

**2013
Michigan APF Fall Open**

Presented by: Ezra Salmon &
Performance Edge

Grand Rapids, MI
October 12th 2013



Divisions			
Abbrev	Description	Abbrev	Description
M_OR_APF	Men Open Raw APF	F_OR_APF	Women Open Raw APF
M_OR_AAPF	Men Open Raw AAPF	F_OR_AAPF	Women Open Raw AAPF
M_OE_APF	Men Open Equipped APF	F_OE_APF	Women Open Equipped APF
M_OE_AAPF	Men Open Equipped AAPF	F_OE_AAPF	Women Open Equipped AAPF
M_TR_1_APF	Men Teen 1 Raw APF: 13-15	F_TR_1_APF	Women Teen 1 Raw APF: 13-15
M_TR_1_AAPF	Men Teen 1 Raw AAPF: 13-15	F_TR_1_AAPF	Women Teen 1 Raw AAPF: 13-15
M_TE_1_APF	Men Teen 1 Equipped APF: 13-15	F_TE_1_APF	Women Teen 1 Equipped APF: 13-15
M_TE_1_AAPF	Men Teen 1 Equipped AAPF: 13-15	F_TE_1_AAPF	Women Teen 1 Equipped AAPF: 13-15
M_TR_2_APF	Men Teen 2 Raw APF: 16-17	F_TR_2_APF	Women Teen 2 Raw APF: 16-17
M_TR_2_AAPF	Men Teen 2 Raw AAPF: 16-17	F_TR_2_AAPF	Women Teen 2 Raw AAPF: 16-17
M_TE_2_APF	Men Teen 2 Equipped APF: 16-17	F_TE_2_APF	Women Teen 2 Equipped APF: 16-17
M_TE_2_AAPF	Men Teen 2 Equipped AAPF: 16-17	F_TE_2_AAPF	Women Teen 2 Equipped AAPF: 16-17
M_TR_3_APF	Men Teen 3 Raw APF: 18-19	F_TR_3_APF	Women Teen 3 Raw APF: 18-19
M_TR_3_AAPF	Men Teen 3 Raw AAPF: 18-19	F_TR_3_AAPF	Women Teen 3 Raw AAPF: 18-19
M_TE_3_APF	Men Teen 3 Equipped APF: 18-19	F_TE_3_APF	Women Teen 3 Equipped APF: 18-19
M_TE_3_AAPF	Men Teen 3 Equipped AAPF: 18-19	F_TE_3_AAPF	Women Teen 3 Equipped AAPF: 18-19
M_JR_APF	Men Junior Raw APF: 20-23	F_JR_APF	Women Junior Raw APF: 20-23
M_JR_AAPF	Men Junior Raw AAPF: 20-23	F_JR_AAPF	Women Junior Raw AAPF: 20-23
M_JE_APF	Men Junior Equipped APF: 20-23	F_JE_APF	Women Junior Equipped APF: 20-23
M_JE_AAPF	Men Junior Equipped AAPF: 20-23	F_JE_AAPF	Women Junior Equipped AAPF: 20-23
M_SMR_APF	Men Sub-Master Raw APF: 33-39	F_SMR_APF	Women Sub-Master Raw APF: 33-39
M_SMR_AAPF	Men Sub-Master Raw AAPF: 33-39	F_SMR_AAPF	Women Sub-Master Raw AAPF: 33-39
M_SME_APF	Men Sub-Master Equipped APF: 33-39	F_SME_APF	Women Sub-Master Equipped APF: 33-39
M_SME_AAPF	Men Sub-Master Equipped AAPF: 33-39	F_SME_AAPF	Women Sub-Master Equipped AAPF: 33-39
M_MR_1_APF	Men Master 1 Raw APF: 40-44	F_MR_1_APF	Women Master 1 Raw APF: 40-44
M_MR_1_AAPF	Men Master 1 Raw AAPF: 40-44	F_MR_1_AAPF	Women Master 1 Raw AAPF: 40-44
M_ME_1_APF	Men Master 1 Equipped APF: 40-44	F_ME_1_APF	Women Master 1 Equipped APF: 40-44
M_ME_1_AAPF	Men Master 1 Equipped AAPF: 40-44	F_ME_1_AAPF	Women Master 1 Equipped AAPF: 40-44
M_MR_2_APF	Men Master 2 Raw APF: 45-49	F_MR_2_APF	Women Master 2 Raw APF: 45-49
M_MR_2_AAPF	Men Master 2 Raw AAPF: 45-49	F_MR_2_AAPF	Women Master 2 Raw AAPF: 45-49
