

2015 APF Raw Nationals

Presented by: Ezra Salmon

DeVos Place Convention Center
Grand Rapids, MI

June 12-14 2015



Divisions

Abbrev	Description
M_OR_APF	Men Open Raw APF
M_TR_1_APF	Men Teen 1 Raw APF: 13-15
M_TR_2_APF	Men Teen 2 Raw APF: 16-17
M_TR_3_APF	Men Teen 3 Raw APF: 18-19
M_JR_APF	Men Junior Raw APF: 20-23
M_SR_APF	Men Sub-Master Raw APF: 33-39
M_MR_1_APF	Men Master 1 Raw APF: 40-44
M_MR_2_APF	Men Master 2 Raw APF: 45-49
M_MR_3_APF	Men Master 3 Raw APF: 50-54
M_MR_4_APF	Men Master 4 Raw APF: 55-59
M_MR_5_APF	Men Master 5 Raw APF: 60-64
M_MR_6_APF	Men Master 6 Raw APF: 65-69
M_MR_7_APF	Men Master 7 Raw APF: 70-74
M_MR_8_APF	Men Master 8 Raw APF: 75-79
M_MR_9_APF	Men Master 9 Raw APF: 80+
F_OR_APF	Women Open Raw APF
F_TR_1_APF	Women Teen 1 Raw APF: 13-15
F_TR_2_APF	Women Teen 2 Raw APF: 16-17
F_TR_3_APF	Women Teen 3 Raw APF: 18-19
F_JR_APF	Women Junior Raw APF: 20-23
F_SR_APF	Women Sub-Master Raw APF: 33-39
F_MR_1_APF	Women Master 1 Raw APF: 40-44
F_MR_2_APF	Women Master 2 Raw APF: 45-49
F_MR_3_APF	Women Master 3 Raw APF: 50-54
F_MR_4_APF	Women Master 4 Raw APF: 55-59
F_MR_5_APF	Women Master 5 Raw APF: 60-64
F_MR_6_APF	Women Master 6 Raw APF: 65-69
F_MR_7_APF	Women Master 7 Raw APF: 70-74
F_MR_8_APF	Women Master 8 Raw APF: 75-79
F_MR_9_APF	Women Master 9 Raw APF: 80+
M_TR_1_APF_SO	Men Teen 1 Raw APF: 13-15 Special Oly.

