

| 18-Jul-21 | | UPA Iron Battle on the Mississippi-Lb Results | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-----|---|----------|------------|--------|---------|---------|---------|------------|---------|---------|---------|------------|-----------|------------|------------|------------|---------------|-----------|-------------|---------------|------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Name | Age | Div | BWt (Kg) | WtCIs (Kg) | Wilks | 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 | PI-Div-WtCI | | | | | | | | | | | | | | | | | | | |
| Savannah Mensinger | 25 | ORE-At | 59.8 | 60 | 0.8156 | 198.41 | 225.97 | 236.99 | 236.99 | 126.76 | 137.79 | 143.3 | 143.3 | 380.29 | 236.99 | 264.55 | 292.11 | 292.11 | 672.403 | 248.758 | 1-FORE-AD-60 | | | | | | | | | | | | | | | | | | | |
| Deanna Posey | 52 | FM3RE | 97.6 | SHW | 0.5602 | 115.74 | 126.76 | 143.3 | 143.3 | 137.79 | 143.3 | 148.81 | 148.81 | 292.11 | 253.53 | -275.58 | 275.58 | 275.58 | 567.6845 | 144.2515 | 1-FM3RE-SHW | | | | | | | | | | | | | | | | | | | |
| Rachel Kruzich | 40 | FM1RE | 55.4 | 56 | 0.8853 | 170.86 | 192.9 | -203.93 | 192.9 | -88.184 | 88.184 | -99.207 | 88.184 | 281.09 | 203.93 | 220.46 | -236.99 | 220.46 | 501.5465 | 201.40575 | 1-FM1RE-56 | | | | | | | | | | | | | | | | | | | |
| Sara Lomelino | 44 | FM1RE | 59.6 | 60 | 0.8185 | 181.88 | 192.9 | 203.93 | 203.93 | 115.74 | 121.25 | -126.76 | 121.25 | 325.18 | 231.48 | 242.51 | 253.53 | 253.53 | 578.7075 | 214.85625 | 1-FM1RE-60 | | | | | | | | | | | | | | | | | | | |
| Amanda Flynn (WM) | 43 | FM1RE | 82.5 | 82.5 | 0.6193 | -231.48 | 231.48 | 253.53 | 253.53 | -159.83 | -159.83 | -159.83 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | |
| Stephanie Dolan | 40 | FM1RE | 93.4 | SHW | 0.573 | 225.97 | 242.51 | -264.55 | 242.51 | 121.25 | 126.76 | -132.28 | 126.76 | 369.27 | 259.04 | 292.11 | 303.13 | 303.13 | 672.403 | 174.765 | 1-FM1RE-SHW | | | | | | | | | | | | | | | | | | | |
| Emily Keith | 23 | FJRE | 74 | 75 | 0.6716 | 275.58 | 281.09 | -292.11 | 281.09 | 126.76 | 137.79 | 143.3 | 143.3 | 424.39 | 297.62 | 314.16 | 336.2 | 336.2 | 760.587 | 231.702 | 1-FJRE-75 | | | | | | | | | | | | | | | | | | | |
| Taylea Manley | 23 | FJRE | 87.6 | 90 | 0.5952 | 242.51 | -270.06 | -270.06 | 242.51 | 121.25 | 137.79 | 0 | 137.79 | 380.29 | 259.04 | 286.6 | -303.13 | 286.6 | 666.8915 | 180.048 | 1-FJRE-90 | | | | | | | | | | | | | | | | | | | |
| Sara Lomelino | 44 | FORE | 59.6 | 60 | 0.8185 | 181.88 | 192.9 | 203.93 | 203.93 | 115.74 | 121.25 | -126.76 | 121.25 | 325.18 | 231.48 | 242.51 | 253.53 | 253.53 | 578.7075 | 214.85625 | 1-FORE-60 | | | | | | | | | | | | | | | | | | | |
