

2019 APF Nationals

Presented by: Ezra Salmon & Ben Sanda

DeVos Place Convention Center
Grand Rapids, MI
June 13-16, 2019



Divisions					
Abbrev	Description	Abbrev	Description	Abbrev	Description
M_OR_APF	Male Open Raw APF	F_OR_APF	Female Open Raw APF		
M_OR_AAPF	Male Open Raw AAFP	F_OR_AAPF	Female Open Raw AAFP		
M_OCR_APF	Male Open Classic Raw APF	F_OCR_APF	Female Open Classic Raw APF		
M_OCR_AAPF	Male Open Classic Raw AAFP	F_OCR_AAPF	Female Open Classic Raw AAFP		
M_OEM_APF	Male Open Equipped Multiply APF	F_OEM_APF	Female Open Equipped Multiply APF		
M_OEM_AAPF	Male Open Equipped Multiply AAFP	F_OEM_AAPF	Female Open Equipped Multiply AAFP		
M_OES_APF	Male Open Equipped Single-Ply APF	F_OES_APF	Female Open Equipped Single-Ply APF		
M_OES_AAPF	Male Open Equipped Single-Ply AAFP	F_OES_AAPF	Female Open Equipped Single-Ply AAFP		
M_TR_1_APF	Male Teen 1 Raw APF: 13-15	F_TR_1_APF	Female Teen 1 Raw APF: 13-15		
M_TR_1_AAPF	Male Teen 1 Raw AAFP: 13-15	F_TR_1_AAPF	Female Teen 1 Raw AAFP: 13-15		
M_TCR_1_APF	Male Teen 1 Classic Raw APF: 13-15	F_TCR_1_APF	Female Teen 1 Classic Raw APF: 13-15		
M_TCR_1_AAPF	Male Teen 1 Classic Raw AAFP: 13-15	F_TCR_1_AAPF	Female Teen 1 Classic Raw AAFP: 13-15		
M_TEM_1_APF	Male Teen 1 Equipped Multiply APF: 13-15	F_TEM_1_APF	Female Teen 1 Equipped Multiply APF: 13-15		
M_TEM_1_AAPF	Male Teen 1 Equipped Multiply AAFP: 13-15	F_TEM_1_AAPF	Female Teen 1 Equipped Multiply AAFP: 13-15		
M_TES_1_APF	Male Teen 1 Equipped Single-Ply APF: 13-15	F_TES_1_APF	Female Teen 1 Equipped Single-Ply APF: 13-15		
M_TES_1_AAPF	Male Teen 1 Equipped Single-Ply AAFP: 13-15	F_TES_1_AAPF	Female Teen 1 Equipped Single-Ply AAFP: 13-15		
M_TR_2_APF	Male Teen 2 Raw APF: 16-17	F_TR_2_APF	Female Teen 2 Raw APF: 16-17		
M_TR_2_AAPF	Male Teen 2 Raw AAFP: 16-17	F_TR_2_AAPF	Female Teen 2 Raw AAFP: 16-17		
M_TCR_2_APF	Male Teen 2 Classic Raw APF: 16-17	F_TCR_2_APF	Female Teen 2 Classic Raw APF: 16-17		
M_TCR_2_AAPF	Male Teen 2 Classic Raw AAFP: 16-17	F_TCR_2_AAPF	Female Teen 2 Classic Raw AAFP: 16-17		
M_TEM_2_APF	Male Teen 2 Equipped Multiply APF: 16-17	F_TEM_2_APF	Female Teen 2 Equipped Multiply APF: 16-17		
M_TEM_2_AAPF	Male Teen 2 Equipped Multiply AAFP: 16-17	F_TEM_2_AAPF	Female Teen 2 Equipped Multiply AAFP: 16-17		
M_TES_2_APF	Male Teen 2 Equipped Single-Ply APF: 16-17	F_TES_2_APF	Female Teen 2 Equipped Single-Ply APF: 16-17		
M_TES_2_AAPF	Male Teen 2 Equipped Single-Ply AAFP: 16-17	F_TES_2_AAPF	Female Teen 2 Equipped Single-Ply AAFP: 16-17		
M_TR_3_APF	Male Teen 3 Raw APF: 18-19	F_TR_3_APF	Female Teen 3 Raw APF: 18-19		
M_TR_3_AAPF	Male Teen 3 Raw AAFP: 18-19	F_TR_3_AAPF	Female Teen 3 Raw AAFP: 18-19		
M_TCR_3_APF	Male Teen 3 Classic Raw APF: 18-19	F_TCR_3_APF	Female Teen 3 Classic Raw APF: 18-19		
M_TCR_3_AAPF	Male Teen 3 Classic Raw AAFP: 18-19	F_TCR_3_AAPF	Female Teen 3 Classic Raw AAFP: 18-19		
M_TEM_3_APF	Male Teen 3 Equipped Multiply APF: 18-19	F_TEM_3_APF	Female Teen 3 Equipped Multiply APF: 18-19		
M_TEM_3_AAPF	Male Teen 3 Equipped Multiply AAFP: 18-19	F_TEM_3_AAPF	Female Teen 3 Equipped Multiply AAFP: 18-19		
M_TES_3_APF	Male Teen 3 Equipped Single-Ply APF: 18-19	F_TES_3_APF	Female Teen 3 Equipped Single-Ply APF: 18-19		
M_TES_3_AAPF	Male Teen 3 Equipped Single-Ply AAFP: 18-19	F_TES_3_AAPF	Female Teen 3 Equipped Single-Ply AAFP: 18-19		
M_JR_APF	Male Junior Raw APF: 20-23	F_JR_APF	Female Junior Raw APF: 20-23		
M_JR_AAPF	Male Junior Raw AAFP: 20-23	F_JR_AAPF	Female Junior Raw AAFP: 20-23		
M_JCR_APF	Male Junior Classic Raw APF: 20-23	F_JCR_APF	Female Junior Classic Raw APF: 20-23		
M_JCR_AAPF	Male Junior Classic Raw AAFP: 20-23	F_JCR_AAPF	Female Junior Classic Raw AAFP: 20-23		
M_JEM_APF	Male Junior Equipped Multiply APF: 20-23	F_JEM_APF	Female Junior Equipped Multiply APF: 20-23		
M_JEM_AAPF	Male Junior Equipped Multiply AAFP: 20-23	F_JEM_AAPF	Female Junior Equipped Multiply AAFP: 20-23		
M_JES_APF	Male Junior Equipped Single-Ply APF: 20-23	F_JES_APF	Female Junior Equipped Single-Ply APF: 20-23		
M_JES_AAPF	Male Junior Equipped Single-Ply AAFP: 20-23	F_JES_AAPF	Female Junior Equipped Single-Ply AAFP: 20-23		
M_SR_APF	Male Sub-Master Raw APF: 33-39	F_SR_APF	Female Sub-Master Raw APF: 33-39		
M_SR_AAPF	Male Sub-Master Raw AAFP: 33-39	F_SR_AAPF	Female Sub-Master Raw AAFP: 33-39		