11-Jun-15

APF Raw Nationals - Bench Only - Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenn or	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCl	Team	Notes
Body, Bobby	40	M_OR_APF	81.1	82.5	0.6519	167.5	172.5	182.5		182.5	118.9626	118.9626	1-M_OR_APF-82.5	Body	
Brown, Michael	30	M_OR_APF	139.3	140	0.5317	215	227.5	237.5		237.5	126.2788	0.0000	2-M_OR_APF-140		
Callender, Terri	50	F_MR_3_APF	66.1	67.5	0.9145	45	47.5	52.5		52.5	48.0113	54.2527	1-F_MR_3_APF-67.5		Women Best Lifter
Coleman, Marvin (mast)	47	M_MR_2_APF	90.6	100	0.6097	102.5	0	0		102.5	62.4891	67.6132	1-M_MR_2_APF-100	Flint Barbell Club	
Coleman, Marvin (open)	47	M_OR_APF	90.6	100	0.6097	102.5	0	0		102.5	62.4891	67.6132	1-M_OR_APF-100	Flint Barbell Club	
Colwell, Rick	41	M_MR_1_APF	123.5	125	0.5472	-180	180	-187.5		180	98.4960	99.4810	1-M_MR_1_APF-125	Flint Barbell Club	
Dixon, William	37	M_SR_APF	190.6	SHW	0.4955	227.5	240	250		250	123.8788	0.0000	1-M_SR_APF-SHW	Exile Barbell	
Fargo, Joe (open)	36	M_OR_APF	81.6	82.5	0.6493	160	-170	-170		160	103.8800	0.0000	2-M_OR_APF-82.5	Michigan Barbell	
Fargo, Joe (subm)	36	M_SR_APF	81.6	82.5	0.6493	160	-170	-170		160	103.8800	0.0000	1-M_SR_APF-82.5	Michigan Barbell	
Harp, John	63	M_MR_5_APF	88.1	90	0.6193	120	-142.5	-142.5		120	74.3100	105.5945	1-M_MR_5_APF-90		
Hartzell, Sean (bp)	35	M_SR_APF	108.3	110	0.5650	162.5	170	-182.5		170	96.0500	0.0000	3-M_SR_APF-110	Exile Barbell	
Henry, Cory (open)	39	M_OR_APF	107.4	110	0.5665	202.5	210	217.5		217.5	123.2029	0.0000	1-M_OR_APF-110		
Henry, Cory (subm)	39	M_SR_APF	107.4	110	0.5665	202.5	210	217.5		217.5	123.2029	0.0000	1-M_SR_APF-110		
Hensley, Jonah	20	M_JR_APF	108.1	110	0.5653	192.5	205	215		215	121.5395	0.0000	1-M_JR_APF-110		
Jeleniewski, Andrew	48	M_MR_2_APF	120.7	125	0.5503	195	-207.5	-207.5		195	107.2988	117.7067	1-M_MR_2_APF-125	Team Lilliebridge	
Koos, Linda	61	F_MR_5_APF	98.1	SHW	0.7210	37.5	42.5	47.5	-52.5	47.5	34.2475	46.7821	1-F_MR_5_APF-SHW	Zenzen	
LaBombard, Daniel	41	M_MR_1_APF	75.2	82.5	0.6872	120	127.5	142.5		142.5	97.9260	98.9053	1-M_MR_1_APF-82.5	Flint Barbell Club	
Lindley, Justin	42	M_MR_1_APF	89.5	90	0.6138	165	-175	-175		165	101.2688	103.2941	2-M_MR_1_APF-90		
Mata, Ben	60	M_MR_5_APF	120.4	125	0.5506	145	-152.5	-152.5		145	79.8298	106.9719	1-M_MR_5_APF-125	Flint Barbell Club	
Mobley, Harold	49	M_MR_2_APF	120.8	125	0.5501	177.5	190	-192.5		190	104.5190	116.3296	2-M_MR_2_APF-125	Exile Barbell	
O'Connor, Sean (open)	35	M_OR_APF	104.9	110	0.5718	200	210	215		215	122.9263	0.0000	2-M_OR_APF-110		
O'Connor, Sean (subm)	35	M_SR_APF	104.9	110	0.5718	200	210	215		215	122.9263	0.0000	2-M_SR_APF-110		
Parker, Kelly (bp)	45	M_OR_APF	124.2	125	0.5464	192.5	202.5	210		210	114.7335	121.0438	2-M_OR_APF-125	Strength Beyond FMR	
Poplar, Eric	36	M_SR_APF	128.6	140	0.5417	180	185	192.5		192.5	104.2773	0.0000	2-M_SR_APF-140	Flint Barbell Club	
Rodriguez, Danny	29	M_OR_APF	114.6	125	0.5567	130	140	-147.5		140	77.9310	0.0000	3-M_OR_APF-125	Exile Barbell	
Sanders, John (bp open)	37	M_OR_APF	122.4	125	0.5485	185	200	210		210	115.1745	0.0000	1-M_OR_APF-125		
Sanders, John (bp subm)	37	M_SR_APF	122.4	125	0.5485	185	200	210		210	115.1745	0.0000	1-M_SR_APF-125		
Scott, Eric	26	M_OR_APF	102.9	110	0.5758	-192.5	192.5	-205		192.5	110.8415	0.0000	3-M_OR_APF-110	GENXLABS	
Sheehan, Tim	63	M_MR_5_APF	102.8	110	0.5750	137.5	-142.5	142.5		142.5	81.9375	116.4332	1-M_MR_5_APF-110		
Spires, Kent (mast)	44	M_MR_1_APF	89.5	90	0.6138	232.5	-237.5	237.5		237.5	145.7656	152.0335	1-M_MR_1_APF-90		
Spires, Kent (open)	44	M_OR_APF	89.5	90	0.6138	232.5	-237.5	237.5		237.5	145.7656	152.0335	1-M_OR_APF-90		
Strickland, James (open)	34	M_OR_APF	131.9	140	0.5391	222.5	232.5	242.5	250.5	242.5	130.7196	0.0000	1-M_OR_APF-140	Texas Strength	
Strickland, James (subm)	34	M_SR_APF	131.9	140	0.5391	222.5	232.5	242.5	250.5	242.5	130.7196	0.0000	1-M_SR_APF-140	Texas Strength	
Swavel, Jason	39	M_OR_APF	87.1	90	0.6234	192.5	202.5	-215		202.5	126.2385	0.0000	2-M_OR_APF-90		
Trimble, Bill	50	M_MR_3_APF	96	100	0.5920	147.5	162.5	167.5		167.5	99.1516	112.0413	1-M_MR_3_APF-100		
Wilcoxon, Lee	49	M_MR_2_APF	88.3	90	0.6185	182.5	197.5	-205		197.5	122.1439	135.9461	1-M_MR_2_APF-90		
Wolfe, Mike	40	M_OR_APF	187.2	SHW	0.4976	295	-312.5	0		295	146.7846	146.7846	1-M_OR_APF-SHW	Exile Barbell	Men Best Lifter