M_ME_2_APF	Men Master 2 Equipped APF: 45-49	F_ME_2_APF	Women Master 2 Equipped APF: 45-49
M_ME_2_AAPF	Men Master 2 Equipped AAPF: 45-49	F_ME_2_AAPF	Women Master 2 Equipped AAPF: 45-49
M_MR_3_APF	Men Master 3 Raw APF: 50-54	F_MR_3_APF	Women Master 3 Raw APF: 50-54
M_MR_3_AAPF	Men Master 3 Raw AAPF: 50-54	F_MR_3_AAPF	Women Master 3 Raw AAPF: 50-54
M_ME_3_APF	Men Master 3 Equipped APF: 50-54	F_ME_3_APF	Women Master 3 Equipped APF: 50-54
M_ME_3_AAPF	Men Master 3 Equipped AAPF: 50-54	F_ME_3_AAPF	Women Master 3 Equipped AAPF: 50-54
M_MR_4_APF	Men Master 4 Raw APF: 55-59	F_MR_4_APF	Women Master 4 Raw APF: 55-59
M_MR_4_AAPF	Men Master 4 Raw AAPF: 55-59	F_MR_4_AAPF	Women Master 4 Raw AAPF: 55-59
M_ME_4_APF	Men Master 4 Equipped APF: 55-59	F_ME_4_APF	Women Master 4 Equipped APF: 55-59
M_ME_4_AAPF	Men Master 4 Equipped AAPF: 55-59	F_ME_4_AAPF	Women Master 4 Equipped AAPF: 55-59
M_MR_5_APF	Men Master 5 Raw APF: 60-64	F_MR_5_APF	Women Master 5 Raw APF: 60-64
M_MR_5_AAPF	Men Master 5 Raw AAPF: 60-64	F_MR_5_AAPF	Women Master 5 Raw AAPF: 60-64
M_ME_5_APF	Men Master 5 Equipped APF: 60-64	F_ME_5_APF	Women Master 5 Equipped APF: 60-64
M_ME_5_AAPF	Men Master 5 Equipped AAPF: 60-64	F_ME_5_AAPF	Women Master 5 Equipped AAPF: 60-64
M_MR_6_APF	Men Master 6 Raw APF: 65-69	F_MR_6_APF	Women Master 6 Raw APF: 65-69
M_MR_6_AAPF	Men Master 6 Raw AAPF: 65-69	F_MR_6_AAPF	Women Master 6 Raw AAPF: 65-69
M_ME_6_APF	Men Master 6 Equipped APF: 65-69	F_ME_6_APF	Women Master 6 Equipped APF: 65-69
M_ME_6_AAPF	Men Master 6 Equipped AAPF: 65-69	F_ME_6_AAPF	Women Master 6 Equipped AAPF: 65-69
M_MR_7_APF	Men Master 7 Raw APF: 70-74	F_MR_7_APF	Women Master 7 Raw APF: 70-74
M_MR_7_AAPF	Men Master 7 Raw AAPF: 70-74	F_MR_7_AAPF	Women Master 7 Raw AAPF: 70-74
M_ME_7_APF	Men Master 7 Equipped APF: 70-74	F_ME_7_APF	Women Master 7 Equipped APF: 70-74
M_ME_7_AAPF	Men Master 7 Equipped AAPF: 70-74	F_ME_7_AAPF	Women Master 7 Equipped AAPF: 70-74
M_MR_8_APF	Men Master 8 Raw APF: 75-79	F_MR_8_APF	Women Master 8 Raw APF: 75-79
M_MR_8_AAPF	Men Master 8 Raw AAPF: 75-79	F_MR_8_AAPF	Women Master 8 Raw AAPF: 75-79
M_ME_8_APF	Men Master 8 Equipped APF: 75-79	F_ME_8_APF	Women Master 8 Equipped APF: 75-79
M_ME_8_AAPF	Men Master 8 Equipped AAPF: 75-79	F_ME_8_AAPF	Women Master 8 Equipped AAPF: 75-79
M_MR_9_APF	Men Master 9 Raw APF: 80+	F_MR_9_APF	Women Master 9 Raw APF: 80+
M_MR_9_AAPF	Men Master 9 Raw AAPF: 80+	F_MR_9_AAPF	Women Master 9 Raw AAPF: 80+
M_ME_9_APF	Men Master 9 Equipped APF: 80+	F_ME_9_APF	Women Master 9 Equipped APF: 80+
M_ME_9_AAPF	Men Master 9 Equipped AAPF: 80+	F_ME_9_AAPF	Women Master 9 Equipped AAPF: 80+