M_SCR_APF	Male Sub-Master Classic Raw APF: 33-39	F_SCR_APF	Female Sub-Master Classic Raw APF: 33-39		
M_SCR_AAPF	Male Sub-Master Classic Raw AAFP: 33-39	F_SCR_AAPF	Female Sub-Master Classic Raw AAFP: 33-39		
M_SEM_APF	Male Sub-Master Equipped Multiply APF: 33-39	F_SEM_APF	Female Sub-Master Equipped Multiply APF: 33-39		
M_SEM_AAPF	Male Sub-Master Equipped Multiply AAFP: 33-39	F_SEM_AAPF	Female Sub-Master Equipped Multiply AAFP: 33-39		
M_SES_APF	Male Sub-Master Equipped Single-Ply APF: 33-39	F_SES_APF	Female Sub-Master Equipped Single-Ply APF: 33-39		
M_SES_AAPF	Male Sub-Master Equipped Single-Ply AAFP: 33-39	F_SES_AAPF	Female Sub-Master Equipped Single-Ply AAFP: 33-39		
M_MR_1_APF	Male Master 1 Raw APF: 40-44	F_MR_1_APF	Female Master 1 Raw APF: 40-44		
M_MR_1_AAPF	Male Master 1 Raw AAFP: 40-44	F_MR_1_AAPF	Female Master 1 Raw AAFP: 40-44		
M_MCR_1_APF	Male Master 1 Classic Raw APF: 40-44	F_MCR_1_APF	Female Master 1 Classic Raw APF: 40-44		
M_MCR_1_AAPF	Male Master 1 Classic Raw AAFP: 40-44	F_MCR_1_AAPF	Female Master 1 Classic Raw AAFP: 40-44		
M_MEM_1_APF	Male Master 1 Equipped Multiply APF: 40-44	F_MEM_1_APF	Female Master 1 Equipped Multiply APF: 40-44		
M_MEM_1_AAPF	Male Master 1 Equipped Multiply AAFP: 40-44	F_MEM_1_AAPF	Female Master 1 Equipped Multiply AAFP: 40-44		
M_MES_1_APF	Male Master 1 Equipped Single-Ply APF: 40-44	F_MES_1_APF	Female Master 1 Equipped Single-Ply APF: 40-44		
M_MES_1_AAPF	Male Master 1 Equipped Single-Ply AAFP: 40-44	F_MES_1_AAPF	Female Master 1 Equipped Single-Ply AAFP: 40-44		
M_MR_2_APF	Male Master 2 Raw APF: 45-49	F_MR_2_APF	Female Master 2 Raw APF: 45-49		
M_MR_2_AAPF	Male Master 2 Raw AAFP: 45-49	F_MR_2_AAPF	Female Master 2 Raw AAFP: 45-49		
M_MCR_2_APF	Male Master 2 Classic Raw APF: 45-49	F_MCR_2_APF	Female Master 2 Classic Raw APF: 45-49		
M_MCR_2_AAPF	Male Master 2 Classic Raw AAFP: 45-49	F_MCR_2_AAPF	Female Master 2 Classic Raw AAFP: 45-49		
M_MEM_2_APF	Male Master 2 Equipped Multiply APF: 45-49	F_MEM_2_APF	Female Master 2 Equipped Multiply APF: 45-49		
M_MEM_2_AAPF	Male Master 2 Equipped Multiply AAFP: 45-49	F_MEM_2_AAPF	Female Master 2 Equipped Multiply AAFP: 45-49		
M_MES_2_APF	Male Master 2 Equipped Single-Ply APF: 45-49	F_MES_2_APF	Female Master 2 Equipped Single-Ply APF: 45-49		
M_MES_2_AAPF	Male Master 2 Equipped Single-Ply AAFP: 45-49	F_MES_2_AAPF	Female Master 2 Equipped Single-Ply AAFP: 45-49		
M_MR_3_APF	Male Master 3 Raw APF: 50-54	F_MR_3_APF	Female Master 3 Raw APF: 50-54		
M_MR_3_AAPF	Male Master 3 Raw AAFP: 50-54	F_MR_3_AAPF	Female Master 3 Raw AAFP: 50-54		
M_MCR_3_APF	Male Master 3 Classic Raw APF: 50-54	F_MCR_3_APF	Female Master 3 Classic Raw APF: 50-54		
M_MCR_3_AAPF	Male Master 3 Classic Raw AAFP: 50-54	F_MCR_3_AAPF	Female Master 3 Classic Raw AAFP: 50-54		
M_MEM_3_APF	Male Master 3 Equipped Multiply APF: 50-54	F_MEM_3_APF	Female Master 3 Equipped Multiply APF: 50-54		
M_MEM_3_AAPF	Male Master 3 Equipped Multiply AAFP: 50-54	F_MEM_3_AAPF	Female Master 3 Equipped Multiply AAFP: 50-54		
M_MES_3_APF	Male Master 3 Equipped Single-Ply APF: 50-54	F_MES_3_APF	Female Master 3 Equipped Single-Ply APF: 50-54		
M_MES_3_AAPF	Male Master 3 Equipped Single-Ply AAFP: 50-54	F_MES_3_AAPF	Female Master 3 Equipped Single-Ply AAFP: 50-54		
M_MR_4_APF	Male Master 4 Raw APF: 55-59	F_MR_4_APF	Female Master 4 Raw APF: 55-59		
M_MR_4_AAPF	Male Master 4 Raw AAFP: 55-59	F_MR_4_AAPF	Female Master 4 Raw AAFP: 55-59		
M_MCR_4_APF	Male Master 4 Classic Raw APF: 55-59	F_MCR_4_APF	Female Master 4 Classic Raw APF: 55-59		
M_MCR_4_AAPF	Male Master 4 Classic Raw AAFP: 55-59	F_MCR_4_AAPF	Female Master 4 Classic Raw AAFP: 55-59		
M_MEM_4_APF	Male Master 4 Equipped Multiply APF: 55-59	F_MEM_4_APF	Female Master 4 Equipped Multiply APF: 55-59		
M_MEM_4_AAPF	Male Master 4 Equipped Multiply AAFP: 55-59	F_MEM_4_AAPF	Female Master 4 Equipped Multiply AAFP: 55-59		
M_MES_4_APF	Male Master 4 Equipped Single-Ply APF: 55-59	F_MES_4_APF	Female Master 4 Equipped Single-Ply APF: 55-59		
M_MES_4_AAPF	Male Master 4 Equipped Single-Ply AAFP: 55-59	F_MES_4_AAPF	Female Master 4 Equipped Single-Ply AAFP: 55-59		
M_MR_5_APF	Male Master 5 Raw APF: 60-64	F_MR_5_APF	Female Master 5 Raw APF: 60-64		