| Saleena Ziadeh | 25 | FORE | 73.8 | 75 | 0.673 | 275.58 | 292.11 | 303.13 | 303.13 | 176.37 | 181.88 | -187.39 | 181.88 | 485.01 | 319.67 | 330.69 | 341.71 | 341.71 | 826.725 | 252.375 | 1-FORE-75 | *Raw Elite Best Lifter | | | | | | | | | | | | | | | | | | |
| Rachel Bown | 25 | FORE | 72.6 | 75 | 0.682 | 192.9 | 220.46 | -236.99 | 220.46 | 88.184 | 110.23 | -121.25 | 110.23 | 330.69 | 264.55 | 292.11 | 308.64 | 308.64 | 639.334 | 197.78 | 2-FORE-75 | | | | | | | | | | | | | | | | | | | |
| Madison Aplara | 24 | FORE | 129.8 | SHW | 0.5152 | 347.22 | -380.29 | 380.29 | 380.29 | 170.86 | 187.39 | -192.9 | 187.39 | 567.68 | 341.71 | 374.78 | 402.34 | 402.34 | 970.024 | 226.688 | 1-FORE-SHW | | | | | | | | | | | | | | | | | | | |
| Rachel Ashmun | 36 | FORE | 141.6 | SHW | 0.5016 | 303.13 | 325.18 | 330.69 | 330.69 | 143.3 | 159.83 | 165.35 | 165.35 | 496.04 | 314.16 | 336.2 | -352.74 | 336.2 | 832.2365 | 189.354 | 2-FORE-SHW | | | | | | | | | | | | | | | | | | | |
| Amanda Flynn | 43 | FORE | 91.8 | SHW | 0.5786 | -231.48 | 231.48 | 253.53 | 253.53 | -159.83 | -159.83 | -159.83 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | |
| Jessie Schrock | 50 | FM3R | 62.8 | 67.5 | 0.7765 | 170.86 | 181.88 | -198.41 | 181.88 | 132.28 | -148.81 | 148.81 | 148.81 | 330.69 | 259.04 | 270.06 | 286.6 | 286.6 | 617.288 | 217.42 | 1-FM3R-67.5 | | | | | | | | | | | | | | | | | | | |
| Valerie Clayton (WM) | 43 | FM1R | 53.8 | 56 | 0.9149 | 170.86 | 187.39 | -198.41 | 187.39 | -104.72 | 104.72 | -110.23 | 104.72 | 292.11 | 192.9 | 214.95 | -231.48 | 214.95 | 507.058 | 210.427 | 1-FM1R-56 | | | | | | | | | | | | | | | | | | | |
| Melissa Wacker | 41 | FM1R | 122 | SHW | 0.5249 | -347.22 | 402.34 | -413.36 | 402.34 | 154.32 | 165.35 | -170.86 | 165.35 | 567.68 | 347.22 | 363.76 | -369.27 | 363.76 | 931.4435 | 221.77025 | 1-FM1R-SHW | | | | | | | | | | | | | | | | | | | |
| Ashii Seukunian | 34 | FOR | 47.8 | 48 | 1.0523 | 132.28 | 143.3 | 154.32 | 154.32 | 93.696 | 99.207 | -104.72 | 99.207 | 253.53 | -225.97 | 236.99 | 248.02 | 248.02 | 501.5465 | 239.39825 | 1-FOR-48 | | | | | | | | | | | | | | | | | | | |
| Valerie Clayton | 43 | FOR | 53.8 | 56 | 0.9149 | 170.86 | 187.39 | -198.41 | 187.39 | -104.72 | 104.72 | -110.23 | 104.72 | 292.11 | 192.9 | 214.95 | -231.48 | 214.95 | 507.058 | 210.427 | 1-FOR-56 | | | | | | | | | | | | | | | | | | | |
| Jaime Kuenzi | 37 | FOR | 58.8 | 60 | 0.8301 | 270.06 | 286.6 | -303.13 | 286.6 | 148.81 | 159.83 | -170.86 | 159.83 | 446.43 | 264.55 | 281.09 | 308.64 | 308.64 | 755.0755 | 284.30925 | 1-FOR-60 | *Raw Best Lifters | | | | | | | | | | | | | | | | | | |