12-Oct-13

Michigan APF Fall Open - Full Power - Lb Results

Name	Age	Div	BW (Lb)	WCLC (Lb)	Class	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	Age & Coeff	PI-Div/WCLC	Team	Notes			
Aissa Galang (open)	35	F OR AAFP	208.6	SHW	0.7317	-245	215	225	225	135	145	155	145	370	260	285	285	260	630	460.971	0	1-F OR AAFP-SHW	F3 Fitness				
Aissa Galang (subm)	35	F SMR AAFP	208.6	SHW	0.7317	-215	215	225	225	135	145	155	145	370	260	285	285	260	630	460.971	0	1-F SMR AAFP-SHW	F3 Fitness				
Andrew Brown	25	M OR AAFP	238.2	242	0.5655	495	-525	575	495	315	330	330	330	825	505	545	585	585	1410	797.355	0	1-M OR AAFP-242	Flint Barbell Club				
Andrew Willard (aapf open)	34	M OR AAFP	240.2	242	0.564	-750	-750	-750	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spartan Barbell			
Andrew Willard (aapf open)	34	M OR AAFP	240.2	242	0.564	-750	-750	-750	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spartan Barbell		
Bob Fabiano (aapf)	56	M OR AAFP	181.6	181	0.6451	-600	-600	-600	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spartan Barbell		
Bob Fabiano (aapf)	56	M OR AAFP	181.6	181	0.6451	-600	-600	-600	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spartan Barbell		
Brian Yourist	33	M OR AAFP	230.8	242	0.5713	-680	-680	-680	0	455	500	0	500	0	655	-710	710	0	0	0	0	0	0	0	Spartan Barbell		
Chris Lindsay (open)	36	M OR AAFP	121.6	123	0.9061	220	245	275	275	160	-180	-180	160	435	310	340	365	365	800	724.84	0	1-M OR AAFP-123					
Chris Lindsay (subm)	36	M SMR AAFP	121.6	123	0.9061	220	245	275	275	160	-180	-180	160	435	310	340	365	365	800	724.84	0	1-M SMR AAFP-123					
Clark Yeo	39	M SME AAFP	164	165	0.6927	0	-275	275	0	195	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
Colby Gillette	18	M TR 3 AAFP	147.4	148	0.7592	315	-335	-335	315	205	-220	-220	220	535	320	340	360	360	895	679.484	0	1-M TR 3 AAFP-148					
Colten Conner (jr)	21	M JR AAFP	163.2	165	0.6955	225	-265	305	225	265	275	275	275	580	325	400	450	450	1030	716.3135	0	1-M JR AAFP-165					
Colten Conner (open)	21	M JR AAFP	163.2	165	0.6955	225	-265	305	225	265	275	275	275	580	325	400	450	450	1030	716.3135	0	1-M JR AAFP-165					
Dain Soppela	30	M OR AAFP	268	275	0.5403	500	550	550	550	325	365	400	365	915	500	550	600	600	1465	804.245	0	2-M OR AAFP-275	Kalamazoo Barbell				
Dan Eaton	47	M MR 2 AAFP	275	275	0.5458	325	365	405	365	345	365	380	380	745	445	500	520	500	1245	679.4875	735.174367	1-M MR 2 AAFP-275	Total Fitness Center - Howell				
David E. Luttrell Jr.	41	M MR 1 AAFP	161.6	165	0.7005	-190	190	205	205	135	-150	-150	135	340	250	275	300	275	615	430.7675	435.084517	1-M MR 1 AAFP-165	The Dungen Gym				
Drew Swann	25	M OR AAFP	270.6	275	0.5481	515	540	550	540	370	-380	-380	370	910	500	550	600	600	1510	827.631	0	1-M OR AAFP-275	AlphaFux				
Emily Matman	28	F OR AAFP	129.6	132	0.9037	150	160	175	175	100	-110	-110	100	275	195	215	225	225	500	501.85	0	1-F OR AAFP-132					
Eric Ratzmann (master)	44	M ME 1 AAFP	308.2	308	0.5313	600	0	0	600	355	380	405	405	1005	555	585	0	555	1560	828.75	864.3625	1-M ME 1 AAFP-308					
Eric Ratzmann (open)	44	M ME 1 AAFP	308.2	308	0.5313	600	0	0	600	355	380	405	405	1005	555	585	0	555	1560	828.75	864.3625	1-M ME 1 AAFP-308					
Jeff Coy	42	M ME 1 AAFP	197.6	198	0.6134	770	800	815	800	585	-605	-605	585	1385	500	525	540	525	1910	1171.4985	1194.92847	1-M ME 1 AAFP-198	Spartan Barbell	Mens Lightweight Best Lifter			
Jeremy Cook	39	M SME AAFP	198.2	198	0.6143	-605	-605	-605	605	440	440	440	440	1045	525	525	525	525	1570	964.3725	0	1-M SME AAFP-198	The Dungen Gym/Performance Edge				