M_MR_5_AAPF	Male Master 5 Raw AAFP: 60-64	F_MR_5_AAPF	Female Master 5 Raw AAFP: 60-64		
M_MCR_5_APF	Male Master 5 Classic Raw APF: 60-64	F_MCR_5_APF	Female Master 5 Classic Raw APF: 60-64		
M_MCR_5_AAPF	Male Master 5 Classic Raw AAFP: 60-64	F_MCR_5_AAPF	Female Master 5 Classic Raw AAFP: 60-64		
M_MEM_5_APF	Male Master 5 Equipped Multiply APF: 60-64	F_MEM_5_APF	Female Master 5 Equipped Multiply APF: 60-64		
M_MEM_5_AAPF	Male Master 5 Equipped Multiply AAFP: 60-64	F_MEM_5_AAPF	Female Master 5 Equipped Multiply AAFP: 60-64		
M_MES_5_APF	Male Master 5 Equipped Single-Ply APF: 60-64	F_MES_5_APF	Female Master 5 Equipped Single-Ply APF: 60-64		
M_MES_5_AAPF	Male Master 5 Equipped Single-Ply AAFP: 60-64	F_MES_5_AAPF	Female Master 5 Equipped Single-Ply AAFP: 60-64		
M_MR_6_APF	Male Master 6 Raw APF: 65-69	F_MR_6_APF	Female Master 6 Raw APF: 65-69		
M_MR_6_AAPF	Male Master 6 Raw AAFP: 65-69	F_MR_6_AAPF	Female Master 6 Raw AAFP: 65-69		
M_MCR_6_APF	Male Master 6 Classic Raw APF: 65-69	F_MCR_6_APF	Female Master 6 Classic Raw APF: 65-69		
M_MCR_6_AAPF	Male Master 6 Classic Raw AAFP: 65-69	F_MCR_6_AAPF	Female Master 6 Classic Raw AAFP: 65-69		
M_MEM_6_APF	Male Master 6 Equipped Multiply APF: 65-69	F_MEM_6_APF	Female Master 6 Equipped Multiply APF: 65-69		
M_MEM_6_AAPF	Male Master 6 Equipped Multiply AAFP: 65-69	F_MEM_6_AAPF	Female Master 6 Equipped Multiply AAFP: 65-69		
M_MES_6_APF	Male Master 6 Equipped Single-Ply APF: 65-69	F_MES_6_APF	Female Master 6 Equipped Single-Ply APF: 65-69		
M_MES_6_AAPF	Male Master 6 Equipped Single-Ply AAFP: 65-69	F_MES_6_AAPF	Female Master 6 Equipped Single-Ply AAFP: 65-69		
M_MR_7_APF	Male Master 7 Raw APF: 70-74	F_MR_7_APF	Female Master 7 Raw APF: 70-74		
M_MR_7_AAPF	Male Master 7 Raw AAFP: 70-74	F_MR_7_AAPF	Female Master 7 Raw AAFP: 70-74		
M_MCR_7_APF	Male Master 7 Classic Raw APF: 70-74	F_MCR_7_APF	Female Master 7 Classic Raw APF: 70-74		
M_MCR_7_AAPF	Male Master 7 Classic Raw AAFP: 70-74	F_MCR_7_AAPF	Female Master 7 Classic Raw AAFP: 70-74		
M_MEM_7_APF	Male Master 7 Equipped Multiply APF: 70-74	F_MEM_7_APF	Female Master 7 Equipped Multiply APF: 70-74		
M_MEM_7_AAPF	Male Master 7 Equipped Multiply AAFP: 70-74	F_MEM_7_AAPF	Female Master 7 Equipped Multiply AAFP: 70-74		
M_MES_7_APF	Male Master 7 Equipped Single-Ply APF: 70-74	F_MES_7_APF	Female Master 7 Equipped Single-Ply APF: 70-74		
M_MES_7_AAPF	Male Master 7 Equipped Single-Ply AAFP: 70-74	F_MES_7_AAPF	Female Master 7 Equipped Single-Ply AAFP: 70-74		
M_MR_8_APF	Male Master 8 Raw APF: 75-79	F_MR_8_APF	Female Master 8 Raw APF: 75-79		
M_MR_8_AAPF	Male Master 8 Raw AAFP: 75-79	F_MR_8_AAPF	Female Master 8 Raw AAFP: 75-79		
M_MCR_8_APF	Male Master 8 Classic Raw APF: 75-79	F_MCR_8_APF	Female Master 8 Classic Raw APF: 75-79		
M_MCR_8_AAPF	Male Master 8 Classic Raw AAFP: 75-79	F_MCR_8_AAPF	Female Master 8 Classic Raw AAFP: 75-79		
M_MEM_8_APF	Male Master 8 Equipped Multiply APF: 75-79	F_MEM_8_APF	Female Master 8 Equipped Multiply APF: 75-79		
M_MEM_8_AAPF	Male Master 8 Equipped Multiply AAFP: 75-79	F_MEM_8_AAPF	Female Master 8 Equipped Multiply AAFP: 75-79		
M_MES_8_APF	Male Master 8 Equipped Single-Ply APF: 75-79	F_MES_8_APF	Female Master 8 Equipped Single-Ply APF: 75-79		
M_MES_8_AAPF	Male Master 8 Equipped Single-Ply AAFP: 75-79	F_MES_8_AAPF	Female Master 8 Equipped Single-Ply AAFP: 75-79		
M_MR_9_APF	Male Master 9 Raw APF: 80+	F_MR_9_APF	Female Master 9 Raw APF: 80+		
M_MR_9_AAPF	Male Master 9 Raw AAFP: 80+	F_MR_9_AAPF	Female Master 9 Raw AAFP: 80+		
M_MCR_9_APF	Male Master 9 Classic Raw APF: 80+	F_MCR_9_APF	Female Master 9 Classic Raw APF: 80+		
M_MCR_9_AAPF	Male Master 9 Classic Raw AAFP: 80+	F_MCR_9_AAPF	Female Master 9 Classic Raw AAFP: 80+		
M_MEM_9_APF	Male Master 9 Equipped Multiply APF: 80+	F_MEM_9_APF	Female Master 9 Equipped Multiply APF: 80+		
M_MEM_9_AAPF	Male Master 9 Equipped Multiply AAFP: 80+	F_MEM_9_AAPF	Female Master 9 Equipped Multiply AAFP: 80+		
M_MES_9_APF	Male Master 9 Equipped Single-Ply APF: 80+	F_MES_9_APF	Female Master 9 Equipped Single-Ply APF: 80+		
M_MES_9_AAPF	Male Master 9 Equipped Single-Ply AAFP: 80+	F_MES_9_AAPF	Female Master 9 Equipped Single-Ply AAFP: 80+		
M_TR_1_SO_AAPF	Male Teen 1 Raw Special Olympics APF	F_SR_SO_APF	Female Sub-Master Raw Special Olympics APF		

