

5-Aug-23 Relentless 2023 Full Power Results (LBS)

Name	Age	Div	BW (Lb)	WCls (Lb)	max	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	
Laura Kramer	45	F-E-M2	301.2	308	0.5071	402.34	402.3395	462.966	0	402.3395	225.9715	-248.018	-248.018	0	225.9715	628.311	203.9255	242.506	-286.598	0	242.506	870.817	200.3045	
Morgan Schwabe	27	F-R-O	257.1	165	0.4923	413.2625	435.4085	457.4545	0	457.4545	242.506	225.9715	0	0	225.9715	733.0295	314.2555	336.2015	352.736	0	352.736	1085.765	340.9777	Best Lifter
Krisly Lucy	48	F-R-M2	129.7	132	0.8301	126.7645	132.276	143.299	0	143.299	60.6265	71.6495	-77.161	0	71.6495	214.9485	192.9025	203.9255	-220.46	0	203.9255	418.874	157.719	
Jocelyn Dagustino	35	F-R-S	128.1	132	0.8406	176.368	187.391	-192.903	0	187.391	93.6955	99.207	110.23	0	110.23	297.621	192.9025	203.9255	-214.949	0	203.9255	501.54	191.23	
Morgan Irons	26	F-R-O	242	242	0.5367	391.3165	424.3855	462.966	0	462.966	253.529	275.575	-303.133	0	275.575	738.541	418.874	446.4315	479.5005	0	479.5005	1218.041	296.5267	Best Lifter
AvA Davis	16	F-R-T2	117	123	0.9287	132.276	159.8335	170.8565	0	170.8565	104.7185	-115.742	-115.742	0	104.7185	275.575	203.9255	214.9485	225.9715	0	225.9715	501.54	211.27	
Famela Wiegela	71	F-AD-R-M6	145.7	148	0.7398	-181.88	-181.88	-181.88	0	0	77.161	-62.6725	-62.6725	0	77.161	0	231.483	253.529	-259.041	0	253.529	0	0	
Bethanie Lane	50	F-AD-R-M3	203.6	220	0.5765	154.322	181.8795	-198.414	0	181.8795	104.7185	115.7415	-121.253	0	115.7415	297.621	187.391	203.9255	220.46	0	220.46	518.081	135.4775	
Amy Presler	46	F-AD-R-M2	145.7	148	0.7398	203.9255	214.9485	225.9715	0	225.9715	165.345	-170.857	-170.857	0	165.345	391.3165	236.9945	253.529	-270.664	0	253.529	644.855	216.3915	
Katie Bielefeld	36	F-AD-R-O	130.8	132	0.8228	-264.552	286.598	303.1325	0	303.1325	154.322	-165.345	165.345	0	165.345	468.4775	275.575	-308.644	-308.644	0	275.575	744.0525	277.695	Best Lifter
Siera Brown	36	F-AD-R-S	164	165	0.6687	231.483	236.9945	248.0175	0	248.0175	154.322	165.345	-176.368	0	165.345	413.3625	286.598	308.644	336.2015	0	336.2015	749.564	227.358	
Maddie Brown	23	F-AD-R-O	157.5	165	0.6914	187.391	225.9715	253.529	0	253.529	93.6955	121.253	148.8105	0	148.8105	402.3395	225.9715	275.575	314.1555	0	314.1555	716.495	224.705	
Jamie Pierce	26	F-AD-R-O	207.4	220	0.5707	126.7645	137.7875	148.8105	0	148.8105	126.7645	137.7875	-148.811	0	137.7875	286.598	242.506	250.0405	275.575	0	275.575	562.173	145.5285	
Matt Ladewski	46	M-E-O	218.3	220	0.5565	253.529	352.736	407.851	0	407.851	275.575	303.1325	-325.179	0	303.1325	710.9835	457.4545	529.104	-600.754	0	529.104	1240.087	313.0312	
Jacob Morris	28	M-E-O	241.8	242	0.5368	881.84	-931.444	-931.444	0	881.84	325.1785	-650.357	-672.403	0	325.1785	1207.019	639.334	-683.426	683.426	0	683.426	1890.444	460.306	
JJ Thomas	42	M-E-O	239	242	0.5385	407.851	457.4545	-501.547	0	457.4545	705.472	-760.587	-760.587	0	705.472	1162.927	556.6615	622.7995	650.357	0	650.357	1813.283	442.9162	
Pat Ekin	38	M-E-O	240.8	242	0.5375	650.357	-705.472	-705.472	0	650.357	462.966	-501.547	-501.547	0	462.966	1113.323	501.5465	-551.15	-551.15	0	501.5465	1614.869	393.7187	
Navy Mitchell	24	M-E-O	291	308	0.5126	854.2825	925.932	-1003.09	0	925.932	496.035	545.6385	-600.754	0	545.6385	1471.571	457.4545	545.6385	606.265	0	606.265	2077.835	483.1255	
Jeff Frank	35	M-E-O	388.2	SHW	0.47017	1003.093	1074.743	0	0	1074.743	727.518	804.679	-848.771	0	804.679	1879.422	683.426	705.472	0	0	705.472	2584.893	551.2743	Best Lifter
Devon Bauer	19	M-E-T3	207.4	220	0.5707	396.828	407.851	-429.897	0	407.851	-253.529	-259.041	0	0	0	0	0	-451.943	0	0	0	0	0	
William Dixon	45	M-R-M2	381.9	SHW	0.47257	330.69	369.2705	407.851	0	369.2705	363.759	385.805	-402.34	0	385.805	755.0755	369.2705	402.3395	446.4315	0	446.4315	1201.507	257.5506	
James Shaffer	43	M-R-M1	178	181	0.629	319.667	341.713	-369.271	0	341.713	220.46	-242.506	-242.506	0	220.46	562.173	424.386	424.3855	-440.92	0	424.3855	986.585	281.4775	
Tyler Hetland	31	M-R-O	197.8	198	0.5865	435.4085	462.966	501.5465	0	501.5465	259.0405	-270.064	-270.064	0	259.0405	760.587	451.943	485.012	518.081	0	518.081	1278.668	340.37	
Nate McLaughlin	31	M-R-O	270.8	275	0.524	688.9375	716.495	755.0755	0	755.0755	407.851	424.3855	-440.92	0	424.3855	1179.461	617.288	628.311	0	0	628.311	1807.772	429.68	Best Lifter
Cody Chapel	35	M-R-O	305.3	308	0.505	573.196	611.7765	-622.8	0	611.7765	374.782	385.805	402.3395	0	402.3395	1014.116	507.058	573.196	628.311	0	628.311	1642.427	376.225	
Greg Smith	46	M-AD-R-M2	163	165	0.6797	385.805	407.851	429.897	0	429.897	209.437	-220.46	220.46	0	220.46	650.357	451.943	501.5465	-507.058	0	501.5465	1151.903	355.1432	
Dan Grauerholz	47	M-AD-R-M2	330.8	SHW	0.4929	407.851	429.897	501.5465	0	501.5465	314.1555	341.713	-402.34	0	341.713	843.2595	407.851	446.432	446.4315	0	446.4315	1289.691	288.3465	
Brad Wozniak	41	M-AD-R-M1	217.8	220	0.557	451.943	479.5005	-512.57	0	479.5005	325.1785	341.713	363.759	0	363.759	843.2595	468.4775	507.058	-540.127	0	507.058	1350.317	341.1625	
Elliot Ekhoff	30	M-AD-R-O	175.9	181	0.6341	529.104	551.15	-573.196	0	551.15	314.1555	336.2015	-341.713	0	336.2015	887.3515	551.15	589.7305	-612.288	0	589.7305	1477.082	424.847	Best Lifter
Dane Anderson	28	M-AD-R-O	183.2	198	0.6162	407.851	-429.897	429.897	0	429.897	286.598	-297.621	-297.621	0	286.598	716.495	501.5465	529.104	0	0	529.104	1245.599	348.153	

