

15-Dec-18		UPA Old School Iron Gym Winter Rack																							
Name	Age	Div	BWt (Kg)	WtCl (Kg)	Schwartz/ Malone	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	PI-Div-WtCI	
Denise Crudrup	52	FM3R	69.45	75	0.7074	148.81	159.83	-203.93	0	159.83	99.207	-115.74	-115.74	0	99.207	259.04	170.86	203.93	236.99	248.02	236.99	496.035	159.165	1-FM3R-75	
Lisa Wachs	36	FM2R	98.89	100	0.5594	248.02	264.55	286.6	0	286.6	121.25	132.28	137.79	0	137.79	424.39	264.55	286.6	303.13	0	303.13	727.518	184.602	1-FM2R -100	
Liz Lukesik	33	FOR	57.15	60	0.8548	225.97	242.51	253.53	0	253.53	143.3	154.32	-170.86	0	154.32	407.85	264.55	281.09	-314.16	0	281.09	688.9375	267.125	1-FOR-60	
Tana Bornstein	25	FOR	66.7	67.5	0.7337	-330.69	-347.22	347.22	0	347.22	143.3	165.35	-176.37	0	165.35	512.57	325.18	352.74	-363.76	0	352.74	865.3055	287.97725	1-FOR-67.5	
Abbey Rowe	24	FOR	63.7	67.5	0.7659	281.09	-292.11	292.11	0	292.11	110.23	-126.76	132.28	0	132.28	424.39	286.6	297.62	308.64	0	308.64	733.0295	254.66175	2-FOR-67.5	
Jennifer Douglas-O'Neill	32	FOR	61.4	67.5	0.794	176.37	209.44	220.46	0	220.46	110.23	126.76	-137.79	0	126.76	347.22	236.99	253.53	259.04	0	259.04	606.265	218.35	3-FOR-67.5	
Nikole Garcia	32	FOR	67.65	75	0.7239	236.99	248.02	-259.04	0	248.02	99.207	-110.23	-110.23	0	99.207	347.22	-275.58	275.58	-281.09	0	275.58	622.7995	204.50175	1-FOR-75	
Casey Gaspari	31	FOR	89.5	90	0.5873	-369.27	369.27	-402.34	0	369.27	253.53	-259.04	-259.04	0	253.53	622.8	380.29	-385.81	-385.81	0	380.29	1003.093	267.2215	1-FOR-90	
Nikki Benson	31	FOR	85.9	90	0.6074	-330.69	347.22	363.76	0	363.76	137.79	154.32	-170.86	0	154.32	518.08	330.69	352.74	363.76	0	363.76	881.84	242.96	2-FOR-90	
Tyler West	14	MT2R	58.55	60	0.833	115.74	132.28	-148.81	0	132.28	77.161	93.696	104.72	0	104.72	236.99	115.74	132.28	159.83	0	159.83	396.828	149.94	1-MT2R -60	
Ryan Tieber	41	MM1R	81.15	82.5	0.6262	319.67	341.71	352.74	0	352.74	-231.48	242.51	259.04	0	259.04	611.78	385.81	402.34	413.36	0	413.36	1025.139	291.183	1-MM1R-82.5	
Jason Breininger	23	MJR	84.1	90	0.6112	363.76	369.27	374.78	0	374.78	253.53	-264.55	281.09	0	281.09	655.87	-501.55	501.55	507.06	0	507.06	1162.9265	322.408	1-MJR-90	
Paul Schumacher	60	MM5R	89.6	90	0.5869	259.04	270.06	281.09	292.11	281.09	170.86	181.88	187.39	-192.9	187.39	468.48	330.69	341.71	352.74	0	352.74	821.2135	218.62025	1-MM5R-90	
Ryan Fellw	38	MSMR	74.2	75	0.6701	297.62	314.16	-325.18	0	314.16	203.93	214.95	-225.97	0	214.95	529.1	347.22	374.78	-407.85	0	374.78	903.886	274.741	1-MSMR-75	
Phil Hudson	32	MSMR	86.75	90	0.5986	363.76	380.29	402.34	0	402.34	214.95	-231.48	242.51	0	242.51	644.85	435.41	462.97	-485.01	0	462.97	1107.8115	300.7965	1-MSMR-90	
Kevin Sim	35	MSMR	100	100	0.554	220.46	-225.97	-225.97	0	0	-220.46	-225.97	0	0	0	0	-220.46	-220.46	-220.46	0	0	0	0	0	
Daniel McLeod	35	MSMR	127.3	140	0.5182	418.87	435.41	446.43	0	446.43	314.16	330.69	-336.2	0	330.69	777.12	479.5	501.55	512.57	0	512.57	1289.691	303.147	1-MSMR-140	
Matthew West	45	MM2R	126.1	140	0.5197	468.48	501.55	-540.13	0	501.55	336.2	352.74	358.25	0	358.25	859.79	545.64	578.71	600.75	0	600.75	1460.5475	344.30125	1-MM2R-140	
Danny Diemert	34	MO	95.8	100	0.5654	705.47	766.1	804.68	0	804.68	473.99	501.55	-518.08	0	501.55	1306.2	-551.15	551.15	-622.8	0	551.15	1857.3755	476.3495	1-MO -100	
Frank Storch	33	MO	95.85	100	0.5681	650.36	694.45	-738.54	0	694.45	297.62	319.67	-325.18	0	319.67	1014.1	628.31	-677.91	-677.91	0	628.31	1642.427	423.2345	2-MO -100	
