

12-Nov-23		UPA POWER WEEKEND-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			
Diane Schlafli (WM)	40	FM1RE-AD	58.8	60	1.1325	115.74	126.76	-137.79	126.76	77.161	88.184	-93.696	88.184	214.95	181.88	214.95	-242.51	214.95	429.897	220.8375	1-FM1RE-AD-60			
Marcie Aguayo	43	FM1RE-AD	98.8	100	0.8356	259.04	314.16	-325.18	314.16	165.35	-192.9	0	165.35	479.5	137.79	0	0	137.79	617.288	233.968	1-FM1RE-AD-100			
Brooke Clark	28	FORE-AD	50.6	52	1.273	181.88	-192.9	-192.9	181.88	82.673	93.696	-99.207	93.696	275.58	198.41	214.95	-225.97	214.95	490.5235	283.2425	1-FORE-AD-52			
Savannah Mensinger	28	FORE-AD	55.3	56	1.1883	214.95	231.48	248.02	248.02	126.76	-137.79	137.79	137.79	385.81	248.02	275.58	-292.11	275.58	661.38	356.49	1-FORE-AD-56			
Diane Schlafli	40	FORE-AD	58.8	60	1.1325	115.74	126.76	-137.79	126.76	77.161	88.184	-93.696	88.184	214.95	181.88	214.95	-242.51	214.95	429.897	220.8375	1-FORE-AD-60			
Amelia Hurley-Novatny	26	FORE-AD	67.4	67.5	1.0217	281.09	303.13	-314.16	303.13	148.81	-159.83	-159.83	148.81	451.94	297.62	319.67	330.69	330.69	782.633	362.7035	1-FORE-AD-67.5			
Carla Schwerin	56	FM4RE	61.2	67.5	1.098	198.41	214.95	-231.48	214.95	121.25	132.28	-137.79	132.28	347.22	248.02	264.55	-281.09	264.55	611.7765	304.695	1-FM4RE-67.5			
Amy Bohl	41	FM1RE	73.2	75	0.9655	352.74	-374.78	402.34	402.34	236.99	-253.53	-253.53	236.99	639.33	374.78	-402.34	-402.34	374.78	1014.116	444.13	1-FM1RE -75	*Raw Elite Best Lifter		
Nadia Durrani	39	FSMRE	76.2	82.5	0.9414	121.25	154.32	192.9	192.9	93.696	110.23	-132.28	110.23	303.13	225.97	231.48	253.53	253.53	556.6615	237.7035	1-FSMRE-82.5			
Katy Jecks	19	FJRE	63.2	67.5	1.0714	187.39	231.48	-253.53	231.48	-115.74	115.74	137.79	137.79	369.27	225.97	248.02	270.06	270.06	639.334	310.706	1-FJRE-67.5			
Dessa Bogard	22	FJRE	86.2	90	0.8807	220.46	242.51	259.04	259.04	110.23	121.25	126.76	126.76	385.81	308.64	330.69	358.25	358.25	744.0525	297.23625	1-FJRE-90			
Eyah Gambong	19	FT3RE	55.4	56	1.1866	-209.44	209.44	225.97	225.97	115.74	137.79	143.3	143.3	369.27	253.53	275.58	319.67	319.67	688.9375	370.8125	1-FT3RE-56			
Mackenzie McDonald	19	FT3RE	60	60	1.1149	154.32	165.35	176.37	176.37	99.207	110.23	-115.74	110.23	286.6	225.97	259.04	-270.06	259.04	545.6385	275.93775	1-FT3RE-60			
Bella Santry	19	FT3RE	79.8	82.5	0.9163	198.41	231.48	264.55	264.55	121.25	137.79	143.3	143.3	407.85	253.53	308.64	-341.71	308.64	716.495	297.7975	1-FT3RE-82.5			
Nayela Saldivar-Recio	16	FT2RE	70.6	75	0.989	203.93	242.51	259.04	259.04	104.72	-126.76	-126.76	104.72	363.76	236.99	264.55	281.09	281.09	644.8455	289.2825	1-FT2RE-75			
Amanda Loescher	39	FORE	74.4	75	0.9555	341.71	374.78	396.83	396.83	203.93	214.95	220.46	220.46	617.29	341.71	374.78	-391.32	374.78	992.07	429.975	1-FORE-75	*Raw Best Lifter		