13-Jun-19

2019 APF Nationals - Bench Only - Kg Results

Name	Age	Div	BWR	WCI	Overweight	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div(WCI)	Team	Notes
Wentshall, Kathy (m)	45	F MEM 6 APP	85.2	90	0.7114	85	92.5	0	0	92.5	71.3545	105.60466	F MEM 6 APP-90		
Anderson, Danyell (m)	45	F MEM 2 APP	55.2	56	1.0561	100	102.5	105	102.5	108.2025	114.2000138	F MEM 2 APP-56	Pride Barbell Club	Best Lifter Female Equipped	
Wentshall, Kathy (f)	45	F MEM 6 APP	85.2	90	0.7114	85	92.5	0	0	92.5	71.3545	105.60466	F MEM 6 APP-90		
Smith, Shavna	41	F MR 1 APP	80	82.5	0.80175	78	80	80	80	84.64	64.7814	F MR 1 APP-82.5	Primal Barbell		
Jacobson, Lisa	48	F MR 2 APP	70.8	75	0.88975	57.5	62.5	65	62.5	54.94875	59.6182188	F MR 2 APP-75	FBC		
Lindsay, Amy	46	F MR 2 APP	89.1	90	0.7516	65	70	77.5	77.5	144.891	92.190388	F MR 2 APP-90	Blue Line Barbell		
Elliott, Autumn	45	F MR 2 APP	101	SHW	0.71185	60	65	70	70	49.8295	52.5701225	F MR 2 APP-50W			
Winnor, Dana (FP)	51	F MR 3 APP	106	SHW	0.7011	85	90	92.5	92.5	64.82025	74.40617675	F MR 3 APP-50W	BlueLine Barbell Club		
Cochran, Carol	62	F MR 5 APP	42.1	44	1.2851	45	47.5	50	52.5	60	64.255	F MR 5 APP-44		Best Lifter Female Raw	
Outdek, Liz (fp)	41	F MR 5 APP	62.0	67.5	0.9511	65	67.5	67.5	65	61.8215	84.448169	F MR 5 APP-67.5			
Wentshall, Kathy (w)	45	F MR 6 APP	85.2	90	0.7114	82.5	90	0	0	92.5	69.1215	71.3545	F MR 6 APP-90		
Choi, Janet	74	F MR 8 APP	93.1	SHW	0.7441	42.5	45	47.5	50	47.5	58.9275	65.4134747	F MR 8 APP-50W	Armageddon	
Anderson, Danyell (open)	45	F OES APP	55.2	56	1.0561	100	102.5	105	102.5	108.2025	114.2000138	F OES APP-56	Pride Barbell Club		
Holzchuh, Kelly	28	F OES APP	78.1	82.5	0.81285	90	95	97.5	97.5	79.253975	0	F OES APP-82.5			
Lawrence, Rick	54	M MEM 3 APP	114.2	125	0.5525	180	195	195	195	108.132	130.91328	M MEM 3 APP-125			
Qu, Jeffrey	63	M MEM 5 APP	99	100	0.8888	155	155	167.5	167.5	97.7865	138.9546165	M MEM 5 APP-100	Illiana Power Asylum		
McMillan, Greg	67	M MEM 6 APP	89	90	0.6137	157.5	167.5	177.5	177.5	109.28675	168.6294553	M MEM 6 APP-90			
Lichtie, Lee (m)	74	M MEM 7 APP	86.3	90	0.62685	155	160.5	160.5	160.5	100.60425	180.9391973	M MEM 7 APP-90			
Fargo, Joe (m)	40	M MEM 1 APP	99.5	100	0.58255	320	320	320	0	0	0	0	Pride Barbell Club	Best Lifter Male Equipped/Multity	
Taylor, Bill	51	M MEM 3 APP	131	140	0.5377	237.5	260	260	237.5	127.70375	146.4762013	M MEM 3 APP-140			
Scott, Gaber	127	M MEM 4 APP	109	110	0.56425	260	260	260	260	149.2025	189.599285	M MEM 4 APP-110			
Lichtie, Lee (sp)	74	M MEM 7 APP	86.3	90	0.62685	155	160.5	160.5	160.5	100.60425	180.9391973	M MEM 7 APP-90			
Brendel, Larry (m)	41	M MR 1 APP	108	110	0.565	215	222.5	222.5	215	121.475	122.68975	M MR 1 APP-110	Highland Barbell		
Capono, Tony	42	M MR 1 APP	108	110	0.565	131.5	142.5	152.5	152.5	86.2845	88.01019	M MR 1 APP-110	Armageddon		
Henry, Cory (m)	41	M MR 1 APP	122	125	0.48535	227.5	235	237.5	237.5	130.280625	134.3193244	M MR 1 APP-125		Power Elite	
Steverson, Adam (fp)	42	M MR 1 APP	125	125	0.54575	202.5	212.5	0	202.5	110.514375	117.246625	M MR 1 APP-125		Power Elite	
Merritt, Toby (m)	41	M MR 1 APP	117	125	0.54535	190	160	160	160	83.695	89.58276	M MR 1 APP-125		Power Elite	
Scott, Jason	40	M MR 1 APP	114	125	0.55275	142.5	162.5	162.5	150	83.5875	83.5875	M MR 1 APP-125		Primal Barbell	
Mogari, Daniel (m)	41	M MR 1 APP	136	SHW	0.51895	227.5	262.5	287.5	287.5	146.60975	147.951728	M MR 1 APP-136		Power Elite	
Dean, William (m)	41	M MR 1 APP	171	SHW	0.50785	181.5	200	210	210	104.48785	105.552788	M MR 1 APP-171		Power Elite	
Spres, Kent (m)	48	M MR 2 APP	89	90	0.6157	140	200	227.5	227.5	140.07175	151.6587098	M MR 2 APP-90		Power Elite	
Dean, Shaun (FP)	47	M MR 2 APP	93.1	100	0.6001	120	132.5	137.5	137.5	79.53975	80.0620095	M MR 2 APP-100	BlueLine Barbell Club		
Hamm, James	49	M MR 2 APP	93.1	100	0.60005	130	137.5	139	135	75.00625	83.48196261	M MR 2 APP-100		Power Elite	
Stadel, Scott	46	M MR 2 APP	119	125	0.55155	150	157.5	157.5	150	82.7325	88.33831	M MR 2 APP-125		Primal Barbell	
Dickerson, Lonnie (m)	49	M MR 2 APP	149	SHW	0.524	240	255	262.5	271	262.5	137.55	153.09135	M MR 2 APP-149		Power Elite
Hendrix, Rob (fp)	51	M MR 3 APP	99.2	100	0.5851	190	192.5	192.5	192.5	88.93325	102.0283778	M MR 3 APP-100		Primal Barbell	
Spofford, Richard (m)	50	M MR 3 APP	108	110	0.5652	210	220	222.5	222.5	115.757	142.10541	M MR 3 APP-110		PowerWorld	
Bathauer, David	56	M MR 4 APP	122	125	0.5497	167.5	172.5	177.5	177.5	97.483	111.468318	M MR 4 APP-125		Primal Barbell	
Center, Cole	57	M MR 4 APP	168	SHW	0.51685	235	245	250	245	125.117825	158.6494001	M MR 4 APP-168		GP Athletics	
Heffer, Craig	57	M MR 4 APP	191	SHW	0.49405	205	212.5	227.5	227.5	112.39712	142.520459	M MR 4 APP-50W		Best Lifter Male Raw	
Feltz, Jerry	61	M MR 5 APP	80	82.5	0.854	137.5	142.5	147.5	147.5	96.465	111.72119	M MR 5 APP-82.5			
Mata, Ben	64	M MR 5 APP	121	125	0.55035	147.5	162.5	165	162.5	89.431875	129.62188	M MR 5 APP-125		FBC	
Orak, Thomas	63	M MR 5 APP	128	140	0.54265	150	160	160	150	81.3975	115.6684771	M MR 5 APP-140			
O'Dell, Regan (fp)	66	M MR 6 APP	121	125	0.5499	115	122.5	0	122.5	62.36275	101.783133	M MR 6 APP-125			
Caraka, Michael	72	M MR 7 APP	58.1	60	0.8495	82.5	85	87.5	90	74.33125	127.7010871	M MR 7 APP-60			
Allen, William	72	M MR 7 APP	86.3	90	0.6265	82.5	85	90	90	56.385	66.86943	M MR 7 APP-60		Armageddon	
Durfee, Matthew	28	M OR APP	82.5	82.5	0.84645	187.5	202.5	214	202.5	110.84625	0	M OR APP-82.5			
Spres, Kent (open)	48	M OR APP	89	90	0.6157	210	220	227.5	227.5	140.07175	151.6587098	M OR APP-90			
Schwab, Matt	32	M OR APP	94.3	100	0.5971	185	197.5	200	197.5	117.92725	0	M OR APP-100		Northern Strength	
Spofford, Richard (open)	50	M OR APP	108	110	0.5652	210	220	222.5	222.5	115.757	142.10541	M OR APP-110		PowerWorld	
Brendel, Larry (open)	41	M OR APP	108	110	0.565	215	222.5	222.5	215	121.475	122.68975	M OR APP-110		Highland Barbell	
Scott, Eric	30	M OR APP	110	110	0.5637	187.5	197.5	210	197.5	111.232	0	M OR APP-110			
Henry, Cory (open)	41	M OR APP	122	125	0.48535	227.5	235	237.5	237.5	130.280625	134.3193244	M OR APP-125		Power Elite	
Merritt, Toby (fp)	41	M OR APP	117	125	0.54535	190	160	160	160	83.695	89.58276	M OR APP-125		Power Elite	
Fairchild, Richard	24	M OR APP	128	140	0.5416	255	272.5	282.5	303.5	282.5	153.002	0	M OR APP-140		
Mogari, Daniel (open)	41	M OR APP	136	SHW	0.51895	227.5	262.5	287.5	287.5	146.60975	147.951728	M OR APP-136		Power Elite	
Dickerson, Lonnie (open)	49	M OR APP	149	SHW	0.524	240	255	262.5	271	262.5	137.55	153.09135	M OR APP-149		Power Elite
Dean, William (open)	41	M OR APP	171	SHW	0.50785	181.5	200	210	210	104.48785	105.552788	M OR APP-171		Power Elite	
Fargo, Joe (open)	40	M SES APP	99.5	100	0.58255	320	320	320	0	0	0	0	Pride Barbell Club		