APF Raw Nationals - Bench Only - Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenn or	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCl	Team	Notes
Body, Bobby	40	M_OR_APF	81.1	82.5	0.6519	369.27	380.29	402.34	0.00	402.34	118.9626	118.9626	1-M_OR_APF-82.5	Body	
Brown, Michael	30	M_OR_APF	139.3	140	0.5317	473.99	501.55	523.59	0.00	523.59	126.2788	0.0000	2-M_OR_APF-140		
Callender, Terri	50	F_MR_3_APF	66.1	67.5	0.9145	99.21	104.72	115.74	0.00	115.74	48.0113	54.2527	1-F_MR_3_APF-67.5		Women Best Lifter
Coleman, Marvin (mast)	47	M_MR_2_APF	90.6	100	0.6097	225.97	0.00	0.00	0.00	225.97	62.4891	67.6132	1-M_MR_2_APF-100	Flint Barbell Club	
Coleman, Marvin (open)	47	M_OR_APF	90.6	100	0.6097	225.97	0.00	0.00	0.00	225.97	62.4891	67.6132	1-M_OR_APF-100	Flint Barbell Club	
Colwell, Rick	41	M_MR_1_APF	123.5	125	0.5472	-396.83	396.83	-413.36	0.00	396.83	98.4960	99.4810	1-M_MR_1_APF-125	Flint Barbell Club	
Dixon, William	37	M_SR_APF	190.6	SHW	0.4955	501.55	529.10	551.15	0.00	551.15	123.8788	0.0000	1-M_SR_APF-SHW	Exile Barbell	
Fargo, Joe (open)	36	M_OR_APF	81.6	82.5	0.6493	352.74	-374.78	-374.78	0.00	352.74	103.8800	0.0000	2-M_OR_APF-82.5	Michigan Barbell	
Fargo, Joe (subm)	36	M_SR_APF	81.6	82.5	0.6493	352.74	-374.78	-374.78	0.00	352.74	103.8800	0.0000	1-M_SR_APF-82.5	Michigan Barbell	
Harp, John	63	M_MR_5_APF	88.1	90	0.6193	264.55	-314.16	-314.16	0.00	264.55	74.3100	105.5945	1-M_MR_5_APF-90		
Hartzell, Sean (bp)	35	M_SR_APF	108.3	110	0.5650	358.25	374.78	-402.34	0.00	374.78	96.0500	0.0000	3-M_SR_APF-110	Exile Barbell	
Henry, Cory (open)	39	M_OR_APF	107.4	110	0.5665	446.43	462.97	479.50	0.00	479.50	123.2029	0.0000	1-M_OR_APF-110		
Henry, Cory (subm)	39	M_SR_APF	107.4	110	0.5665	446.43	462.97	479.50	0.00	479.50	123.2029	0.0000	1-M_SR_APF-110		
Hensley, Jonah	20	M_JR_APF	108.1	110	0.5653	424.39	451.94	473.99	0.00	473.99	121.5395	0.0000	1-M_JR_APF-110		
Jeleniewski, Andrew	48	M_MR_2_APF	120.7	125	0.5503	429.90	-457.45	-457.45	0.00	429.90	107.2988	117.7067	1-M_MR_2_APF-125	Team Lilliebridge	
Koos, Linda	61	F_MR_5_APF	98.1	SHW	0.7210	82.67	93.70	104.72	-115.74	104.72	34.2475	46.7821	1-F_MR_5_APF-SHW	Zenzen	
LaBombard, Daniel	41	M_MR_1_APF	75.2	82.5	0.6872	264.55	281.09	314.16	0.00	314.16	97.9260	98.9053	1-M_MR_1_APF-82.5	Flint Barbell Club	
Lindley, Justin	42	M_MR_1_APF	89.5	90	0.6138	363.76	-385.81	-385.81	0.00	363.76	101.2688	103.2941	2-M_MR_1_APF-90		
Mata, Ben	60	M_MR_5_APF	120.4	125	0.5506	319.67	-336.20	-336.20	0.00	319.67	79.8298	106.9719	1-M_MR_5_APF-125	Flint Barbell Club	
Mobley, Harold	49	M_MR_2_APF	120.8	125	0.5501	391.32	418.87	-424.39	0.00	418.87	104.5190	116.3296	2-M_MR_2_APF-125	Exile Barbell	
O'Connor, Sean (open)	35	M_OR_APF	104.9	110	0.5718	440.92	462.97	473.99	0.00	473.99	122.9263	0.0000	2-M_OR_APF-110		
O'Connor, Sean (subm)	35	M_SR_APF	104.9	110	0.5718	440.92	462.97	473.99	0.00	473.99	122.9263	0.0000	2-M_SR_APF-110		
Parker, Kelly (bp)	45	M_OR_APF	124.2	125	0.5464	424.39	446.43	462.97	0.00	462.97	114.7335	121.0438	2-M_OR_APF-125	Strength Beyond FMR	
Poplar, Eric	36	M_SR_APF	128.6	140	0.5417	396.83	407.85	424.39	0.00	424.39	104.2773	0.0000	2-M_SR_APF-140	Flint Barbell Club	
Rodriguez, Danny	29	M_OR_APF	114.6	125	0.5567	286.60	308.64	-325.18	0.00	308.64	77.9310	0.0000	3-M_OR_APF-125	Exile Barbell	
Sanders, John (bp open)	37	M_OR_APF	122.4	125	0.5485	407.85	440.92	462.97	0.00	462.97	115.1745	0.0000	1-M_OR_APF-125		
Sanders, John (bp subm)	37	M_SR_APF	122.4	125	0.5485	407.85	440.92	462.97	0.00	462.97	115.1745	0.0000	1-M_SR_APF-125		
Scott, Eric	26	M_OR_APF	102.9	110	0.5758	-424.39	424.39	-451.94	0.00	424.39	110.8415	0.0000	3-M_OR_APF-110	GENXLABS	
Sheehan, Tim	63	M_MR_5_APF	102.8	110	0.5750	303.13	-314.16	314.16	0.00	314.16	81.9375	116.4332	1-M_MR_5_APF-110		
Spires, Kent (mast)	44	M_MR_1_APF	89.5	90	0.6138	512.57	-523.59	523.59	0.00	523.59	145.7656	152.0335	1-M_MR_1_APF-90		
Spires, Kent (open)	44	M_OR_APF	89.5	90	0.6138	512.57	-523.59	523.59	0.00	523.59	145.7656	152.0335	1-M_OR_APF-90		
Strickland, James (open)	34	M_OR_APF	131.9	140	0.5391	490.52	512.57	534.62	552.25	534.62	130.7196	0.0000	1-M_OR_APF-140	Texas Strength	
Strickland, James (subm)	34	M_SR_APF	131.9	140	0.5391	490.52	512.57	534.62	552.25	534.62	130.7196	0.0000	1-M_SR_APF-140	Texas Strength	
Swavel, Jason	39	M_OR_APF	87.1	90	0.6234	424.39	446.43	-473.99	0.00	446.43	126.2385	0.0000	2-M_OR_APF-90		
Trimble, Bill	50	M_MR_3_APF	96	100	0.5920	325.18	358.25	369.27	0.00	369.27	99.1516	112.0413	1-M_MR_3_APF-100		
Wilcoxon, Lee	49	M_MR_2_APF	88.3	90	0.6185	402.34	435.41	-451.94	0.00	435.41	122.1439	135.9461	1-M_MR_2_APF-90		
Wolfe, Mike	40	M_OR_APF	187.2	SHW	0.4976	650.36	-688.94	0.00	0.00	650.36	146.7846	146.7846	1-M_OR_APF-SHW	Exile Barbell	Men Best Lifter