Darra Hibben	32	FORE	74.2	75	0.9571	292.11	325.18	-347.22	325.18	121.25	-137.79	148.81	148.81	473.99	319.67	352.74	-374.78	352.74	826.725	358.9125	2-FORE-75			
Sophia Swift	21	FORE	82.4	82.5	0.9005	187.39	214.95	-236.99	214.95	115.74	126.76	137.79	137.79	352.74	192.9	220.46	248.02	248.02	600.7535	245.38625	1-FORE-82.5			
Haley DeShane	33	FORE	109.4	110	0.814	325.18	358.25	391.32	391.32	137.79	159.83	-170.86	159.83	551.15	330.69	363.76	385.81	385.81	936.955	345.95	1-FORE-110			
Jane Reinhardt-Martin	60	FM5R	79.6	82.5	0.9176	170.86	187.39	203.93	203.93	88.184	99.207	-110.23	99.207	303.13	225.97	242.51	259.04	259.04	562.173	233.988	1-FM5R-82.5			
Milly Castillo	47	FM2R	86.6	90	0.8788	220.46	242.51	-286.6	242.51	143.3	170.86	181.88	181.88	424.39	314.16	336.2	-347.22	336.2	760.587	303.186	1-FM2R-90			
Amanda Loescher (SM)	39	FSMR	74.4	75	0.9555	341.71	374.78	396.83	396.83	203.93	214.95	220.46	220.46	617.29	341.71	374.78	-391.32	374.78	992.07	429.975	1-FSMR-75			
Bailey Halvorson	16	FT2R	66.4	67.5	1.0328	236.99	-253.53	-264.55	236.99	115.74	132.28	143.3	143.3	380.29	236.99	253.53	-264.55	253.53	633.8225	296.93	1-FT2R-67.5			
Miranda Madison	12	FT1R	54.4	56	1.2036	165.35	181.88	192.9	192.9	88.184	99.207	104.72	104.72	297.62	187.39	203.93	220.46	220.46	518.081	282.846	1-FT1R-56			
Ari Ihm	30	FOR	50.6	52	1.273	143.3	-154.32	-154.32	143.3	77.161	-88.184	-88.184	77.161	220.46	159.83	176.37	-198.41	176.37	396.828	229.14	1-FOR-52			
Kelly Bierl	44	FOR	65	67.5	1.0491	170.86	192.9	198.41	198.41	126.76	137.79	-143.3	137.79	336.2	231.48	248.02	259.04	259.04	595.242	283.257	1-FOR-67.5			
Paula Smith	60	FOR	81.2	82.5	0.9076	-181.88	181.88	198.41	198.41	93.696	104.72	110.23	110.23	308.64	203.93	225.97	236.99	236.99	545.6385	224.631	1-FOR-82.5			
Marlena Terrell	33	FOR-AD	80.6	82.5	0.9112	-248.02	264.55	-292.11	264.55	126.76	148.81	154.32	154.32	418.87	314.16	341.71	-363.76	341.71	760.587	314.364	1-FOR-AD-82.5			
Todd Knutsen	57	MM4RE-AD	99.6	100	0.6096	396.83	451.94	473.99	473.99	275.58	297.62	-308.64	297.62	771.61	440.92	457.45	473.99	473.99	1245.599	344.424	1-MM4RE-AD-100			
Greg Scott	54	MM3RE-AD	89	90	0.6421	-275.58	275.58	-286.6	275.58	220.46	-236.99	-236.99	220.46	496.04	352.74	374.78	-380.29	374.78	870.817	253.6295	1-MM3RE-AD-90			
James McArthur	21	MJRE-AD	73.6	75	0.7221	440.92	462.97	-473.99	462.97	297.62	314.16	-325.18	314.16	777.12	496.04	518.08	540.13	540.13	1317.2485	431.45475	1-MJRE-AD-75			
Ben Donath	18	MT3RE	89.8	90	0.6391	402.34	-424.39	424.39	424.39	236.99	253.53	-270.06	253.53	677.91	435.41	473.99	-501.55	473.99	1151.9035	333.92975	1-MT3RE-90			
Isaiah Taylor	17	MT2RE	104.4	110	0.5988	424.39	446.43	473.99	473.99	242.51	275.58	-292.11	275.58	749.56	440.92	501.55	529.1	529.1	1278.668	347.304	1-MT2RE-110			