2019 APF Nationals - Bench Only - Lb Results

Name	Age	Div	BWR	WCI	Overweight	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div(WCI)	Team	Notes
Wentshall, Kathy (m)	45	F MEM 6 APP	85.2	90	0.7114	187.39	203.93	0.00	0.00	203.93	71.3545	105.60466	F MEM 6 APP-90		
Anderson, Danyell (m)	45	F MEM 2 APP	55.2	56	1.0561	220.46	225.97	231.48	0.00	225.97	108.2025	114.2000138	F MEM 2 APP-56	Pride Barbell Club	Best Lifter Female Equipped
Wentshall, Kathy (f)	45	F MEM 6 APP	85.2	90	0.7114	187.39	203.93	0.00	0.00	203.93	71.3545	105.60466	F MEM 6 APP-90		
Smith, Shavna	41	F MR 1 APP	80	82.5	0.80175	165.15	176.37	176.37	0.00	176.37	64.14	64.7814	F MR 1 APP-82.5	Primal Barbell	
Jacobson, Lisa	48	F MR 2 APP	70.8	75	0.88975	126.76	137.79	143.80	0.00	137.79	54.94875	59.6182188	F MR 2 APP-75	FBC	
Lindsay, Amy	46	F MR 2 APP	89.1	90	0.7516	143.10	154.12	159.81	0.00	159.81	144.891	92.190388	F MR 2 APP-90	Blue Line Barbell	
Elliott, Autumn	45	F MR 2 APP	101	SHW	0.71185	132.28	143.30	154.32	0.00	154.32	49.8295	52.5701225	F MR 2 APP-50W		
Winnor, Dana (FP)	51	F MR 3 APP	106	SHW	0.7011	187.39	198.41	203.93	214.95	203.93	64.82025	74.40617675	F MR 3 APP-50W	BlueLine Barbell Club	
Cochran, Carol	62	F MR 5 APP	42.1	44	1.2851	99.41	104.71	110.21	115.74	110.21	64.255	65.10177	F MR 5 APP-44		Best Lifter Female Raw
Outdek, Liz (fp)	41	F MR 5 APP	62.0	67.5	0.9511	143.30	148.81	148.81	0.00	143.30	61.8215	84.448169	F MR 5 APP-67.5		
Wentshall, Kathy (w)	45	F MR 6 APP	85.2	90	0.7114	137.79	154.32	0.00	0.00	137.79	69.1215	71.3545	F MR 6 APP-90		
Choi, Janet	74	F MR 8 APP	93.1	SHW	0.7441	49.21	50.21	50.21	50.21	49.21	65.4134747	65.4134747	F MR 8 APP-50W	Armageddon	
Anderson, Danyell (open)	45	F OES APP	55.2	56	1.0561	220.46	225.97	231.48	0.00	225.97	108.2025	114.2000138	F OES APP-56	Pride Barbell Club	
Holzchuh, Kelly	28	F OES APP	78.1	82.5	0.81285	196.41	209.44								

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2019 APF Nationals - Deadlift Only - Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI	Team	Notes
Ward, Lynda	48	F_MR_2_APF	89.1	90	0.7516	125	145	160	170	160	120.256	131.920832	1-F_MR_2_APF-90		
Winner, Diane (DL)	51	F_MR_3_APF	105.6	SHW	0.7013	135	147.5	157.5	162.5	157.5	110.45475	126.6915983	1-F_MR_3_APF-SHW	Blueline Barbell Club	
Dudek, Liz (dl)	61	F_MR_5_APF	62.9	67.5	0.9511	107.5	112.5	117.5	120	117.5	111.75425	152.6563055	1-F_MR_5_APF-67.5		Best Lifter Female Raw
Jensen, Gary	63	M_MCR_5_APF	87	90	0.62385	150	162.5	-175		162.5	101.375625	144.0547631	1-M_MCR_5_APF-90	Basic Iron	
Jeurink, James	66	M_MEM_6_APF	93.7	100	0.599	190	212.5	230		230	137.77	208.17047	1-M_MEM_6_APF-100		Best Lifter Male Equipped Multply
Shiple, Cliff (dl)	60	M_MES_5_APF	76	82.5	0.6819	175	197.5	202.5		202.5	138.08475	185.033565	1-M_MES_5_APF-82.5	Team Repz	Best Lifter Male Equipped Singleply
Beard, Billy	40	M_MR_1_APF	87.9	90	0.62225	277.5	-289	-289		277.5	172.674375	172.674375	1-M_MR_1_APF-90		
Hodge, Rich	43	M_MR_1_APF	105.2	110	0.5703	185	195	200		200	114.06	117.59586	1-M_MR_1_APF-110	Fligth Barbell	
Stiverson, Adam (dl)	42	M_MR_1_APF	127.7	140	0.54265	272.5	-295	-295		272.5	147.872125	150.8295675	1-M_MR_1_APF-140		
Davis, Shaun (DL)	47	M_MR_2_APF	93.3	100	0.6003	272.5	290	-295		290	174.087	188.362134	1-M_MR_2_APF-100	Blueline Barbell Club	Best Lifter Male Raw
Hensley, Rob (dl)	51	M_MR_3_APF	99.2	100	0.5833	137.5	147.5	-162.5		147.5	86.03675	98.68415225	1-M_MR_3_APF-100	Flint Barbell	
Drake, Thomas (dl)	63	M_MR_5_APF	127.7	140	0.54265	200	227.5	235	237.5	235	127.52275	181.2098278	1-M_MR_5_APF-140		
O'Dell, Regan (dl)	66	M_MR_6_APF	121	125	0.5499	165	175	185		185	101.7315	153.7162965	1-M_MR_6_APF-125		
Allen, William (dl)	72	M_MR_7_APF	86.9	90	0.6265	150	157.5	165		165	103.3725	177.593955	1-M_MR_7_APF-90	Armageddon	
Tolliver, William	37	M_SR_APF	149.3	SHW	0.52365	275	295	320		320	167.568	0	1-M_SR_APF-SHW	Plate Boys	

2019 APF Nationals - Deadlift Only - Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI	Team	Notes
Ward, Lynda	48	F_MR_2_APF	89.1	90	0.7516	275.58	319.67	352.74	374.78	352.74	120.256	131.920832	1-F_MR_2_APF-90		
Winner, Diane (DL)	51	F_MR_3_APF	105.6	SHW	0.7013	297.62	325.18	347.22	358.25	347.22	110.45475	126.6915983	1-F_MR_3_APF-SHW	Blueline Barbell Club	
Dudek, Liz (dl)	61	F_MR_5_APF	62.9	67.5	0.9511	236.99	248.02	259.04	264.55	259.04	111.75425	152.6563055	1-F_MR_5_APF-67.5		Best Lifter Female Raw
Jensen, Gary	63	M_MCR_5_APF	87	90	0.62385	330.69	358.25	-385.81	0.00	358.25	101.375625	144.0547631	1-M_MCR_5_APF-90	Basic Iron	
Jeurink, James	66	M_MEM_6_APF	93.7	100	0.599	418.87	468.48	507.06	0.00	507.06	137.77	208.17047	1-M_MEM_6_APF-100		Best Lifter Male Equipped Multply
Shiple, Cliff (dl)	60	M_MES_5_APF	76	82.5	0.6819	385.81	435.41	446.43	0.00	446.43	138.08475	185.033565	1-M_MES_5_APF-82.5	Team Repz	Best Lifter Male Equipped Singleply
Beard, Billy	40	M_MR_1_APF	87.9	90	0.62225	611.78	-637.13	-637.13	0.00	611.78	172.674375	172.674375	1-M_MR_1_APF-90		
Hodge, Rich	43	M_MR_1_APF	105.2	110	0.5703	407.85	429.90	440.92	0.00	440.92	114.06	117.59586	1-M_MR_1_APF-110	Fligth Barbell	
Stiverson, Adam (dl)	42	M_MR_1_APF	127.7	140	0.54265	600.75	-650.36	-650.36	0.00	600.75	147.872125	150.8295675	1-M_MR_1_APF-140		
Davis, Shaun (DL)	47	M_MR_2_APF	93.3	100	0.6003	600.75	639.33	-650.36	0.00	639.33	174.087	188.362134	1-M_MR_2_APF-100	Blueline Barbell Club	Best Lifter Male Raw
Hensley, Rob (dl)	51	M_MR_3_APF	99.2	100	0.5833	303.13	325.18	-358.25	0.00	325.18	86.03675	98.68415225	1-M_MR_3_APF-100	Flint Barbell	
Drake, Thomas (dl)	63	M_MR_5_APF	127.7	140	0.54265	440.92	501.55	518.08	523.59	518.08	127.52275	181.2098278	1-M_MR_5_APF-140		
O'Dell, Regan (dl)	66	M_MR_6_APF	121	125	0.5499	363.76	385.81	407.85	0.00	407.85	101.7315	153.7162965	1-M_MR_6_APF-125		
Allen, William (dl)	72	M_MR_7_APF	86.9	90	0.6265	330.69	347.22	363.76	0.00	363.76	103.3725	177.593955	1-M_MR_7_APF-90	Armageddon	
Tolliver, William	37	M_SR_APF	149.3	SHW	0.52365	606.27	650.36	705.47	0.00	705.47	167.568	0	1-M_SR_APF-SHW	Plate Boys	