| Megan Mathias | 29 | FOR | 59.4 | 60 | 0.8213 | 187.39 | 203.93 | -220.46 | 203.93 | 82.673 | 93.696 | -99.207 | 93.696 | 297.62 | 203.93 | 225.97 | 248.02 | 248.02 | 545.6385 | 203.27175 | 2-FOR-60 | | | | | | | | | | | | | | | | | | | |
| Alexandria Fesler | 22 | FOR | 67.2 | 67.5 | 0.7287 | 170.86 | 187.39 | 203.93 | 203.93 | 93.696 | 104.72 | -110.23 | 104.72 | 308.64 | 187.39 | 214.95 | 225.97 | 225.97 | 534.6155 | 176.70975 | 1-FOR-67.5 | | | | | | | | | | | | | | | | | | | |
| Daloris Sylvester | 28 | FOR | 75 | 75 | 0.6645 | 275.58 | 297.62 | -308.64 | 297.62 | 181.88 | 192.9 | -198.41 | 192.9 | 490.52 | 363.76 | 385.81 | -407.85 | 385.81 | 876.3285 | 264.13875 | 1-FOR-75 | | | | | | | | | | | | | | | | | | | |
| Brandi Lloyd | 28 | FOR | 73.2 | 75 | 0.6774 | 297.62 | -330.69 | 330.69 | 330.69 | 148.81 | -159.83 | 170.86 | 170.86 | 501.55 | 297.62 | 325.18 | 341.71 | 341.71 | 843.2595 | 259.1055 | 2-FOR-75 | | | | | | | | | | | | | | | | | | | |
| Lillian Carrazco | 28 | FOR | 74.4 | 75 | 0.6687 | 292.11 | -314.16 | -314.16 | 292.11 | 170.86 | -176.37 | -176.37 | 170.86 | 462.97 | 380.29 | -407.85 | -407.85 | 380.29 | 843.2595 | 255.77775 | 3-FOR-75 | | | | | | | | | | | | | | | | | | | |
| Katrina Olund | 24 | FOR | 73.6 | 75 | 0.6745 | 198.41 | 225.97 | 242.51 | 242.51 | 104.72 | 121.25 | -132.28 | 121.25 | 363.76 | 198.41 | 231.48 | -259.04 | 231.48 | 595.242 | 182.115 | 4-FOR-75 | | | | | | | | | | | | | | | | | | | |
| Allison Kephart | 31 | FOR | 73.2 | 75 | 0.6774 | 187.39 | 209.44 | 220.46 | 220.46 | 104.72 | -115.74 | -115.74 | 104.72 | 325.18 | 220.46 | -242.51 | 242.51 | 242.51 | 567.6845 | 174.4305 | 5-FOR-75 | | | | | | | | | | | | | | | | | | | |
| Alayna Chapman | 27 | FOR | 81.6 | 82.5 | 0.6241 | 286.6 | -308.64 | -308.64 | 286.6 | 121.25 | 137.79 | -148.81 | 137.79 | 424.39 | 297.62 | 336.2 | -358.25 | 336.2 | 760.587 | 215.3145 | 1-FOR-82.5 | | | | | | | | | | | | | | | | | | | |
| Brittany Rouze | 31 | FOR | 118.8 | SHW | 0.5281 | 391.32 | 435.41 | 457.45 | 457.45 | 115.74 | 132.28 | 148.81 | 148.81 | 606.27 | 330.69 | 363.76 | 402.34 | 402.34 | 1008.6045 | 241.60575 | 1-FOR-SHW | | | | | | | | | | | | | | | | | | | |
| Emily Brzoznowski | 29 | FOR | 98.2 | SHW | 0.5586 | 236.99 | 259.04 | -270.06 | 259.04 | 132.28 | 143.3 | 154.32 | 154.32 | 413.36 | 275.58 | 303.13 | 319.67 | 319.67 | 733.0295 | 185.7345 | 2-FOR-SHW | | | | | | | | | | | | | | | | | | | |