11-Jun-15

APF Raw Nationals - Deadlift Only - Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCl	Team	Notes
Allen, William	68	M_MR_6_APF	87.1	90	0.6234	105	120	130	130	81.0420	127.7222	1-M_MR_6_APF-90	Armageddon	
Carney, Raymond	28	M_OR_APF	106.1	110	0.5687	262.5	-272.5	-272.5	262.5	149.2706	0.0000	1-M_OR_APF-110		
Davis, Shaun	43	M_MR_1_APF	87.5	90	0.6218	247.5	260	-272.5	260	161.6550	166.6663	1-M_MR_1_APF-90		
Hartzell, Sean (dl)	35	M_SR_APF	108.3	110	0.5650	255	265	-272.5	265	149.7250	0.0000	1-M_SR_APF-110	Exile Barbell	
Little, Arthur (mast)	60	M_MR_5_APF	69	75	0.7349	220	232.5	237.5	237.5	174.5269	233.8660	1-M_MR_5_APF-75	Armageddon	Men Best Lifter
Little, Arthur (open)	60	M_OR_APF	69	75	0.7349	220	232.5	237.5	237.5	174.5269	233.8660	1-M_OR_APF-75	Armageddon	
Ottaway, Andrew (jr)	21	M_JR_APF	89	90	0.6157	270	-315	-315	270	166.2390	0.0000	1-M_JR_APF-90		
Ottaway, Andrew (open)	21	M_OR_APF	89	90	0.6157	270	-315	-315	270	166.2390	0.0000	1-M_OR_APF-90		
Parker, Kelly (dl)	45	M_OR_APF	124.2	125	0.5464	260	280	292.5	292.5	159.8074	168.5968	1-M_OR_APF-125	Strength Beyond FMR	
Sanders, John (dl open)	37	M_OR_APF	122.4	125	0.5485	250	267.5	275	275	150.8238	0.0000	2-M_OR_APF-125		
Sanders, John (dl subm)	37	M_SR_APF	122.4	125	0.5485	250	267.5	275	275	150.8238	0.0000	1-M_SR_APF-125		
Shiple, G. Cliff	56	M_MR_4_APF	79.2	82.5	0.6624	185	200	206	206	136.4441	170.0093	1-M_MR_4_APF-82.5	Team Repz	
Zenzen, Dick	63	M_MR_5_APF	116.4	125	0.5547	185	202.5	211	211	117.0417	166.3163	1-M_MR_5_APF-125	Zenzen	
Zipsie, Rachel	45	F_MR_2_APF	116.6	SHW	0.6822	130	142.5	155	155	105.7410	111.5568	1-F_MR_2_APF-SHW	Overkill	Women Best Lifter