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2019 APF Nationals - Female Full Power - Kg Results

Name	Age	Div	BW (kg)	WC (kg)	Snatch	Squat	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coefl Score	App & Coefl	PI-Oth-WCI	Team	Notes
Bancroft, Tiffany	23	F OCR APP	55	1.0075	132.5	145	150	150	150	150	95	100	105	105	200	250	135	145	145	155	395	388.0415		1	F OCR APP-60	
Knauer, April (asst 1)	41	F MCR 1 APP	66.8	67.5	0.907	135	135	140	140	140	102.5	102.5	112.5	112.5	253.5	187.5	187.5	200	200	200	452.5	410.4175	414.521675	1	F MCR 1 APP-67.5	
Kinnara, Tara	43	F MCR 1 APP	110.9	SHW	0.60005	167.5	180	182.5	180	180	95	90	100	90	270	247.5	187.5	187.5	0	160	490	296.7215	305.918665	1	F MCR 1 APP-57.5	Team Row Gym
Bannerman, Gloria	48	F MCR 2 APP	55.5	56	0.9014	85	90	90	90	90	55	60	65	65	120.5	77.5	77.5	80	80	80	277.5	291.763	320.94529	1	F MCR 2 APP-56	
Miller, Robin	49	F MCR 2 APP	58.8	60	1.0037	90	97.5	97.5	97.5	97.5	67.5	70.5	72.5	70.5	168	137.5	147.5	155.5	155.5	155.5	323.5	324.69695	361.3877904	1	F MCR 2 APP-60	
Millon, Mandy	48	F MCR 2 APP	96.4	SHW	0.72005	90	100	100	100	100	60	70	72.5	72.5	172.5	97.5	0	0	0	97.5	270	190.0335	215.0487295	1	F MCR 2 APP-57.5	Team Row Gym
Kennedy, Tracy	52	F MCR 2 APP	110.2	SHW	0.61005	145	155	165	165	165	70	75	80	80	210	175	175	185	185	175	420	322.13475	376.1646768	1	F MCR 2 APP-57.5	
Harland, Kathy	54	F MCR 3 APP	102.5	SHW	0.70895	60	70	75	75	75	40	45	47.5	47.5	122.5	102.5	107.5	112.5	112.5	112.5	235	166.60315	200.900113	2	F MCR 3 APP-57.5	Team Powerlifting
Ross, Tamara	57	F MCR 3 APP	72.3	75	0.85715	55	62.5	65	65	65	37.5	40	42.5	42.5	110	110	120	135	135	120	255	218.57315	237.5285248	1	F MCR 3 APP-75	
Gray, Bettine (asst1)	44	F MEM 1 APP	42	42.5	0.9649	40	45	45	45	45	20	20	20	20	40	28.5	30	30	30	491.1705	414.7168115	414.7168115	1	F MEM 1 APP-57.5	Nemex Powerlifting	
Kaplan, Amy (asst2)	46	F MEM 2 APP	61.9	62.5	0.96135	197.5	212.5	222.5	222.5	222.5	110	120	127.5	120	342.5	270	270	215	215	557.5	537.011875	579.5286915	1	F MEM 2 APP-67.5	Bulletproof	
Kegels, Claudia (asst)	46	F MEM 2 APP	67.5	67.5	0.89995	200	222.5	222.5	205	210	115	122.5	122.5	115	300	187.5	165	185	185	385	485	436.47975	466.156101	4	F MEM 2 APP-67.5	Chalk & Iron
Brubaker, Donna	50	F MEM 3 APP	81.2	82.5	0.7941	192.5	210	210	210	210	107.5	107.5	107.5	0	242.5	0	0	0	0	0	497.5	393.049875	457.4031044	1	F MEM 3 APP-62.5	Team Citi Barbell
Forst, Krista	52	F MEM 3 APP	81.9	82.5	0.79005	207.5	217.5	227.5	227.5	230	110	120	127.5	110	305	180	195	195	195	497.5	393.049875	457.4031044	1	F MEM 3 APP-62.5	Team Citi Barbell	
Dannemag, Debbie	57	F MEM 4 APP	74.1	75	0.8429	200	207.5	207.5	200	207.5	102.5	110	117.5	110	410	270	272.5	270	255	250	660	556.314	705.406152	1	F MEM 4 APP-75	Team Citi Barbell
Lundquist, Nora	76	F MRS 1 APP	85.5	90	0.7898	105	112.5	122.5	122.5	122.5	55	60	65	65	120	77.5	82.5	85.5	85.5	420	323.314	376.1646768	1	F MRS 1 APP-60	Best Lifter Female Equipped Midway	
Patteger, Jen (m)	40	F MRS 1 APP	77.7	82.5	0.8169	135	142.5	147.5	147.5	145	80	90	91.5	90	237.5	137.5	140	142.5	142.5	380	310.422	310.422	1	F MRS 1 APP-62.5	Best Lifter Female Equipped Biathlon	
Anthony, Rebecca	44	F MRS 1 APP	113.5	SHW	0.68625	100	105	112.5	112.5	115	55	60	62.5	62.5	115	102.5	112.5	122.5	122.5	145	300	219.6	292.0428	1	F MRS 1 APP-57.5	
Nawell, Karon	45	F MRS 2 APP	73.6	75	0.86468	87.5	90	92.5	92.5	92.5	40	45	47.5	47.5	105	105	105	105	105	310	260.908	278.94584	1	F MRS 2 APP-56		
Winds, Lynda	48	F MRS 2 APP	88.2	90	0.756	77.5	77.5	82.5	82.5	82.5	42.5	52.5	60	60	162.5	150	167.5	182.5	182.5	300	249.48	273.67956	1	F MRS 2 APP-60		
Augiers, Ann	45	F MRS 2 APP	88.2	90	0.756	77.5	77.5	82.5	82.5	82.5	42.5	52.5	60	60	162.5	150	167.5	182.5	182.5	300	249.48	273.67956	1	F MRS 2 APP-60		