Joseph N. Vargas	29	M OR AAFP	256	275	0.555	205	230	260	260	185	205	225	205	465	315	350	375	375	840	466.2	0	1-M OR AAFP-275					
John D. Bidger	24	M OR AAFP	215.6	220	0.587	315	370	400	400	250	300	315	300	700	405	475	500	475	1175	689.6625	0	1-M OR AAFP-220					
Joshua Klev	29	M OR AAFP	179.4	181	0.6503	300	-345	345	300	220	-240	-240	225	525	405	440	460	460	985	640.4925	0	1-M OR AAFP-181	Total Fitness Center - Howell				
Kissy Ngo (jr)	23	F JR AAFP	109.6	114	1.1477	125	145	155	145	70	75	80	80	225	175	200	215	215	440	504.988	0	1-F JR AAFP-114					
Kissy Ngo (open)	23	F JR AAFP	109.6	114	1.1477	125	145	155	145	70	75	80	80	225	175	200	215	215	440	504.988	0	1-F JR AAFP-114					
Michael Newell	37	M OR AAFP	247	275	0.5598	475	-525	575	475	325	385	-410	385	860	500	575	610	575	1455	803.24125	0	1-M OR AAFP-275					
Mike White	37	M OR AAFP	305.6	308	0.5323	-950	0	0	0	700	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Kalamazoo Barbell		
Nathaniel A. Gruber	26	M OR AAFP	196.4	198	0.6153	250	300	330	330	135	170	0	170	500	350	440	440	440	940	578.382	0	1-M OR AAFP-198					
Nicole Menting	27	F OR AAFP	120.2	123	0.9069	140	-160	-160	140	70	80	0	70	210	150	160	175	160	370	394.73	0	1-F OR AAFP-123					
Nicole Walters	52	M ME 3 AAFP	229.8	242	0.5722	-785	-785	-785	785	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		Ironworks	Womens Best Lifter
Norm Carl	52	M ME 3 AAFP	229.8	242	0.5722	-785	-785	-785	785	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		Ironworks	Womens Best Lifter
Paul Hunt (master)	44	M ME 1 AAFP	239	242	0.5649	650	700	750	750	-440	-440	-475	440	1190	510	550	-600	550	1740	982.839	1025.10107	1-M ME 1 AAFP-242	Paul Hunt Powerlifting				
Paul Hunt (open)	44	M ME 1 AAFP	239	242	0.5649	650	700	750	750	-440	-440	-475	440	1190	510	550	-600	550	1740	982.839	1025.10107	1-M ME 1 AAFP-242	Paul Hunt Powerlifting				
Phil Wengrowski	20	M JR AAFP	195.4	198	0.6173	365	405	420	420	250	270	-280	270	690	475	500	-515	500	1190	734.587	0	1-M JR AAFP-198	AlphaFux				
Robert Perry	22	M JR AAFP	172.6	181	0.6676	355	385	405	405	245	275	295	285	700	405	445	465	465	1165	777.754	0	1-M JR AAFP-181					
Rodney Schroeder	25	M OR AAFP	281.6	308	0.5427	275	315	345	345	245	255	255	255	600	315	365	405	405	1005	545.3625	0	1-M OR AAFP-308					
Ron Huebner	28	M OR AAFP	198.4	198	0.6119	385	415	455	455	445	-330	-330	355	330	785	430	480	510	510	1295	792.34575	0	1-M OR AAFP-198				
Sam Braun	21	M OR AAFP	253.2	275	0.5568	365	425	440	440	-250	300	-310	300	740	440	500	515	515	1255	698.784	0	4-M OR AAFP-275					
Sean Mok (jr)	21	M JR AAFP	145.4	148	0.763	335	365	395	395	245	245	245	245	640	405	475	500	475	1115	650.745	0	1-M JR AAFP-148					
Sean Mok (open)	21	M JR AAFP	145.4	148	0.763	335	365	395	395	245	245	245	245	640	405	475	500	475	1115	650.745	0	1-M JR AAFP-148					
Sheward Harris (jr)	20	M JR AAFP	301.2	308	0.534	515	540	560	560	415	430	-435	430	990	605	640	665	665	1655	883.77	0	1-M JR AAFP-308	AlphaFux				
Sheward Harris (open)	20	M JR AAFP	301.2	308	0.534	515	540	560	560	415	430	-435	430	990	605	640	665	665	1655	883.77	0	1-M JR AAFP-308	AlphaFux				
Steve Diet	41	M ME 1 AAFP	253.2	275	0.5568	270	-810	-810	270	-700	-700	-700	700	1420	550	610	660	610	2030	1130.304	1141.60704	1-M ME 1 AAFP-275	EliteFTS				
Tim Taitson	35	M OR AAFP	216	220	0.5864	750	800	800	800	520	550	550	550	1350	650	700	750	750	2000	1132.7	0	1-M OR AAFP-220	EliteFTS	Mens Heavyweight Best Lifter			
Zach Pauwels	19	M TR 3 AAFP	160.4	165	0.7042	315	-365	-365	315	215	-240	-240	240	555	345	395	425	425	980	690.067	0	1-M TR 3 AAFP-165					