| Lisa Manley | 45 | FM2R-At | 120.6 | SHW | 0.5264 | -253.53 | 253.53 | 303.13 | 303.13 | 143.3 | 154.32 | 159.83 | 159.83 | 462.97 | 275.58 | 314.16 | 330.69 | 330.69 | 793.656 | 189.504 | 1-FM2R-AD-SHW | | | | | | | | | | | | | | | | | | | |
| Valinn McReynolds (SM) | 34 | SMR-At | 51.4 | 52 | 0.9645 | 198.41 | -214.95 | 214.95 | 214.95 | 126.76 | 137.79 | 148.81 | 148.81 | 363.76 | 209.44 | 225.97 | 236.99 | 236.99 | 600.7535 | 262.82625 | 1-FSMR-AD-52 | | | | | | | | | | | | | | | | | | | |
| Valinn McReynolds | 34 | FOR-AD | 51.4 | 52 | 0.9645 | 198.41 | -214.95 | 214.95 | 214.95 | 126.76 | 137.79 | 148.81 | 148.81 | 363.76 | 209.44 | 225.97 | 236.99 | 236.99 | 600.7535 | 262.82625 | 1-FOR-AD-52 | | | | | | | | | | | | | | | | | | | |
| Daloris Sylvester (AD) | 28 | FOR-AD | 75 | 75 | 0.6645 | 275.58 | 297.62 | -308.64 | 297.62 | 181.88 | 192.9 | -198.41 | 192.9 | 490.52 | 363.76 | 385.81 | -407.85 | 385.81 | 876.3285 | 264.13875 | 1-FOR-AD-75 | | | | | | | | | | | | | | | | | | | |
| Landyn Voss (AD) | 23 | MJRE-At | 104.4 | 110 | 0.5448 | 507.06 | 540.13 | -556.66 | 540.13 | 363.76 | 374.78 | 391.32 | 391.32 | 931.44 | 600.75 | -611.78 | 0 | 600.75 | 1532.197 | 378.636 | 1-MJRE-AD-110 | | | | | | | | | | | | | | | | | | | |
| Jeff Mensinger | 56 | MM4RE | 74.2 | 75 | 0.6701 | 374.78 | 413.36 | 418.87 | 418.87 | 275.58 | 286.6 | 292.11 | 292.11 | 710.98 | 418.87 | 440.92 | 0 | 440.92 | 1151.9035 | 350.12725 | 1-MM4RE-75 | | | | | | | | | | | | | | | | | | | |
| Chris Voss | 46 | MM2RE | 91.2 | 100 | 0.5808 | 330.69 | 352.74 | 358.25 | 358.25 | 292.11 | -308.64 | -308.64 | 292.11 | 650.36 | 451.94 | 479.5 | -501.55 | 479.5 | 1129.8575 | 297.66 | 1-MM2RE-100 | | | | | | | | | | | | | | | | | | | |
| Andy Schueller | 35 | MSMRE | 96 | 100 | 0.5648 | 396.83 | 435.41 | 451.94 | 451.94 | 275.58 | 303.13 | -314.16 | 303.13 | 755.08 | 496.04 | 540.13 | 556.66 | 556.66 | 1311.737 | 336.056 | 1-MSMRE-100 | | | | | | | | | | | | | | | | | | | |
| Palmer Lane | 23 | MJRE | 99.4 | 100 | 0.5555 | 418.87 | -446.43 | 451.94 | 451.94 | 297.62 | 319.67 | 341.71 | 341.71 | 793.66 | 462.97 | 479.5 | 496.04 | 496.04 | 1289.691 | 324.9675 | 1-MJRE-100 | | | | | | | | | | | | | | | | | | | |
| Landyn Voss | 23 | MJRE | 104.4 | 110 | 0.5448 | 507.06 | 540.13 | -556.66 | 540.13 | 363.76 | 374.78 | 391.32 | 391.32 | 931.44 | 600.75 | -611.78 | 0 | 600.75 | 1532.197 | 378.636 | 1-MJRE-110 | | | | | | | | | | | | | | | | | | | |
| David Hurst | 47 | MM2R | 87.4 | 90 | 0.596 | 330.69 | 363.76 | 374.78 | 374.78 | 286.6 | 319.67 | 341.71 | 341.71 | 716.5 | 407.85 | 435.41 | 451.94 | 451.94 | 1168.438 | 315.88 | 1-MM2R-90 | | | | | | | | | | | | | | | | | | | |