Ayedn Monsivais	14	MT1RE	59.2	60	0.8635	220.46	-231.48	259.04	259.04	137.79	159.83	-176.37	159.83	418.87	314.16	325.18	341.71	341.71	760.587	297.9075	1-MT1RE-60			
Jacob Schlenker	21	MJRE	73	75	0.7264	374.78	391.32	407.85	407.85	253.53	264.55	270.06	270.06	677.91	451.94	468.48	473.99	473.99	1151.9035	379.544	1-MJRE-75			
Ben Foley	23	MJRE	117	125	0.5785	374.78	396.83	418.87	418.87	236.99	253.53	-270.06	253.53	672.4	446.43	485.01	-501.55	485.01	1157.415	303.7125	1-MJRE-125			
James Duggan	23	MJRE	112.4	125	0.5847	352.74	369.27	-380.29	369.27	176.37	198.41	-225.97	198.41	567.68	374.78	385.81	-435.41	385.81	953.4895	252.88275	2-MJRE-125			
Dwayne Jimenez	58	MM4R	97	100	0.6163	435.41	462.97	479.5	479.5	264.55	286.6	-303.13	286.6	766.1	479.5	501.55	-523.59	501.55	1267.645	354.3725	1-MM4R-100			
Santos Castillo	48	MM2R	116	125	0.5797	451.94	-485.01	0	451.94	308.64	330.69	-341.71	330.69	782.63	485.01	523.59	-551.15	523.59	1306.2255	343.47225	1-MM2R-125			
Phillip Monsivais	35	MSMR	75	75	0.7126	236.99	275.58	308.64	308.64	236.99	248.02	-264.55	248.02	556.66	330.69	369.27	402.34	402.34	959.001	309.981	1-MSMR-75			
Zachary Klann	39	MSMR	88.4	90	0.6444	468.48	490.52	507.06	507.06	270.06	281.09	292.11	292.11	799.17	540.13	567.68	600.75	600.75	1399.921	409.194	1-MSMR-90			
Sam Donath	22	MJR	89.6	90	0.6398	391.32	418.87	-435.41	418.87	281.09	297.62	303.13	303.13	722.01	424.39	457.45	-479.5	457.45	1179.461	342.293	1-MJR -90			
Reese Fens	22	MJR	97.2	100	0.6158	363.76	402.34	-413.36	402.34	-248.02	-259.04	259.04	259.04	661.38	418.87	435.41	440.92	440.92	1102.3	307.9	1-MJR -100			
Trevor Voss	21	MJR	121.6	125	0.5732	369.27	429.9	473.99	473.99	225.97	248.02	264.55	264.55	738.54	473.99	529.1	556.66	556.66	1295.2025	336.755	1-MJR -125			

Peyton Hoyer	22	MJR	138.6	140	0.5597	507.06	-523.59	523.59	523.59	330.69	-341.71	341.71	341.71	865.31	584.22	617.29	-644.85	617.29	1482.5935	376.39825	1-MJR -140		
Chris Bodle	16	MT2R	82	82.5	0.6724	314.16	330.69	363.76	363.76	187.39	-203.93	220.46	220.46	584.22	402.34	435.41	468.48	468.48	1052.6965	321.071	1-MT2R-82.5		
Tanner Mueller	15	MT1R	97.8	100	0.6142	319.67	347.22	363.76	363.76	231.48	-242.51	248.02	248.02	611.78	341.71	402.34	-435.41	402.34	1014.116	282.532	1-MT1R-100		
Donovan Muldrow	36	MSMR-AD	99.2	100	0.6106	-473.99	490.52	507.06	507.06	325.18	347.22	-352.74	347.22	854.28	600.75	611.78	-622.8	611.78	1466.059	406.049	1-MSMR-AD-100		
Trey Cornelious	23	MJR-AD	81.4	82.5	0.6754	363.76	385.81	402.34	402.34	-231.48	-231.48	-231.48	0	0	0	0	0	0	0	0	0		
Parker Dummer	18	MT3R-AD	107.2	110	0.5933	418.87	457.45	496.04	496.04	292.11	-325.18	-325.18	292.11	788.14	440.92	501.55	534.62	534.62	1322.76	355.98	1-MT3R-AD-110		
Cayle Ott	17	MT2R-AD	85.4	90	0.6566	347.22	374.78	-396.83	374.78	198.41	209.44	-225.97	209.44	584.22	451.94	473.99	-501.55	473.99	1058.208	315.168	1-MT2R-AD-90		