-R-SM	143.6	148.75	231.483	143.299	308.644	683.426
Nicki Gunther	39	F-R-SM	167.4	181.75	231.483	137.7875	303.1325	672.403
Sonya Lovato	35	F-R-SM	219	SHW	264.552	0	292.1095	0
Robyn Metcalfe	25	F-AD-R-O	123.2	123.25	159.8335	93.6955	281.0865	534.6155
Tasha Whelan	31	F-AD-R-O	144.8	148.75	325.1785	181.8795	413.3625	920.4205
Maria Cardenas	26	F-AD-R-O	146	148.75	143.299	88.184	203.9255	435.4085
Jamie Shaw	28	F-AD-R-O	175.8	181.75	336.2015	159.8335	358.2475	854.2825
Krissy Richerson	30	F-AD-R-O	281.6	SHW	275.575	187.391	330.69	793.656
Neli Tolman	47	F-R-M2	194.6	198.25	55.115	66.138	198.414	319.667
Waikele Frantz	42	F-R-M1	170	181.75	314.1555	148.8105	363.759	826.725
Allison Nathe	40	F-R-M1	229	SHW	314.1555	170.8565	336.2015	821.2135
Tanya Golden2	36	F-R-O	143.6	148.75	231.483	143.299	308.644	683.426
Renee Thames	30	F-R-O	173.4	181.75	220.46	132.276	248.0175	600.7535
Vanessa McGarr	25	F-R-O	188	198.25	336.2015	181.8795	402.3395	920.4205
Matt Davis	44	M-AD-R-M1	304.8	308.5	777.1215	457.4545	600.7535	1835.3295
Ryan Coleman	34	M-AD-R-SM	265.4	275.5	529.104	374.782	573.196	1477.082
Eric Radcliffe	21	M-AD-R-J	235.8	242.5	622.7995	325.1785	683.426	1631.404
Joe Swope	46	M-R-M2	307.2	308.5	573.196	0	0	0
Kam Brassfield	38	M-R-SM	238.6	242.5	330.69	264.552	468.4775	1063.7195
Ted Kincaid	39	M-R-SM	176.4	181.75	385.805	236.9945	468.4775	1091.277
Walid Mahgoub	28	M-R-O	163.8	165.25	363.759	214.9485	424.3855	1003.093
Dan Stephenson	27	M-R-O	197	198.25	562.173	358.2475	600.7535	1521.174
Sam LoDestro	21	M-R-O	214.2	220.25	573.196	369.2705	606.265	1548.7315
Ivan Saniago	27	M-R-O	220.2	220.25	374.782	248.0175	451.943	1074.7425
Daniel Atchison	22	M-R-O	242.2	242.5	600.7535	391.3165	650.357	1642.427
Jesse Drach	29	M-R-O	274.2	275.5	633.8225	540.127	710.9835	1884.933
Tristen Ryles	28	M-R-O	266.4	275.5	534.6155	402.3395	540.127	1477.082
Daniel Monague	30	M-R-O	251	275.5	413.3625	303.1325	606.265	1322.76
Rick Johnson	39	M-R-O	260	275.5	496.035	0	584.219	0
Nathan Brandhorst	22	M-R-J	249.8	275.5	804.679	435.4085	705.472	1945.5595
Kirby Chermak	17	M-R-T2	136.8	148.75	325.1785	170.8565	413.3625	909.3975
Billy Jones	32	M-AD-R-O	238	242.5	507.058	336.2015	562.173	1405.4325

