APF Raw Nationals - Deadlift Only - Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCl	Team	Notes
Allen, William	68	M_MR_6_APF	87.1	90	0.6234	231.48	264.55	286.60	286.60	81.0420	127.7222	1-M_MR_6_APF-90	Armageddon	
Carney, Raymond	28	M_OR_APF	106.1	110	0.5687	578.71	-600.75	-600.75	578.71	149.2706	0.0000	1-M_OR_APF-110		
Davis, Shaun	43	M_MR_1_APF	87.5	90	0.6218	545.64	573.20	-600.75	573.20	161.6550	166.6663	1-M_MR_1_APF-90		
Hartzell, Sean (dl)	35	M_SR_APF	108.3	110	0.5650	562.17	584.22	-600.75	584.22	149.7250	0.0000	1-M_SR_APF-110	Exile Barbell	
Little, Arthur (mast)	60	M_MR_5_APF	69	75	0.7349	485.01	512.57	523.59	523.59	174.5269	233.8660	1-M_MR_5_APF-75	Armageddon	Men Best Lifter
Little, Arthur (open)	60	M_OR_APF	69	75	0.7349	485.01	512.57	523.59	523.59	174.5269	233.8660	1-M_OR_APF-75	Armageddon	
Ottaway, Andrew (jr)	21	M_JR_APF	89	90	0.6157	595.24	-694.45	-694.45	595.24	166.2390	0.0000	1-M_JR_APF-90		
Ottaway, Andrew (open)	21	M_OR_APF	89	90	0.6157	595.24	-694.45	-694.45	595.24	166.2390	0.0000	1-M_OR_APF-90		
Parker, Kelly (dl)	45	M_OR_APF	124.2	125	0.5464	573.20	617.29	644.85	644.85	159.8074	168.5968	1-M_OR_APF-125	Strength Beyond FMR	
Sanders, John (dl open)	37	M_OR_APF	122.4	125	0.5485	551.15	589.73	606.27	606.27	150.8238	0.0000	2-M_OR_APF-125		
Sanders, John (dl subm)	37	M_SR_APF	122.4	125	0.5485	551.15	589.73	606.27	606.27	150.8238	0.0000	1-M_SR_APF-125		
Shiple, G. Cliff	56	M_MR_4_APF	79.2	82.5	0.6624	407.85	440.92	454.15	454.15	136.4441	170.0093	1-M_MR_4_APF-82.5	Team Repz	
Zenzen, Dick	63	M_MR_5_APF	116.4	125	0.5547	407.85	446.43	465.17	465.17	117.0417	166.3163	1-M_MR_5_APF-125	Zenzen	
Zipsie, Rachel	45	F_MR_2_APF	116.6	SHW	0.6822	286.60	314.16	341.71	341.71	105.7410	111.5568	1-F_MR_2_APF-SHW	Overkill	Women Best Lifter

