

4-Jun-11 Metroflex's APF Show of Strength - KG Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1
Wendy Hajik	28	F-OR	66.4	67.5	125	135	145	145	55
Carena Hall	28	F-OR	67.3	67.5	65	82.5	92.5	92.5	42.5
Katherine Collins	25	F-OR	90	90	97.5	110	-115	110	47.5
Bree Gossett	14	F-T1	55.9	56	-110	110	125	125	47.5
Eddie Ross	47	M-M2R	109.5	110	205	227.5	232.5	232.5	155
Michael McClure	33	M-SR	82.2	82.5	165	180	-190	180	-125
Cameron Jones	26	M-OR	77.7	82.5	147.5	162.5	172.5	172.5	-87.5
David Troutt	26	M-OR	99	100	185	215	230	230	125
Rodney Miller	28	M-OR	91.8	100	165	185	-195	185	125
Ross Shreves	25	M-OR	122.3	125	240	265	275	275	205
Eric Semifero	34	M-OR	120.9	125	260	275	285	285	170
Scott Longhofer	19	M-T3R	95.5	100	182.5	207.5	215	215	137.5
Ralph Eckley	60	M-M5	103.5	110	155	167.5	180	180	82.5
Kaiser Young	40	M-M1	98.2	100	227.5	245	262.5	262.5	210
Chuck Krutulis	31	M-O	96.8	100	287.5	302.5	-322.5	302.5	165
Zane Masavage	20	M-J	79.1	82.5	210	235	242.5	242.5	142.5
Alex Coloma	21	M-J	99.5	100	185	195	205	205	137.5

Bench Only - KG Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Best Bench	PI-Div-WtCl
Mike Mercer	52	M-M3R	97.7	100	-182.5	190	200	200	1-M-M3R-100
Kaiser Young	40	M-M1	98.2	100	210	225	232.5	232.5	1-M-M1-100
Ricky Lee Durham	29	M-O	109.6	110	255	272.5	290	290	1-M-O-110

Deadlift Only - KG Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PI-Div-WtCl
Regina Raine	55	F-M4R	73.6	75	132.5	150	160	160	1-F-M4R-75
John Combs	39	M-SR	109.6	110	272.5	295	-305	295	1-M-SR-110
James Burk	35	M-SR	144.6	SHW	192.5	207.5	-227.5	207.5	1-M-SR-SHW
Blake Ross	18	M-T3R	81.8	82.5	197.5	210	215	215	1-M-T3R-82.5

4-Jun-11 Metroflex's APF Show of Strength - LB Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1
Wendy Hajik	28	F-OR	66.4	67.5	275.575	297.621	319.667	319.667	121.253
Carena Hall	28	F-OR	67.3	67.5	143.299	181.8795	203.9255	203.9255	93.6955
Katherine Collins	25	F-OR	90	90	214.9485	242.506	-253.529	242.506	104.7185
Bree Gossett	14	F-T1	55.9	56	-242.506	242.506	275.575	275.575	104.7185
Eddie Ross	47	M-M2R	109.5	110	451.943	501.5465	512.5695	512.5695	341.713
Michael McClure	33	M-SR	82.2	82.5	363.759	396.828	-418.874	396.828	-275.575
Cameron Jones	26	M-OR	77.7	82.5	325.1785	358.2475	380.2935	380.2935	-192.9025
David Troutt	26	M-OR	99	100	407.851	473.989	507.058	507.058	275.575
Rodney Miller	28	M-OR	91.8	100	363.759	407.851	-429.897	407.851	275.575
Ross Shreves	25	M-OR	122.3	125	529.104	584.219	606.265	606.265	451.943
Eric Semifero	34	M-OR	120.9	125	573.196	606.265	628.311	628.311	374.782
Scott Longhofer	19	M-T3R	95.5	100	402.3395	457.4545	473.989	473.989	303.1325
Ralph Eckley	60	M-M5	103.5	110	341.713	369.2705	396.828	396.828	181.8795
Kaiser Young	40	M-M1	98.2	100	501.5465	540.127	578.7075	578.7075	462.966

Chuck Krutulis	31	M-O	96.8	100	633.8225	666.8915	-710.9835	666.8915	363.759
Zane Masavage	20	M-J	79.1	82.5	462.966	518.081	534.6155	534.6155	314.1555
Alex Coloma	21	M-J	99.5	100	407.851	429.897	451.943	451.943	303.1325

