

OPL Forr Submit by email:

Federati Date MeetSI MeetName
 11/24/2019 UPA American Iron Championships

Place	Name	Sex	Age	State	Equipmc	Division	Bodyweig	WeightCla	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squa	Bench1Kg	Bench2Kg	Bench3Kg	Best3Benc	Deadlift1K	Deadlift2K	Deadlift3K	Best3Dead	TotalKg
1	Alexis Jasmine Quisao	F	21	NV	Raw	Women's Raw Junior (under 23)	63.8	67.5	85	92.5	97.5	97.5	40	42.5	-47.5	42.5	87.5	97.5	102.5	102.5	242.5
2	Linda Ly	F	21	NV	Raw	Women's Raw Junior (under 23)	62.6	67.5	82.5	87.5	92.5	92.5	32.5	-37.5	-37.5	32.5	95	97.5	102.5	102.5	227.5
1	Michaela Radecki	F	21	NV	Raw	Women's Raw Junior (under 23)	78.9	82.5	-85	85	92.5	92.5	45	52.5	-57.5	52.5	105	120	132.5	132.5	277.5
1	Dana Jacobsen	F	23	NV	Raw	Women's Raw Open	56.4	60	-80	80	-82.5	80	35	40	45	45	80	87.5	95	95	220
1	Lynn Lazaro	F	25	NV	Raw	Women's Raw Open	67.4	67.5	97.5	107.5	-112.5	107.5	47.5	52.5		52.5	137.5	145	147.5	147.5	307.5
2	Chloe Laun	F	22	NV	Raw	Women's Raw Open	66	67.5	112.5	-117.5	-117.5	112.5	-45	-47.5	47.5	47.5	115	120	127.5	127.5	287.5
3	Joanna Y Lingad	F	28	NV	Raw	Women's Raw Open	67.2	67.5	115	-122.5	-122.5	115	-52.5	52.5	-55	52.5	120	-125	-125	120	287.5
4	Adriana Arias	F	30	NV	Raw	Women's Raw Open	63.3	67.5	85	92.5	100	100	42.5	-47.5	52.5	52.5	105	122.5	-127.5	122.5	275
1	Emmali Pfister	F	28	NV	Raw	Women's Raw Open	89.4	90	160	172.5	175	175	97.5	-105	107.5	107.5	170	182.5	190	190	472.5
1	Jae Landaker	F	28	NV	Raw	Women's Raw Open	95.8 90+	102.5	110	122.5	122.5	52.5	57.5	-62.5	57.5	127.5	137.5	147.5	147.5	327.5	
2	Karla Arellano	F	31	NV	Raw	Women's Raw Open	91.1 90+	102.5	110	115	115	62.5	-67.5	70	70	120	135	-140	135	320	
1	Cole James	M	21	NV	Raw	Men's Raw Junior (under 23)	80.2	82.5	172.5	182.5	190	190	117.5	122.5	-127.5	122.5	225	237.5	250	250	562.5
1	Joshua Vernaz	M	22	NV	Raw	Men's Raw Junior (under 23)	87	90	220	230	235	235	135	140	145	145	240	250	260	260	640
2	Eli Spivak	M	19	NV	Raw	Men's Raw Junior (under 23)	84	90	145	160	165	165	115	122.5	-130	122.5	150	157.5	167.5	167.5	455
1	Eric Dang	M	20	CA	Raw	Men's Raw Junior (under 23)	99.3	100	210	220	-227.5	220	115	125	-132.5	125	230	-245	-245	230	575
2	Gabriel Lizarraga	M	19	CA	Raw	Men's Raw Junior (under 23)	98	100	155	162.5	175	175	90	95	97.5	97.5	195	207.5	227.5	227.5	500
1	Juan Hernandez	M	21	CA	Raw	Men's Raw Junior (under 23)	102.9	110	212.5	220	227.5	227.5	137.5	145	-155	145	237.5	252.5	-265	252.5	625