13-Jun-15

APF Raw Nationals - Men Hw Wt Full Power - Kg Results

Name	Age	Div	BWt (Kg)	WCIs (Kg)	Gloss/brenner	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI	Team	Notes
Acuna, Richard	29	M_OR_APF	108.4	110	0.5649	207.5	227.5	-230	227.5	-137.5	142.5	-145		142.5	370	257.5	-280	-280	257.5	627.5	354.4434	0.0000	3-M_OR_APF-110	Armageddon	
Ahrabian, Arman	26	M_OR_APF	106.2	110	0.5685	-222.5	222.5	237.5	237.5	-192.5	192.5	-202.5		192.5	430	282.5	-305	-305	282.5	712.5	405.0206	0.0000	1-M_OR_APF-110	Gladiator Teddy Bears	
Brimer, Matthew	27	M_OR_APF	152.9	SHW	0.5214	282.5	292.5	0	292.5	185	192.5	-197.5		192.5	485	330	337.5	0	337.5	822.5	428.8515	0.0000	1-M_OR_APF-SHW	Armageddon	Men Best Lifter
Cairns, Randy (mast)	49	M_MR_2_APF	129.1	140	0.5412	235	250	-262.5	250	137.5	142.5	-150		142.5	392.5	250	267.5	272.5	272.5	665	359.8980	400.5665	1-M_MR_2_APF-140		
Cairns, Randy (open)	49	M_OR_APF	129.1	140	0.5412	235	250	-262.5	250	137.5	142.5	-150		142.5	392.5	250	267.5	272.5	272.5	665	359.8980	400.5665	1-M_OR_APF-140		
Cole, Chris	35	M_OR_APF	138	140	0.5328	242.5	250	262.5	262.5	-212.5	-212.5	-212.5		0	0	260			0	0	0.0000	0.0000			
Cousineau, Shaine	16	M_TR_2_APF	135	140	0.5355	192.5	-202.5	207.5	207.5	115	122.5	127.5		127.5	335	207.5	215	220	220	555	297.2025	0.0000	1-M_TR_2_APF-140	Lapeer Lightning Powerlifting	
Drummond, Jonathan	49	M_MR_2_APF	122.5	125	0.5483	-227.5	232.5	252.5	252.5	167.5	-172.5	-172.5		167.5	420	297.5	320	330	330	750	411.2250	457.6934	1-M_MR_2_APF-125		
Enders, Troy	49	M_MR_2_APF	97.5	100	0.5878	130	142.5	150	150	105	-115	115		115	265	185	197.5	0	197.5	462.5	271.8344	302.5517	1-M_MR_2_APF-100		
Garland, Dejuan	33	M_OR_APF	150.7	SHW	0.5226	230	250	260	260	180	197.5	-202.5		197.5	457.5	260	270	277.5	277.5	735	384.0743	0.0000	3-M_OR_APF-SHW	Double A Barbell	
Glass, William	38	M_SR_APF	104.9	110	0.5718	170	-187.5	-187.5	170	125	132.5	-137.5		132.5	302.5	215	230	-237.5	230	532.5	304.4569	0.0000	1-M_SR_APF-110	Atlas Gym II	
Haras, Greg	21	M_JR_APF	95.9	100	0.5938	225	235	-242.5	235	-130	130	140		140	375	217.5	225	-232.5	225	600	356.2500	0.0000	1-M_JR_APF-100	PPF Powerlifting	
Hehl, Mitchell	22	M_JR_APF	108.5	110	0.5647	-222.5	-225	-225	0	147.5				0	0	225			0	0	0.0000	0.0000	0		
Hehr, John	44	M_OR_APF	159.5	SHW	0.5162	227.5	250	272.5	272.5	160	170	-185		170	442.5	-295	295	320	320	762.5	393.6025	410.5274	2-M_OR_APF-SHW	Ironhouse Power	
Jarvis, Otto	19	M_TR_3_APF	113.1	125	0.5584	227.5	-240	240	240	185	197.5	-205		197.5	437.5	250	-265	265	265	702.5	392.2760	0.0000	1-M_TR_3_APF-125		
Jones, Marc	26	M_OR_APF	106.4	110	0.5681	170	182.5	187.5	187.5	135	-145	-145		135	322.5	225	242.5	-250	242.5	565	320.9765	0.0000	4-M_OR_APF-110	Gladiator Teddy Bears	
Lucas, Ryan	22	M_JR_APF	97.6	100	0.5875	162.5	170	177.5	177.5	145	150	155		155	332.5	207.5	217.5	-227.5	217.5	550	323.0975	0.0000	2-M_JR_APF-100	PPF Powerlifting	
Lundgaard, Aaron (mast)	40	M_MR_1_APF	107.8	110	0.5658	230	250	257.5	257.5	175	187.5	-192.5		187.5	445	225	240	252.5	252.5	697.5	394.6455	394.6455	1-M_MR_1_APF-110	Double A Barbell	
Lundgaard, Aaron (open)	40	M_OR_APF	107.8	110	0.5658	230	250	257.5	257.5	175	187.5	-192.5		187.5	445	225	240	252.5	252.5	697.5	394.6455	394.6455	2-M_OR_APF-110	Double A Barbell	
Mansfield, Terry	42	M_MR_1_APF	107.4	110	0.5665	215	227.5	240	240	185	197.5	205		205	445	215	227.5	245	245	690	390.8505	398.6675	2-M_MR_1_APF-110		
Mason, Erik	22	M_JR_APF	139.1	140	0.5319	190	205	-217.5	205	132.5	140	-142.5		140	345	225	240	-247.5	240	585	311.1323	0.0000	1-M_JR_APF-140	Michigan Barbell	
Neumann, Jacob	15	M_TR_1_APF_SO	98.4	100	0.5854	42.5	-52.5	52.5	52.5	52.5	-60	60		60	112.5	92.5	-107.5	107.5	107.5	220	128.7770	0.0000	1-M_TR_1_APF_SO-100		
Pascarella, Michael	50	M_MR_3_APF	125.8	140	0.5446	-230	-240	-240	0	142.5				0	0	235			0	0	0.0000	0.0000	0	Triple X Powerlifting	
Rishi, Joshi	25	M_OR_APF	96.3	100	0.5911	-155	0	155	155	-125	-125	125		125	280	195	215	-220	215	495	292.5945	0.0000	2-M_OR_APF-100		
Sawyer, Michael	59	M_MR_4_APF	104.1	110	0.5724	107.5	115	0	115	102.5	-110	0		102.5	217.5	155	165	172.5	172.5	390	223.2360	293.5553	1-M_MR_4_APF-110		
Shearer, Gregory (open)	39	M_OR_APF	94.2	100	0.5974	125	145	150	150	110	117.5	-122.5		117.5	267.5	165	187.5	0	187.5	455	271.8170	0.0000	3-M_OR_APF-100	Double A Barbell	
Shearer, Gregory (subm)	39	M_SR_APF	94.2	100	0.5974	125	145	150	150	110	117.5	-122.5		117.5	267.5	165	187.5	0	187.5	455	271.8170	0.0000	2-M_SR_APF-100	Double A Barbell	
Sheehan, Tim	63	M_MR_5_APF	103.4	110	0.5738	-180	180	200	200	135	142.5	-150		142.5	342.5	192.5	210	-217.5	210	552.5	317.0245	450.4918	1-M_MR_5_APF-110		
Staples, Jason	43	M_MR_1_APF	129.6	140	0.5407	215	227.5	240	240	167.5	-177.5	-177.5		167.5	407.5	225	235	-245	235	642.5	347.3998	358.1691	1-M_MR_1_APF-140	Atlas Gym II	
Stone, Matthew	19	M_TR_3_APF	153	SHW	0.5209	-175	-175	-175	0	95				0	0	157.5			0	0	0.0000	0.0000	0		
Strickland, James (open)	34	M_OR_APF	130.6	140	0.5397	102.5	-142.5	0	102.5	222.5	232.5	242.5	252.5	242.5	345	142.5	0	0	142.5	487.5	263.0794	0.0000	2-M_OR_APF-140	Texas Strength	
Strickland, James (subm)	34	M_SR_APF	130.6	140	0.5397	102.5	-142.5	0	102.5	222.5	232.5	242.5	252.5	242.5	345	142.5	0	0	142.5	487.5	263.0794	0.0000	1-M_SR_APF-140	Texas Strength	
Tripp, Matt (open)	37	M_OR_APF	95.6	100	0.5932	235	255	260	260	150	165	170		170	430	240	260	-272.5	260	690	409.2735	0.0000	1-M_OR_APF-100	Armageddon	
Tripp, Matt (subm)	37	M_SR_APF	95.6	100	0.5932	235	255	260	260	150	165	170		170	430	240	260	-272.5	260	690	409.2735	0.0000	1-M_SR_APF-100	Armageddon	
Wade, Dan	33	M_SR_APF	108.6	110	0.5646	165	180	187.5	187.5	-132.5	140	-147.5		140	327.5	175	187.5	195	195	522.5	294.9774	0.0000	2-M_SR_APF-110	The Spot Athletics	