Abel, Ellen	57	F MRS 4 APP	79.3	82.5	0.80925	85	90	95	95	95	40	45	47.5	47.5	105	105	105	105	105	310	260.908	278.94584	1	F MRS 4 APP-62.5	Flight Barbell	
Marguez, Shari	55	F MRS 4 APP	81.3	82.5	0.7897	80	87.5	95	95	95	40	45	47.5	47.5	105	105	105	105	105	275	218.2675	271.961305	2	F MRS 4 APP-62.5		
Shockey, Sheryl	61	F MRS 4 APP	79.6	82.5	0.80435	82.5	87.5	92.5	92.5	92.5	42.5	47.5	52.5	52.5	102.5	100	102.5	112.5	127.5	140.5	317.5	281.250635	315.888318	1	F MRS 4 APP-62.5	Powerhouse Chicks
Colbert, Miranda	24	F OCR APP	56	56	1.0419	100	115	122.5	122.5	122.5	52.5	60	65	65	122.5	107.5	125	137.5	137.5	320	314.084		1	F OCR APP-60	Row House/Coast Helder	
Strong, Kane	29	F OCR APP	55.7	56	1.0484	107.5	117.5	122.5	117.5	122.5	52.5	60	62.5	60	127.5	105	112.5	120	120	297.5	311.899	0	2	F OCR APP-56	The Three 8's	
Urbina, Natalia	28	F OCR APP	57.8	60	0.9277	102.5	112.5	120.5	120.5	120.5	52.5	60	62.5	60	127.5	105	112.5	120	120	302.5	312.931	340.9288	1	F OCR APP-60	8th	
Dreng, April (open)	41	F OCR APP	66.8	67.5	0.907	135	135	140	140	140	102.5	102.5	112.5	112.5	253.5	187.5	187.5	200	200	452.5	410.4175	414.521675	1	F OCR APP-67.5		
Ong, Samantha Jo	32	F OCR APP	71.1	75	0.887	147.5	167.5	185	185	185	77.5	87.5	90	87.5	272.5	247.5	157.5	165	165	437.5	379.3125	0	1	F OCR APP-75		
Malhotra, Brooke	38	F OCR APP	72.5	75	0.8515	140	147.5	162.5	162.5	162.5	60	65	70	70	142.5	120	120	120	120	327.5	316.815	326.8661	1	F OCR APP-75		
Campbell, Tracey	43	F OCR APP	81.9	82.5	0.79005	162.5	175	185	185	185	105	112.5	122.5	122.5	302.5	202.5	202.5	202.5	202.5	510	402.9055	415.4161905	1	F OCR APP-62.5	Barbell 4:13	
Freddie, Rachel	26	F OCR APP	83.9	90	0.78955	135	140	145	145	145	60	67.5	70	67.5	212.5	145	152.5	160	160	327.5	290.09975	0	1	F OCR APP-60	Beetfluff Barbell	
Duncan, Tara	33	F OCR APP	73.8	75	0.81965	105	107.5	110	110	110	50	55	60	60	120	105	110	115	115	280	275	305	305	1	F OCR APP-60	
Nitty, Colette	41	F ODEM APP	47.8	48	1.1865	192.5	205	205	205	205	142.5	142.5	152.5	142.5	347.5	152.5	162.5	170	182.5	510	605.111	611.16515	1	F ODEM APP-48		
Nutter, Jeannie	34	F ODEM APP	67	67.5	0.9049	180	222.5	222.5	222.5	230	130	130	130	130	400	175	192.5	210	192.5	595	538.4156	0	1	F ODEM APP-62.5		
Kegels, Claudia (open)	46	F ODEM APP	61.9	62.5	0.9632	187.5	212.5	212.5	212.5	212.5	110	120	127.5	120	327.5	270	270	215	215	627.5	537.011875	579.5286915	1	F ODEM APP-62.5	Bulletproof	
Chay, Bettine (open)	44	F ODEM APP	67	67.5	0.9049	200	222.5	222.5	200	210	110	120	127.5	110	300	187.5	165	185	185	485	436.47975	466.156101	4	F ODEM APP-62.5	Chalk & Iron	
Chay, Bettine (asst)	44	F ODEM APP	67	67.5	0.9049	200	222.5	222.5	200	210	110	120	127.5	110	300	187.5	165	185	185	485	436.47975	466.156101	4	F ODEM APP-62.5	Chalk & Iron	
Kowalski, Claudia (co)	46	F ODEM APP	67.5	67.5	0.89995	200	222.5	222.5	205	210	115	122.5	122.5	115	300	185	185	185	185	485	436.47975	466.156101	4	F ODEM APP-62.5	Chalk & Iron	
Webb, Victoria	24	F ODEM APP	74	75	0.84465	160	167.5	172.5	172.5	172.5	80	87.5	92.5	92.5	182.5	130	142.5	142.5	142.5	385	314.7235	427.3469878	1	F ODEM APP-62.5		
Nemis, Victoria	24	F ODEM APP	73.7	75	0.84605	165	175	185	185	185	82.5	95	102.5	102.5	202.5	202.5	187.5	185	185	477.5	403.988875	0	2	F ODEM APP-75		
Biloway, Katrina	39	F ODEM APP	89.7	90	0.7847	202.5	210	217.5	217.5	217.5	117.5	142.5	160	160	487.5	205	220	0	205	692.5	518.47275	0	1	F ODEM APP-60		
Colburn, Jennifer	31	F ODEM APP	86.5	90	0.7896	190	200	207.5	207.5	207.5	105	112.5	120	120	285	160	172.5	172.5	172.5	585	462.20685	0	1	F ODEM APP-60	Team Stone	
Holshush, Kait	38	F ODES APP	76.5	82.5	0.8115	130	142.5	147.5	147.5	147.5	60	67.5	70	67.5	212.5	145	152.5	160	160	327.5	290.09975	0	1	F ODES APP-60		
Ortiz, Ashley	20	F ODES APP	87.7	90	0.7884	240	262.5	262.5	260	265	105	105														