Relentless 2023 Bench Only Results (LBS)

Name	Age	Div	BW (Lb)	WCls (Lb)	max	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	
Nikki Mense	43	F-R-M1	216.2	220	0.5589	88.184	93.6955	99.207	0	99.207	25.1505	25.93016	
Natalyastets	20	F-R-JR	393.6	SHW	0.46801	99.207	104.7185	143.299	0	143.299	30.42065	31.333	Best Lifter
Dave Murphy	68	M-E-M6	237.6	242	0.5393	-622.8	-622.8	622.7995	0	622.7995	152.3522	240.1071	
Nick Tsourounis	42	M-E-M1	252	275	0.532	606.265	661.38	705.472	0	661.38	159.6	162.792	Best Lifter
Kirk Booth	62	M-R-M5	244.9	275	0.5352	203.9255	220.46	-236.995	0	220.46	53.52	74.55336	
David Oman	38	M-R-S	219.7	220	0.5548	402.3395	-424.386	-424.386	0	402.3395	101.251	0	Best Lifter
Andrew Jones	39	M-R-S	210.1	220	0.5669	198.414	209.437	220.46	0	220.46	56.69	0	
Braeden Booth	16	M-R-T2	154.7	165	0.7014	93.6955	110.23	137.7875	0	137.7875	43.8753	49.53637	
Scott Sutherland	51	M-R-EO	263	275	0.5276	402.3395	473.989	-534.616	0	473.989	113.434	130.1087	
David Dersken	40	M-AD-E-O	400.4	SHW	0.465	-749.564	-749.564	0	0	0	0	0	
Brian Hudyma	72	M-AD-R-M6	330.9	SHW	0.4928	264.552	303.1325	0	0	303.1325	67.76	116.4116	

Relentless 2023 Deadlift Only Results (Lb)

Name	Age	Div	BW (Lb)	WCls (Lb)	max	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	
Nikki Mense	43	F-R-M1	216.2	220	0.5589	165.345	170.8565	181.8795	0	181.8795	45.10975	47.53863	
Brian Miller	26	F-R-O	225	242	0.5493	396.828	413.3625	418.874	0	413.3625	102.9937	0	Best Lifter
Natalyastets	20	F-R-JR	393.6	SHW	0.46801	203.9255	225.9715	259.0405	0	259.0405	54.99117	56.64091	
Trish Schmalz	55	F-AD-R-M4	147.8	148	0.7307	165.345	-176.368	-181.88	0	165.345	54.8025	67.13306	
Barb Welp	52	F-AD-R-M3	180.5	181	0.6279	253.529	270.0635	281.0865	0	281.0865	80.05725	93.26669	
Joe Gross	42	M-E-O	272.7	275	0.5228	628.311	677.915	-716.495	0	628.311	148.998	151.9779	
Braeden Waziri	38	M-E-O	307	308	0.5042	461.38	710.9835	755.0755	0	755.0755	172.6885	0	Best Lifter
Kirk Booth	62	M-R-M5	244.9	275	0.5352	253.529	286.598	336.2015	0	336.2015	81.618	113.6938	
Will Husting	44	M-R-M1	245.3	275	0.535	496.035	523.5925	556.6615	0	556.6615	135.0875	140.8962	
Kristopher Villiger	40	M-R-M1	314	SHW	0.5007	518.081	562.173	600.7					