

14-Nov-21		UPA Power Weekend-Lb Results																						
Name	Age	Div	BWt (Kg)	WtCl (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-WtCl			
Brooke Ames (SM)	33	FSMRE-AD	66.5	67.5	0.7357	220.46	253.53	270.06	270.06	132.28	143.3	-148.81	143.3	413.36	314.16	-336.2	336.2	336.2	749.564	250.138	1-FSMRE-AD-67.5			
Bailey Beal	23	FJRE-AD	61.2	67.5	0.7966	209.44	214.95	231.48	231.48	137.79	148.81	-154.32	148.81	380.29	209.44	225.97	-242.51	225.97	606.265	219.065	1-FJRE-AD-67.5			
Brooke Clark	26	FORE-AD	50.8	52	0.978	121.25	137.79	148.81	148.81	71.65	82.673	-88.184	82.673	231.48	170.86	187.39	203.93	203.93	435.4085	193.155	1-FORE-AD-52			
Erica Varner	27	FORE-AD	59.2	60	0.8242	220.46	236.99	248.02	248.02	115.74	126.76	132.28	132.28	380.29	303.13	319.67	336.2	336.2	716.495	267.865	1-FORE-AD-60			
Savannah Mensinger	26	FORE-AD	59.4	60	0.8213	225.97	-236.99	236.99	236.99	132.28	143.3	-148.81	143.3	380.29	248.02	264.55	-281.09	264.55	644.8455	240.23025	2-FORE-AD-60			
Brooke Ames (Op)	33	FORE-AD	66.5	67.5	0.7357	220.46	253.53	270.06	270.06	132.28	143.3	-148.81	143.3	413.36	314.16	-336.2	336.2	336.2	749.564	250.138	1-FORE-AD-67.5			
Jessie Schrock (WM)	51	FM3RE	62.4	67.5	0.7814	187.39	209.44	-220.46	209.44	-137.79	137.79	-148.81	137.79	347.22	270.06	281.09	-292.11	281.09	628.311	222.699	1-FM3RE-67.5			
Shelly Vroman	48	FM2RE	48	48	1.0469	126.76	154.32	165.35	165.35	93.696	115.74	-121.25	115.74	281.09	209.44	220.46	242.51	242.51	523.5925	248.63875	1-FM2RE-48			
Rachel Kruzich	40	FM1RE	55.4	56	0.8853	-192.9	198.41	-214.95	198.41	88.184	93.696	-99.207	93.696	292.11	198.41	220.46	236.99	236.99	529.104	212.472	1-FM1RE-56			
Bryanna Popejoy	20	FJRE	68.4	75	0.7174	214.95	231.48	248.02	248.02	126.76	-137.79	-137.79	126.76	374.78	242.51	253.53	264.55	264.55	639.334	208.046	1-FJRE-75			
Sophia Swift	19	FTR3E	77.8	82.5	0.6461	165.35	187.39	203.93	203.93	93.696	115.74	-132.28	115.74	319.67	187.39	220.46	242.51	242.51	562.173	164.7555	1-FTR3E-82.5			
Ashli Seukunian	35	FORE	46	48	1.1031	143.3	148.81	-154.32	148.81	93.696	-93.696	-99.207	93.696	242.51	-236.99	236.99	-242.51	236.99	479.5005	239.92425	1-FORE-48			
Tabitha Cain	35	FORE	55.4	56	0.8853	220.46	236.99	-248.02	236.99	132.28	137.79	-143.3	137.79	374.78	231.48	248.02	-259.04	248.02	622.7995	250.09725	1-FORE-56			
Ashleigh Blazek	30	FORE	59	60	0.8271	242.51	264.55	281.09	281.09	137.79	154.32	159.83	159.83	440.92	286.6	303.13	319.67	319.67	760.587	285.3495	1-FORE-60	*Raw Elite Best Lifter.		