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2019 APF Nationals - Men Lightweight Full Power - Kg Results

Name	Age	Div	BWT (Kg)	WtCls (Kg)	Glossometer	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	Age & Coeff	PI-Div/WCI	Team	Notes	
Cornelius, David	20	M_JCR_APF	81.4	82.5	0.65025	112.5	117.5	122.5		122.5	102.5	107.5	-115		107.5	230	125	135	150		150	380	247.095	0	1-M_JCR_APF-82.5			
Hammer, Ryan	21	M_JCR_APF	89.5	90	0.61375	-235	235	242.5		242.5	152.5	160	-162.5		160	402.5	220	232.5	240		240	642.5	394.334375	0	1-M_JCR_APF-90			
Rodriguez, Gustavo	22	M_JCR_APF	87.6	90	0.62135	200	215	215		215	130	140	-145		140	355	227.5	-252.5	-252.5		227.5	582.5	361.936375	0	2-M_JCR_APF-90			
Heinz Hodgson, Envoy	22	M_JR_APF	66	67.5	0.763	142.5	150	152.5		152.5	110	132.5	-142.5		132.5	285	162.5	182.5	192.5		192.5	477.5	364.3325	0	1-M_JR_APF-67.5			
Shaw, Isaac	21	M_JR_APF	85	90	0.6326	175	192.5	192.5		192.5	122.5	-137.5	-137.5		122.5	315	205	230	232.5		232.5	547.5	346.3485	0	1-M_JR_APF-90	Team Repr		
Summers, David	57	M_MCR_4_APF	89.1	90	0.6153	192.5	212.5	-222.5		212.5	145	157.5	-167.5		157.5	370	100	0	0		100	470	289.191	366.694188	0	1-M_MCR_4_APF-90		
Shipley, Cliff (cr)	60	M_MCR_5_APF	73.9	75	0.69985	105	120	130	140	130	85	90	92.5	-95	92.5	222.5	150	175	185	195	185	407.5	285.188875	382.1530925	0	1-M_MCR_5_APF-75	Team Repr	
Cornado, Lupe	58	M_MEM_4_APF	79.3	82.5	0.66175	187.5	205	210		210	147.5	155	-162.5		155	365	185	200	210		210	575	380.50625	491.2335688	0	1-M_MEM_4_APF-82.5		
Zager, Dan	67	M_MEM_6_APF	65	67.5	0.7733	135	142.5	-147.5		142.5	62.5	67.5	72.5		72.5	215	102.5	137.5	-155		137.5	352.5	272.58825	420.6036698	0	1-M_MEM_6_APF-67.5		
Ripley, Greg	58	M_MES_4_APF	81.2	82.5	0.6513	192.5	227.5	237.5		237.5	120.5	-167.5	-167.5		120.5	340	170	197.5	215		215	555	361.4715	466.6597065	0	1-M_MES_4_APF-82.5	RPG	
Shipley, Cliff (es)	60	M_MES_5_APF	73.9	75	0.69985	105	120	130	140	130	85	90	92.5	-95	92.5	222.5	150	175	185	195	185	407.5	285.188875	382.1530925	0	1-M_MES_5_APF-75	Team Repr	
Lichtle, Lee	74	M_MES_7_APF	85.9	90	0.63095	160	-170	170	170	170	-155	155	160	163	160	330	175	190.5	195		195	525	331.24875	594.5915063	0	1-M_MES_7_APF-90	Northport Barbell	Best Lifter Male Equipped Singly
Woods, Nik	49	M_MR_2_APF	71	75	0.71805	165	175	0		175	117.5	125	130		130	305	182.5	195	205		205	510	366.2055	407.5867215	0	1-M_MR_2_APF-75		
Harris, Jim	63	M_MR_5_APF	78.9	82.5	0.6671	165	175	-182.5		175	130	137.5	142.5		142.5	317.5	207.5	220	227.5		227.5	545	363.5695	516.6322595	0	1-M_MR_5_APF-82.5		Best Lifter Male Raw
Marsh, Trevon	25	M_OCR_APF	74.8	75	0.6899	192.5	200	215		215	125	132.5	-140		132.5	347.5	192.5	207.5	220		220	567.5	391.51825	0	1-M_OCR_APF-75			
Semifero, Jay	28	M_OCR_APF	82.4	82.5	0.6451	277.5	292.5	300		300	185	197.5	201.5		201.5	501.5	255	270	277.5		277.5	779	502.5329	0	1-M_OCR_APF-82.5	Blueline Barbell Club	Best Lifter Male Classic Raw	
Anto, Christian	33	M_OCR_APF	88	90	0.6197	277.5	295	310		310	162.5	172.5	177.5		177.5	487.5	277.5	295	-310		295	782.5	484.91525	0	1-M_OCR_APF-90	EliteFits		
Kovatch, Alex	20	M_OEM_APF	74.9	75	0.69275	350	-385	410		410	92.5	-202.5	-202.5		202.5	612.5	142.5	227.5	252.5		252.5	865	599.22875	0	2-M_OEM_APF-75		Best Lifter Male Equipped Multiply	
Zevchik, Adam	24	M_OEM_APF	75	75	0.68855	302.5	347.5	365		365	60	192.5	220		192.5	525	240	267.5	-272.5		267.5	825	566.05375	0	2-M_OEM_APF-75			
Forell, Rob (open)	38	M_OEM_APF	87.8	90	0.6205	320	335	345		345	240	250	0		250	595	275	285	-290		285	880	546.04	0	2-M_OEM_APF-90			
Kutch, Chris	25	M_OEM_APF	86.5	90	0.62595	320	-337.5	337.5		337.5	60	230	237.5		237.5	575	250	275	-287.5		275	850	532.0575	0	2-M_OEM_APF-90	Pride Barbell Club		
Kudrick, Scott	45	M_OEM_APF	89.8	90	0.6126	305	-325	-337.5		305	167.5	175	182.5		182.5	487.5	227.5	245	-265		245	732.5	448.7295	473.4096225	0	3-M_OEM_APF-90	Liberation Garage Barbell	
Arval, George	26	M_OEM_APF	87	90	0.62385	225	247.5	250		250	145	155	160		160	420	197.5	215	-230		215	635	396.14475	0	4-M_OEM_APF-90	Team Stone		
Burd, Brandon	28	M_OR_APF	67.4	67.5	0.74935	140	145	-150		145	107.5	-115	-115		107.5	232.5	180	-187.5	-187.5		180	432.5	324.093875	0	1-M_OR_APF-67.5			
Celini, Anthony	32	M_OR_APF	74.3	75	0.69325	190	202.5	207.5		207.5	135	-145	-145		145	352.5	242.5	252.5	260		260	612.5	424.676875	0	1-M_OR_APF-75			
Leflore, Norman	31	M_OR_APF	74.7	75	0.6906	160	165	172.5		172.5	122.5	127.5	132.5		127.5	300	172.5	192.5	210		210	510	352.206	0	2-M_OR_APF-75			
Zalucha, David	27	M_OR_APF	80.8	82.5	0.65345	165	172.5	-177.5		172.5	115	120	-127.5		120	292.5	205	220	-225		220	512.5	334.893125	0	1-M_OR_APF-82.5			
Ashour, Hud	25	M_OR_APF	82.2	82.5	0.64615	70	-107.5	107.5		107.5	97.5	110	-120		110	217.5	170	-182.5	-182.5		170	387.5	250.383125	0	2-M_OR_APF-82.5	Raw Mana		
Stensland, David	34	M_SCR_APF	88.9	90	0.61815	245	-255	255		255	155	-173	-173		155	410	250	277.5	-295.5		277.5	687.5	424.978125	0	1-M_SCR_APF-90			
McCubbin, Keith	37	M_SCR_APF	87.8	90	0.6205	155	162.5	180		180	110	115	-120		115	295	187.5	202.5	207.5		207.5	502.5	311.80125	0	2-M_SCR_APF-90			
Forell, Rob (smast)	38	M_SEM_APF	87.8	90	0.6205	320	335	345		345	240	250	0		250	595	275	285	-290		285	880	546.04	0	1-M_SEM_APF-90			
Manning, Zander	17	M_TCR_2_APF	65.5	67.5	0.76805	-152.5	152.5	160		160	90	102.5	-107.5		102.5	262.5	192.5	0	0		192.5	455	349.46275	0	1-M_TCR_2_APF-67.5			
Hunter, D'Mauryon	17	M_TCR_2_APF	80.5	82.5	0.65505	205	220	230		230	115	127.5	145		145	375	-205	205	-217.5		205	590	379.399	0	1-M_TCR_2_APF-82.5			
Evens, Logan	16	M_TES_2_APF	81.5	82.5	0.64975	275	295	315		307.5	-167.5	-167.5	0		167.5	475	275	-275	0		275	747.5	485.688125	0	1-M_TES_2_APF-82.5			
Husted, Micheal	15	M_TR_1_APF	78.9	82.5	0.6671	70	85	-110		85	60	72.5	-82.5		72.5	150	100	122.5	150		150	307.5	205.13325	0	1-M_TR_1_APF-82.5	Naert Powerlifting		
Anderson, Oren	14	M_TR_1_APF	75.1	82.5	0.68785	60	-82.5	82.5		82.5	60	70	-80		70	152.5	65	92.5	105		105	257.5	177.121375	0	2-M_TR_1_APF-82.5	Naert Powerlifting		
Permesang, Eli	15	M_TR_1_APF	88.6	90	0.6173	142.5	155	162.5		162.5	92.5	102.5	107.5		107.5	270	182.5	200	205		205	475	293.2175	0	1-M_TR_1_APF-90			
Ley, Kevin	15	M_TR_1_APF	86.5	90	0.62595	102.5	125	-147.5		125	67.5	77.5	-105		77.5	202.5	115	122.5	-155		122.5	325	203.43375	0	2-M_TR_1_APF-90	Naert Powerlifting		
Rahrig, Jackson	15	M_TR_1_SO_APF	82.8	86	0.9503	52.5	55	-60		55	47.5	50	52.5		52.5	107.5	57.5	67.5	72.5		72.5	180	171.054	0	1-M_TR_1_SO_APF-56			
Stewart, Legolas	16	M_TR_2_APF	65.9	67.5	0.7693	-150	150	155		155	-100	112.5	-122.5		122.5	277.5	182.5	-192.5	200		200	477.5	367.34075	0	1-M_TR_2_APF-67.5			
Berger, Micheal	19	M_TR_3_APF	83.6	90	0.6392	137.5	147.5	-160		147.5	-130	-137.5	-137.5		0	0	180				0	0	0	0	0	0		

2019 APF Nationals - Men Lightweight Full Power - Lb Results

Name	Age	Div	BWT (Kg)	WtCls (Kg)	Glossometer	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	Age & Coeff	PI-Div/WCI	Team	Notes
Cornelius, David	20	M_JCR_APF	81.4	82.5	0.65025	248.02	259.04	270.06	0.00	270.06	225.97	236.99	-253.53	0.00	236.99	507.06	275.58	297.62	330.69	0.00	330.69	837.75	247.095	0	1-M_JCR_APF-82.5		
Hammer, Ryan	21	M_JCR_APF	89.5	90	0.61375	-518.08	518.08	534.62	0.00	534.62	336.20	352.74	-352.53														