1	Kevin Zugel	M	52	NV	Raw	Men's Raw Master (Over 40)	88.7	90	112.5	122.5	130	130	105	115	122.5	122.5	157.5	167.5	175	175	427.5
1	Garry Jackson	M	55	NV	Raw	Men's Raw Master (Over 40)	96.7	100	157.5	167.5	175	175	127.5	132.5	142.5	142.5	200	215	225	225	542.5
1	Michael K ST CLAIR	M	43	NV	Raw	Men's Raw Master (Over 40)	109.5	110	147.5	155	165	165	102.5	-115	-117.5	102.5	185	205	-215	205	472.5
1	Patrick Moore	M	37	NV	Raw	Men's Raw Open	66.6	67.5	185	205	-222.5	205	-122.5	127.5	-137.5	127.5	215	-222.5	222.5	222.5	555
1	Darrin Olipendo	M	30	NV	Raw	Men's Raw Open	79.5	82.5	205	212.5	227.5	227.5	137.5	142.5	147.5	147.5	227.5	240	250	250	625
1	John Eriksen	M	25	NV	Raw	Men's Raw Open	88.9	90	225	235	245	245	137.5	145	150	150	230	242.5	252.5	252.5	647.5
2	Joshua Vernaz	M	22	NV	Raw	Men's Raw Open	87	90	220	230	235	235	135	140	145	145	240	250	260	260	640
3	Marco Balboa	M	25	NV	Raw	Men's Raw Open	89.4	90	227.5	235	-250	235	145	152.5	-157.5	152.5	230	-260	-260	230	617.5
4	Michael Guinasso	M	32	NV	Raw	Men's Raw Open	86.5	90	192.5	205	215	215	145	147.5	-157.5	147.5	235	245	245	245	607.5
5	Haakon Lima	M	25	NV	Raw	Men's Raw Open	90	90	172.5	182.5	-190	182.5	145	147.5	-152.5	147.5	215	227.5	-230	227.5	557.5
6	Julio Chavez	M	28	NV	Raw	Men's Raw Open	89.1	90	155	160	167.5	167.5	107.5	112.5	-115	112.5	195	205	215	215	495
7	Paul Kati	M	30	NV	Raw	Men's Raw Open	87.6	90	135	142.5	147.5	147.5	120	-125	125	125	180	190	195	195	467.5
1	Christian Lee	M	36	NV	Raw	Men's Raw Open	107	110	237.5	250	255	255	170	177.5	185	185	250	272.5	282.5	282.5	722.5
2	Steven James Gibson	M	25	NV	Raw	Men's Raw Open	106.7	110	230	240	252.5	252.5	-130	135	-142.5	135	265	275	-280	275	662.5
3	Justin Jenkins	M	33	NV	Raw	Men's Raw Open	102.1	110	102.5	122.5	145	145	142.5	150	-157.5	150	182.5	210	-230	210	505
1	JORDAN M KOUCKY	M	27	NV	Raw	Men's Raw Open	118.6	125	230	240	252.5	252.5	167.5	180	185	185	290	307.5	-312.5	307.5	745
2	Matthew James Bonelli	M	36	NV	Raw	Men's Raw Open	122.5	125	125	135	142.5	142.5	100	110	115	115	165	175	185	185	442.5
1	Tyler Rippee	M	40	NV	Raw	Men's Raw Open	131.7	140	272.5	-285	285	285	170	185	-187.5	185	267.5	-272.5	-272.5	267.5	737.5
2	Gilbert Correa	M	28	NV	Raw	Men's Raw Open	138.9	140	-260	260	277.5	277.5	147.5	157.5	162.5	162.5	-260	260	-265	260	700
1	Steven Cardinal	M	28	NV	Raw	Men's Raw Open	148.3 140+	195	205	-215	205	142.5	152.5	-160	152.5	227.5	240	250	250	607.5	