12-Oct-13

Michigan APF Fall Open - Full Power - Kg Results

Name	Age	Div	BW (Lb)	WCLC (Lb)	Class	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	Age & Coeff	PI-Div/WCLC	Team	Notes
Aissa Galang (open)	35	F OR AAFP	208.6	SHW	0.7317	-97.523	97.523	102.06	102.06	61.236	65.772	70.308	65.772	167.83	117.94	-129.28	-							

12-Oct-13

Michigan APF Fall Open - Bench Only - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Brian P. King	42	M_ME_1_APF	229.8	242	0.5722	-475	-475	-475	0	0	0	0	Flint Barbell Club
Chad Shepard	30	M_OR_AAPF	178.8	181	0.6519	335	350	-385	350	228.1475	0	1-M_OR_AAPF-181	Flint Barbell Club
Erik Walker	35	M_SMR_APF	237.8	242	0.5664	405	415	-425	415	235.056	0	1-M_SMR_APF-242	Flint Barbell Club
Jennifer Lamson	36	F_OE_AAPF	119.8	123	1.0701	175	-185	-185	175	187.2675	0	1-F_OE_AAPF-123	Flint Barbell Club
Jessica Hempel	24	F_OR_AAPF	162.6	165	0.8453	115	125	-135	125	105.65625	0	1-F_OR_AAPF-165	Flint Barbell Club
Joshua Cromer	36	M_SMR_AAPF	218.4	220	0.5836	390	-405	-405	390	227.5845	0	1-M_SMR_AAPF-220	-
Justin Fargo	40	M_MR_1_APF	219.6	220	0.5823	-405	-405	-405	0	0	0	0	Flint Barbell Club
Michael J Simon	57	M_ME_4_APF	179.2	181	0.6508	400	-430	-430	0	0	0	0	-
Miguel Ruelan (aapf_master)	43	M_ME_1_AAPF	178	181	0.654	475	500	-515	500	327	337.137	1-M_ME_1_AAPF-181	Flint Barbell Club
Miguel Ruelan (apf_master)	43	M_ME_1_APF	178	181	0.654	475	500	-515	500	327	337.137	1-M_ME_1_APF-181	Flint Barbell Club
Miguel Ruelan (apf_open)	43	M_OE_APF	178	181	0.654	475	500	-515	500	327	337.137	1-M_OE_APF-181	Flint Barbell Club
Ron Smith	48	M_MR_2_APF	213.6	220	0.5909	-385	-385	0	0	0	0	0	Paul Hunt Powerlifting
Ross Arnold	66	M_MR_6_AAPF	225.4	242	0.5763	275	295	305	305	175.7715	265.59073	1-M_MR_6_AAPF-242	Total Fitness Center - Howell