Bench Only - LB Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Best Bench	PI-Div-WtCl
Mike Mercer	52	M-M3R	97.7	100	-402.3395	418.874	440.92	440.92	1-M-M3R-100
Kaiser Young	40	M-M1	98.2	100	462.966	496.035	512.5695	512.5695	1-M-M1-100
Ricky Lee Durham	29	M-O	109.6	110	562.173	600.7535	639.334	639.334	1-M-O-110

Deadlift Only - LB Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PI-Div-WtCl
Regina Raine	55	F-M4R	73.6	75	292.1095	330.69	352.736	352.736	1-F-M4R-75
John Combs	39	M-SR	109.6	110	600.7535	650.357	-672.403	650.357	1-M-SR-110
James Burk	35	M-SR	144.6	SHW	424.3855	457.4545	-501.5465	457.4545	1-M-SR-SHW
Blake Ross	18	M-T3R	81.8	82.5	435.4085	462.966	473.989	473.989	1-M-T3R-82.5

Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	PI-Div-WtCI
65	-72.5	65	210	142.5	147.5	-160	147.5	357.5	1-F-OR-67.5
62.5	-67.5	62.5	155	115	142.5	152.5	152.5	307.5	2-F-OR-67.5
52.5	-55	52.5	162.5	100	115	122.5	122.5	285	1-F-OR-90
52.5	-57.5	52.5	177.5	110	125	130	130	307.5	1-F-T1-56
162.5	170	170	402.5	210	227.5	230	230	632.5	1-M-M2R-110
-137.5	-137.5	0	0	210	225	-235	225	0	0
92.5	100	100	272.5	182.5	205	215	215	487.5	1-M-OR-82.5
142.5	152.5	152.5	382.5	227.5	260	287.5	287.5	670	1-M-OR-100
137.5	147.5	147.5	332.5	182.5	205	227.5	227.5	560	2-M-OR-100
227.5	235	235	510	255	272.5	285	285	795	1-M-OR-125
185	192.5	192.5	477.5	215	235	250	250	727.5	2-M-OR-125
145	152.5	152.5	367.5	182.5	207.5	-215	207.5	575	1-M-T3R-100
92.5	-100	92.5	272.5	142.5	160	-170	160	432.5	1-M-M5-110
225	232.5	232.5	495	210	220		220	715	1-M-M1-100
177.5	-185	177.5	480	265	275	290	290	770	1-M-O-100
150	-165	150	392.5	227.5	-242.5	-242.5	227.5	620	1-M-J-82.5
147.5	155	155	360	227.5	240	-250	240	600	1-M-J-100

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Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	PI-Div-WtCI
143.299	-159.8335	143.299	462.966	314.1555	325.1785	-352.736	325.1785	788.1445	1-F-OR-67.5
137.7875	-148.8105	137.7875	341.713	253.529	314.1555	336.2015	336.2015	677.9145	2-F-OR-67.5
115.7415	-121.253	115.7415	358.2475	220.46	253.529	270.0635	270.0635	628.311	1-F-OR-90
115.7415	-126.7645	115.7415	391.3165	242.506	275.575	286.598	286.598	677.9145	1-F-T1-56
358.2475	374.782	374.782	887.3515	462.966	501.5465	507.058	507.058	1394.4095	1-M-M2R-110
-303.1325	-303.1325	0	0	462.966	496.035	-518.081	496.035	0	0
203.9255	220.46	220.46	600.7535	402.3395	451.943	473.989	473.989	1074.7425	1-M-OR-82.5
314.1555	336.2015	336.2015	843.2595	501.5465	573.196	633.8225	633.8225	1477.082	1-M-OR-100
303.1325	325.1785	325.1785	733.0295	402.3395	451.943	501.5465	501.5465	1234.576	2-M-OR-100
501.5465	518.081	518.081	1124.346	562.173	600.7535	628.311	628.311	1752.657	1-M-OR-125
407.851	424.3855	424.3855	1052.697	473.989	518.081	551.15	551.15	1603.8465	2-M-OR-125
319.667	336.2015	336.2015	810.1905	402.3395	457.4545	-473.989	457.4545	1267.645	1-M-T3R-100
203.9255	-220.46	203.9255	600.7535	314.1555	352.736	-374.782	352.736	953.4895	1-M-M5-110
496.035	512.5695	512.5695	1091.277	462.966	485.012	0	485.012	1576.289	1-M-M1-100

391.3165	-407.851	391.3165	1058.208	584.219	606.265	639.334	639.334	1697.542	1-M-O-100
330.69	-363.759	330.69	865.3055	501.5465	-534.6155	-534.6155	501.5465	1366.852	1-M-J-82.5
325.1785	341.713	341.713	793.656	501.5465	529.104	-551.15	529.104	1322.76	1-M-J-100