Jessie Schrock	51	FORE	62.4	67.5	0.7814	187.39	209.44	-220.46	209.44	-137.79	137.79	-148.81	137.79	347.22	270.06	281.09	-292.11	281.09	628.311	222.699	1-FORE-67.5			
Lindsay Paneral	30	FORE	66.8	67.5	0.7327	181.88	203.93	-220.46	203.93	82.673	93.696	99.207	99.207	303.13	192.9	209.44	225.97	225.97	529.104	175.848	2-FORE-67.5			
Leonora Criswell	28	FORE	72	75	0.6867	121.25	137.79	154.32	154.32	88.184	-99.207	-99.207	88.184	242.51	214.95	253.53	270.06	270.06	512.5695	159.65775	1-FORE-75			
Erika Runge-Berry	34	FORE	79.8	82.5	0.6341	314.16	336.2	-358.25	336.2	154.32	176.37	-192.9	176.37	512.57	358.25	385.81	-407.85	385.81	898.3745	258.39575	1-FORE-82.5			
Autumn Vergeyle	27	FORE	89.4	90	0.5877	319.67	341.71	347.22	347.22	165.35	176.37	-187.39	176.37	523.59	352.74	369.27	385.81	385.81	909.3975	242.42625	1-FORE-90			
Caitlyn Locke	27	FORE	90	90	0.5853	104.72	132.28	154.32	154.32	104.72	121.25	-132.28	121.25	275.58	121.25	159.83	214.95	214.95	490.5235	130.22925	2-FORE-90			
Ryan Lyles	28	FORE	115.8	SHW	0.5307	308.64	330.69	352.74	352.74	170.86	181.88	-187.39	181.88	534.62	374.78	396.83	407.85	407.85	942.4665	226.87425	1-FORE-SHW			
Carla Schwerin	54	FM3R	66	67.5	0.7408	181.88	192.9	203.93	203.93	137.79	148.81	154.32	154.32	358.25	236.99	242.51	253.53	253.53	611.7765	205.572	1-FM3R-67.5			
Brittany Rabe	23	FJR	67.2	67.5	0.7287	-385.81	385.81	402.34	402.34	165.35	176.37	181.88	181.88	584.22	363.76	391.32	407.85	407.85	992.07	327.915	1-FJR-67.5	*Raw Best Lifters		
Taylea Manley	23	FJR	87.6	90	0.5952	264.55	292.11	-303.13	292.11	126.76	-148.81	0	126.76	418.87	275.58	292.11	-308.64	292.11	710.9835	191.952	1-FJR-90			
Regan Abrahamson	13	FT1R	58.8	60	0.8301	99.207	126.76	143.3	143.3	-66.138	88.184	-99.207	88.184	231.48	154.32	159.83	187.39	187.39	418.874	157.719	1-FT1R-60			
Jaime Kuenzi	37	FOR	59	60	0.8271	275.58	308.64	319.67	319.67	165.35	187.39	192.9	192.9	512.57	303.13	319.67	330.69	330.69	843.2595	316.36575	1-FOR-60			
Lydia Gandy-Fastovich	27	FOR	73.6	75	0.6745	203.93	236.99	253.53	253.53	115.74	132.28	143.3	143.3	396.83	259.04	281.09	-314.16	281.09	677.9145	207.40875	1-FOR-75			
Erin Bailey	25	FOR	82.2	82.5	0.6209	374.78	407.85	-424.39	407.85	159.83	-181.88	-181.88	159.83	567.68	352.74	-374.78	380.29	380.29	947.978	266.987	1-FOR-82.5			
Paige Mitchell	25	FOR	82	82.5	0.6219	363.76	-402.34	402.34	402.34	126.76	143.3	154.32	154.32	556.66	341.71	380.29	-396.83	380.29	936.955	264.3075	2-FOR-82.5			
Lisa Manley	45	FM2R-AD	121	SHW	0.526	270.06	297.62	-319.67	297.62	148.81	159.83	165.35	165.35	462.97	292.11	319.67	336.2	336.2	799.1675	190.675	1-FM2R-AD-SHW			
Jeff Mensinger	56	MM4RE-AD	74	75	0.6716	385.81	418.87	0	418.87	281.09	-292.11	292.11	292.11	710.98	424.39	-440.92	-440.92	424.39	1135.369	345.874	1-MM4RE-AD-75			
Todd Knutsen	55	MM4RE-AD	103	110	0.5475	385.81	413.36	424.39	424.39	264.55	286.6	-303.13	286.6	710.98	385.81	407.85	429.9	429.9	1140.8805	283.33125	1-MM4RE-AD-110			