12-Oct-13

Michigan APF Fall Open - Bench Only - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Brian P. King	42	M_ME_1_APF	229.8	242	0.5722	-215.46	-215.46	-215.46	0.00	0	0	0	Flint Barbell Club
Chad Shepard	30	M_OR_AAPF	178.8	181	0.6519	151.96	158.76	-174.63	158.76	228.1475	0	1-M_OR_AAPF-181	Flint Barbell Club
Erik Walker	35	M_SMR_APF	237.8	242	0.5664	183.71	188.24	-192.78	188.24	235.056	0	1-M_SMR_APF-242	Flint Barbell Club
Jennifer Lamson	36	F_OE_AAPF	119.8	123	1.0701	79.379	-83.915	-83.915	79.38	187.2675	0	1-F_OE_AAPF-123	Flint Barbell Club
Jessica Hempel	24	F_OR_AAPF	162.6	165	0.8453	52.164	56.7	-61.236	56.70	105.65625	0	1-F_OR_AAPF-165	Flint Barbell Club
Joshua Cromer	36	M_SMR_AAPF	218.4	220	0.5836	176.9	-183.71	-183.71	176.90	227.5845	0	1-M_SMR_AAPF-220	-
Justin Fargo	40	M_MR_1_APF	219.6	220	0.5823	-183.71	-183.71	-183.71	0.00	0	0	0	Flint Barbell Club
Michael J Simon	57	M_ME_4_APF	179.2	181	0.6508	181.44	-195.05	-195.05	0.00	0	0	0	-
Miguel Ruelan (aapf_master)	43	M_ME_1_AAPF	178	181	0.654	215.46	226.8	-233.6	226.80	327	337.137	1-M_ME_1_AAPF-181	Flint Barbell Club
Miguel Ruelan (apf_master)	43	M_ME_1_APF	178	181	0.654	215.46	226.8	-233.6	226.80	327	337.137	1-M_ME_1_APF-181	Flint Barbell Club
Miguel Ruelan (apf_open)	43	M_OE_APF	178	181	0.654	215.46	226.8	-233.6	226.80	327	337.137	1-M_OE_APF-181	Flint Barbell Club
Ron Smith	48	M_MR_2_APF	213.6	220	0.5909	-174.63	-174.63	0	0.00	0	0	0	Paul Hunt Powerlifting
Ross Arnold	66	M_MR_6_AAPF	225.4	242	0.5763	124.74	133.81	138.35	138.35	175.7715	265.59073	1-M_MR_6_AAPF-242	Total Fitness Center - Howell

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Michigan APF Fall Open - Push Pull - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Glossbren ref	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	PI-Div-WtCl	Team
Andy Kilbry	26	M OR APF	162.4	165	0.69755	-205	-225	225	225	405	-435	445	445	670	467.3585	0	1-M OR APF-165	-
David Thompson	16	M TR 2 APF	239	242	0.56485	225	245	-250	245	440	475	500	500	745	420.81325	0	1-M TR 2 APF-242	F3 Fitness
Lisa Cook (open)	37	F OR AAPF	159.4	165	0.85715	-90	-90	-90	0	135	155	185	185	0	0	0	0	The Dungeon Gym/Performance Edge
Lisa Cook (subm)	37	F SMR AAPF	159.4	165	0.85715	-90	-90	-90	0	135	155	185	185	0	0	0	0	The Dungeon Gym/Performance Edge

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Michigan APF Fall Open - Push Pull - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Glossbren ref	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	PI-Div-WtCl	Team
Andy Kilbry	26	M OR APF	162.4	165	0.69755	-92.987	-102.06	102.059	102.06	183.707	-197.31	201.851	201.85	303.91	467.3585	0	1-M OR APF-165	-
David Thompson	16	M TR 2 APF	239	242	0.56485	102.059	111.131	-113.4	111.13	199.583	215.459	226.799	226.80	337.93	420.81325	0	1-M TR 2 APF-242	F3 Fitness
Lisa Cook (open)	37	F OR AAPF	159.4	165	0.85715	-40.824	-40.824	-40.824	0.00	61.2356	70.3075	83.9154	83.92	0.00	0	0	0	The Dungeon Gym/Performance Edge
Lisa Cook (subm)	37	F SMR AAPF	159.4	165	0.85715	-40.824	-40.824	-40.824	0.00	61.2356	70.3075	83.9154	83.92	0.00	0	0	0	The Dungeon Gym/Performance Edge