APF Raw Nationals - Men Hw Wt Full Power - Lb Results

Name	Age	Div	BWt (Kg)	WCIs (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI-Div-WtCI	Team	Notes
Acuna, Richard	29	M_OR_APF	108.4	110	0.5649	457.45	501.55	-507.06	501.55	-303.13	314.16	-319.67	0.00	314.16	815.70	567.68	-617.29	-617.29	567.68	1383.39	354.4434	0.0000	3-M_OR_APF-110	Armageddon	
Ahrabian, Arman	26	M_OR_APF	106.2	110	0.5685	-490.52	490.52	523.59	523.59	-424.39	424.39	-446.43	0.00	424.39	947.98	622.80	-672.40	-672.40	622.80	1570.78	405.0206	0.0000	1-M_OR_APF-110	Gladiator Teddy Bears	
Brimer, Matthew	27	M_OR_APF	152.9	SHW	0.5214	622.80	644.85	0.00	644.85	407.85	424.39	-435.41	0.00	424.39	1069.23	727.52	744.05	0.00	744.05	1813.28	428.8515	0.0000	1-M_OR_APF-SHW	Armageddon	Men Best Lifter
Cairns, Randy (mast)	49	M_MR_2_APF	129.1	140	0.5412	518.08	551.15	-578.71	551.15	303.13	314.16	-330.69	0.00	314.16	865.31	551.15	589.73	600.75	600.75	1466.06	359.8980	400.5665	1-M_MR_2_APF-140		
Cairns, Randy (open)	49	M_OR_APF	129.1	140	0.5412	518.08	551.15	-578.71	551.15	303.13	314.16	-330.69	0.00	314.16	865.31	551.15	589.73	600.75	600.75	1466.06	359.8980	400.5665	1-M_OR_APF-140		
Cole, Chris	35	M_OR_APF	138	140	0.5328	534.62	551.15	578.71	578.71	-468.48	-468.48	-468.48	0.00	0.00	0.00	573.20	0.00	0.00	0.00	0.00	0.0000	0.0000	0		
Cousineau, Shaine	16	M_TR_2_APF	135	140	0.5355	424.39	-446.43	457.45	457.45	253.53	270.06	281.09	0.00	281.09	738.54	457.45	473.99	485.01	485.01	1223.55	297.2025	0.0000	1-M_TR_2_APF-140	Lapeer Lightning Powerlifting	
Drummond, Jonathan	49	M_MR_2_APF	122.5	125	0.5483	-501.55	512.57	556.66	556.66	369.27	-380.29	-380.29	0.00	369.27	925.93	655.87	705.47	727.52	727.52	1653.45	411.2250	457.6934	1-M_MR_2_APF-125		
Enders, Troy	49	M_MR_2_APF	97.5	100	0.5878	286.60	314.16	330.69	330.69	231.48	-253.53	253.53	0.00	253.53	584.22	407.85	435.41	0.00	435.41	1019.63	271.8344	302.5517	1-M_MR_2_APF-100		
Garland, Dejuan	33	M_OR_APF	150.7	SHW	0.5226	507.06	551.15	573.20	573.20	396.83	435.41	-446.43	0.00	435.41	1008.60	573.20	595.24	611.78	611.78	1620.38	384.0743	0.0000	3-M_OR_APF-SHW	Double A Barbell	
Glass, William	38	M_SR_APF	104.9	110	0.5718	374.78	-413.36	-413.36	374.78	275.58	292.11	-303.13	0.00	292.11	666.89	473.99	507.06	-523.59	507.06	1173.95	304.4569	0.0000	1-M_SR_APF-110	Atlas Gym II	
Haras, Greg	21	M_JR_APF	95.9	100	0.5938	496.04	518.08	-534.62	518.08	-286.60	286.60	308.64	0.00	308.64	826.73	479.50	496.04	-512.57	496.04	1322.76	356.2500	0.0000	1-M_JR_APF-100	PPF Powerlifting	
Hehl, Mitchell	22	M_JR_APF	108.5	110	0.5647	-490.52	-496.04	-496.04	0.00	325.18	0.00	0.00	0.00	0.00	0.00	496.04	0.00	0.00	0.00	0.0000	0.0000	0			
Hehrer, John	44	M_OR_APF	159.5	SHW	0.5162	501.55	551.15	600.75	600.75	352.74	374.78	-407.85	0.00	374.78	975.54	-650.36	650.36	705.47	705.47	1681.01	393.6025	410.5274	2-M_OR_APF-SHW	Ironhouse Power	
Jarvis, Otto	19	M_TR_3_APF	113.1	125	0.5584	501.55	-529.10	529.10	529.10	407.85	435.41	-451.94	0.00	435.41	964.51	551.15	-584.22	584.22	584.22	1548.73	392.2760	0.0000	1-M_TR_3_APF-125		
