

UPA Power Frenzy, November 10, 2012 , at Iron Sport Gym, Glenolden, PA
Meet Director - Kate Baird

					Squat	Bench	Deadlift	Total
<u>BENCH ONLY - Men</u>								
Burns	Cory	275	Raw	Open		500		500
<u>DEADLIFT ONLY - Women</u>								
Virgin	Hannah	148	Raw	T16-17	AD		275	275
<u>DEADLIFT ONLY - Men</u>								
Rock	Jon	198	EQ	Open			675	675
<u>PUSH/PULL - Men</u>								
Fiske	Russell	181	Raw			290	450	740
Rogers	Gerald	242	Raw	Open	AD	300	500	800
<u>FULL POWER - Women</u>								
Haffey	Kylie	132	Raw	Open	AD	270	155	285
Fishe	Jennifer	132	Raw	Open	AD	185	115	210
Speck	Jacky	132	Raw	Open	AD	265	135	335
Bender	Mary	165	Raw	M50-54		250	170	275
Rygwelski	Dana	181	Raw	Open	AD	315	160	325
Johnston	Chelsea	shw	Raw	Junior	AD	185	135	270
<u>FULL POWER - Men</u>								
Lizote	Derek	148	Raw	T13-15	AD	325	225	420
Borreggine	Angelo	165	Raw	Open		400	265	465
Hanes	John	148	Raw	T 18-19	AD	360	210	425
Kammerer	Steve	198	Raw	SubMr		460	265	480
Boyer	Dylan	165	Raw	Teen13-15	AD	320	220	430
Rivvi	Michael	181	Raw	T18-19		305	240	255
Coyle	Brian	198	Raw	Open		340	230	420
Ferrick	James	198	Raw	Junior		465	275	480
Medice	Nathan	220	Raw	Open		425	350	515
Bender	JB	220	Raw	M50-54		350	275	475
Perry	Jack	220	Raw	SubMr		440	305	465
Tantonco	John	220	Raw	Open		565	405	550
Haralambidis	Angelo	220	Raw	Open		400	235	430
Haffey	Patrick	220	Raw	Open		550	335	555
Stoklosa	Jon	242	Raw	Open	AD	440	370	425
Ernst	Ryan	242	Raw	Open		485	295	475
Frankhouser	Zach	275	Raw	Open		470	285	545
Gale	Tim	275	Raw	Open		730	380	700
O'Brien	Bob	275	EQ	M65-69		350	375	350
Corbit	Brett	308	Raw	Open	AD	515	340	520
Wydra	JJ	308	Raw	Open	AD	575	415	510
Holman	Lance	shw	Raw	M40-44	AD	535	360	505