Aidan Lewis	17	MT2RE-AD	88.4	90	0.5918	418.87	446.43	473.99	473.99	231.48	248.02	259.04	259.04	733.03	-473.99	473.99	501.55	501.55	1234.576	331.408	1-MT2RE-AD-90			
Billy Boyce	71	MM7RE	94	100	0.571	176.37	-209.44	-209.44	176.37	225.97	248.02	-275.58	248.02	424.39	275.58	303.13	314.16	314.16	738.541	191.285	1-MM7RE-100			
Chris Broadhurst	53	MM3RE	108.8	110	0.538	-292.11	303.13	-325.18	303.13	259.04	-270.06	-270.06	259.04	562.17	347.22	374.78	-402.34	374.78	936.955	228.65	1-MM3RE-110			
Jason Myers	48	MM2RE	105.4	110	0.5431	402.34	0	0	402.34	352.74	369.27	380.29	380.29	782.63	518.08	540.13	0	540.13	1322.76	325.86	1-MM2RE-110			
Martin Rounds	34	MSMRE	88.4	90	0.5918	396.83	418.87	440.92	440.92	297.62	319.67	-330.69	319.67	760.59	462.97	501.55	-523.59	501.55	1262.1335	338.8055	1-MSMRE-90			
Aaron Schmitz	21	MJRE	98.6	100	0.5575	429.9	-440.92	440.92	440.92	314.16	341.71	0	341.71	782.63	584.22	644.85	-688.94	644.85	1427.4785	360.98125	1-MJRE-100			
Alex Martin	23	MJRE	95	100	0.5678	473.99	490.52	0	490.52	314.16	336.2	-347.22	336.2	826.73	496.04	551.15	-567.68	551.15	1377.875	354.875	2-MJRE-100			
Zach Jensen	22	MJRE	96.2	100	0.5642	440.92	468.48	496.04	496.04	264.55	286.6	-303.13	286.6	782.63	451.94	479.5	512.57	512.57	1295.2025	331.4675	3-MJRE-100			
Jacob Foss	21	MJRE	106	110	0.5421	-534.62	573.2	600.75	600.75	308.64	330.69	341.71	341.71	942.47	540.13	573.2	600.75	600.75	1543.22	379.47	1-MJRE-110			
Michael McEnroe	64	MM5R	88	90	0.5935	275.58	-297.62	-297.62	275.58	248.02	259.04	270.06	270.06	545.64	440.92	-457.45	-457.45	440.92	986.5585	265.59125	1-MM5R-90			
Randy Hall	44	MM1R	124.6	125	0.5216	-562.17	-562.17	562.17	562.17	363.76	385.81	-396.83	385.81	947.98	518.08	-600.75	-600.75	518.08	1466.059	346.864	1-MM1R-125			

Dave Underwood	41	MM1R	125.6	140	0.5203	-650.36	-650.36	-650.36	0	0	0	0	0	0	0	0	0	0	0	0	0		
Kyle Chapman	34	MSMR	106.6	110	0.5411	473.99	512.57	529.1	529.1	264.55	286.6	-308.64	286.6	815.7	424.39	468.48	501.55	501.55	1317.2485	323.30725	1-MSMR-110		
Jose Miranda	23	MJR	79.4	82.5	0.6364	-473.99	496.04	518.08	518.08	270.06	286.6	-292.11	286.6	804.68	479.5	501.55	-523.59	501.55	1306.2255	377.067	1-MJR -82.5		
Thomas Ottens	22	MJR	89.2	90	0.5885	440.92	473.99	-501.55	473.99	253.53	-275.58	-292.11	253.53	727.52	501.55	-529.1	529.1	529.1	1256.622	335.445	1-MJR -90		
Luke Cutinello	22	MJR	127.6	140	0.5179	545.64	584.22	-611.78	584.22	264.55	286.6	-303.13	286.6	870.82	529.1	-562.17	0	529.1	1399.921	328.8665	1-MJR -140		
Coleton Nehring	19	MT3R-AD	95	100	0.5678	325.18	-341.71	341.71	341.71	286.6	303.13	308.64	308.64	650.36	407.85	418.87	429.9	429.9	1080.254	278.222	1-MT3R-AD-100		
Bill Carlough	61	MM5	85.4	90	0.605	600.75	-633.82	0	600.75	275.58	418.87	429.9	429.9	1030.7	407.85	446.43	473.99	473.99	1504.6395	412.9125	1-MM5-90		
Mason Walters	17	MT2	95	100	0.5678	-661.38	661.38	-705.47	661.38	418.87	440.92	-462.97	440.92	1102.3	501.55	556.66	-589.73	556.66	1658.9615	427.2695	1-MT2-100		