Patrick Goldberg	28	MO	103.9	110	0.5477	545.64	-595.24	-595.24	0	545.64	369.27	407.85	418.87	0	418.87	964.51	567.68	-655.87	-655.87	0	567.68	1532.197	380.6515	1-MO -110	
Jesse Luczyk	34	MO	136.9	140	0.5079	1003.1	-1058.2	-1058.2	0	1003.1	352.74	-358.25	0	0	352.74	1355.8	-633.82	-633.82	-633.82	0	0	0	0	0	
Chris Leskiw	30	MOR	67.15	67.5	0.7287	-374.78	-374.78	374.78	0	374.78	-220.46	-220.46	-220.46	0	0	0	-451.94	-451.94	-451.94	0	0	0	0	0	
Kyle Wooden	24	MOR	71.25	75	0.6923	297.62	314.16	336.2	0	336.2	248.02	275.58	-297.62	0	275.58	611.78	347.22	396.83	413.36	0	413.36	1025.139	321.9195	1-MOR-75	
Mingo Rolince	25	MOR	82	82.5	0.6219	308.64	336.2	363.76	0	363.76	231.48	-264.55	-275.58	0	231.48	595.24	507.06	-562.17	562.17	0	562.17	1157.415	326.4975	1-MOR-82.5	
Chhanchaya Chham	32	MOR	79.15	82.5	0.6376	352.74	374.78	391.32	0	391.32	253.53	275.58	-292.11	0	275.58	666.89	446.43	473.99	-490.52	0	473.99	1140.8805	329.958	2-MOR-82.5	
Jeremy Bryk	25	MOR	88.5	90	0.5914	595.24	661.38	705.47	0	705.47	330.69	352.74	-363.76	0	352.74	1058.2	584.22	617.29	622.8	0	622.8	1681.0075	450.9425	1-MOR-90	
Nick Isla	27	MOR	89.4	90	0.5877	435.41	479.5	-501.55	0	479.5	297.62	-314.16	314.16	0	314.16	793.66	435.41	462.97	473.99	0	473.99	1267.645	337.9275	2-MOR-90	
Kevin Young	27	MOR	85.15	90	0.6059	330.69	374.78	-424.39	0	374.78	242.51	-281.09	-281.09	0	242.51	617.29	385.81	413.36	462.97	0	462.97	1080.254	296.891	3-MOR-90	
Chris Brown	31	MOR	87.2	90	0.5969	330.69	358.25	-369.27	0	358.25	236.99	259.04	275.58	0	275.58	633.82	407.85	429.9	-457.45	0	429.9	1063.7195	288.00425	4-MOR-90	
Harrison Stickelman	25	MOR	97.2	100	0.5613	738.54	777.12	804.68	0	804.68	363.76	402.34	-407.85	0	402.34	1207	716.5	-744.05	744.05	0	744.05	1951.071	496.7505	1-MOR-100	
Jeff Brannigan	31	MOR	99.25	100	0.5558	507.06	523.59	540.13	0	540.13	286.6	297.62	-308.64	0	297.62	837.75	523.59	556.66	578.71	0	578.71	1416.4555	357.1015	2-MOR-100	
Chad Cleveland	29	MOR	93.25	100	0.5734	-374.78	-374.78	374.78	0	374.78	198.41	-209.44	209.44	0	209.44	584.22	380.29	391.32	396.83	0	396.83	981.047	255.163	3-MOR-100	
Brian Moore	29	MOR	109.1	110	0.5376	473.99	490.52	-518.08	0	490.52	319.67	358.25	-374.78	0	358.25	848.77	496.04	529.1	562.17	0	562.17	1410.944	344.064	1-MOR-110	
Joshua Black	29	MOR	104.8	110	0.5441	496.04	523.59	540.13	0	540.13	-352.74	0	0	0	0	0	-485.01	-485.01	-485.01	0	0	0	0	0	
Hyles Spillman	25	MOR	121.2	125	0.5258	710.98	760.59	804.68	0	804.68	435.41	457.45	-473.99	0	457.45	1262.1	644.85	688.94	716.5	0	716.5	1978.6285	471.9055	1-MOR-125	
Besim Canolli	27	MOR	122.2	125	0.5247	699.96	749.56	-777.12	0	749.56	396.83	418.87	429.9	0	429.9	1179.5	699.96	755.08	777.12	0	777.12	1956.5825	465.67125	2-MOR-125	
Phillip Cody	30	MOR	119.7	125	0.5273	529.1	573.2	611.78	0	611.78	391.32	429.9	457.45	0	457.45	1069.2	573.2	633.82	661.38	0	661.38	1730.611	413.9305	3-MOR-125	
Matthew Webb	31	MOR	120.7	125	0.5263	529.1	551.15	584.22	0	584.22	-407.85	435.41	451.94	0	451.94	1036.2	584.22	617.29	633.82	0	633.82	1669.9845	398.67225	4-MOR-125	
Ian Lower	28	MOR	112.5	125	0.5337	413.36	462.97	479.5	0	479.5	308.64	352.74	-363.76	0	352.74	832.24	429.9	462.97	-490.52	0	462.97	1295.2025	313.54875	5-MOR-125	
Nathan Kennedy	30	MOR	138.8	140	0.5047	722.01	755.08	766.1	0	766.1	424.39	-457.45	457.45	0	457.45	1223.6	606.27	628.31	644.85	0	644.85	1868.3985	427.73325	1-MOR-140	