Jones, Marc	26	M_OR_APF	106.4	110	0.5681	374.78	402.34	413.36	413.36	297.62	-319.67	-319.67	0.00	297.62	710.98	496.04	534.62	-551.15	534.62	1245.60	320.9765	0.0000	4-M_OR_APF-110	Gladiator Teddy Bears	
Lucas, Ryan	22	M_JR_APF	97.6	100	0.5875	358.25	374.78	391.32	391.32	319.67	330.69	341.71	0.00	341.71	733.03	457.45	479.50	-501.55	479.50	1212.53	323.0975	0.0000	2-M_JR_APF-100	PPF Powerlifting	
Lundgaard, Aaron (mast)	40	M_MR_1_APF	107.8	110	0.5658	507.06	551.15	567.68	567.68	385.81	413.36	-424.39	0.00	413.36	981.05	496.04	529.10	556.66	556.66	1537.71	394.6455	394.6455	1-M_MR_1_APF-110	Double A Barbell	
Lundgaard, Aaron (open)	40	M_OR_APF	107.8	110	0.5658	507.06	551.15	567.68	567.68	385.81	413.36	-424.39	0.00	413.36	981.05	496.04	529.10	556.66	556.66	1537.71	394.6455	394.6455	2-M_OR_APF-110	Double A Barbell	
Mansfield, Terry	42	M_MR_1_APF	107.4	110	0.5665	473.99	501.55	529.10	529.10	407.85	435.41	451.94	0.00	451.94	981.05	473.99	501.55	540.13	540.13	1521.17	390.8505	398.6675	2-M_MR_1_APF-110		
Mason, Erik	22	M_JR_APF	139.1	140	0.5319	418.87	451.94	-479.50	451.94	292.11	308.64	-314.16	0.00	308.64	760.59	496.04	529.10	-545.64	529.10	1289.69	311.1323	0.0000	1-M_JR_APF-140	Michigan Barbell	
Neumann, Jacob	15	M_TR_1_APF_SO	98.4	100	0.5854	93.70	-115.74	115.74	115.74	115.74	-132.28	132.28	0.00	132.28	248.02	203.93	-236.99	236.99	236.99	485.01	128.7770	0.0000	1-M_TR_1_APF_SO-100		
Pascarella, Michael	50	M_MR_3_APF	125.8	140	0.5446	-507.06	-529.10	-529.10	0.00	314.16	0.00	0.00	0.00	0.00	0.00	518.08	0.00	0.00	0.00	0.0000	0.0000	0		Triple X Powerlifting	
Rishi, Joshi	25	M_OR_APF	96.3	100	0.5911	-341.71	0.00	341.71	341.71	-275.58	-275.58	275.58	0.00	275.58	617.29	429.90	473.99	-485.01	473.99	1091.28	292.5945	0.0000	2-M_OR_APF-100		
Sawyer, Michael	59	M_MR_4_APF	104.1	110	0.5724	236.99	253.53	0.00	253.53	225.97	-242.51	0.00	0.00	225.97	479.50	341.71	363.76	380.29	380.29	859.79	223.2360	293.5553	1-M_MR_4_APF-110		
Shearer, Gregory (open)	39	M_OR_APF	94.2	100	0.5974	275.58	319.67	330.69	330.69	242.51	259.04	-270.06	0.00	259.04	589.73	363.76	413.36	0.00	413.36	1003.09	271.8170	0.0000	3-M_OR_APF-100	Double A Barbell	
Shearer, Gregory (subm)	39	M_SR_APF	94.2	100	0.5974	275.58	319.67	330.69	330.69	242.51	259.04	-270.06	0.00	259.04	589.73	363.76	413.36	0.00	413.36	1003.09	271.8170	0.0000	2-M_SR_APF-100	Double A Barbell	
Sheehan, Tim	63	M_MR_5_APF	103.4	110	0.5738	-396.83	396.83	440.92	440.92	297.62	314.16	-330.69	0.00	314.16	755.08	424.39	462.97	479.50	462.97	1218.04	317.0245	450.4918	1-M_MR_5_APF-110		
Staples, Jason	43	M_MR_1_APF	129.6	140	0.5407	473.99	501.55	529.10	529.10	369.27	-391.32	-391.32	0.00	369.27	898.37	496.04	518.08	-540.13	518.08	1416.46	347.3998	358.1691	1-M_MR_1_APF-140	Atlas Gym II	
Stone, Matthew	19	M_TR_3_APF	153	SHW	0.5209	-385.81	-385.81	-385.81	0.00	209.44	0.00	0.00	0.00	0.00	0.00	347.22	0.00	0.00	0.00	0.0000	0.0000	0			
Strickland, James (open)	34	M_OR_APF	130.6	140	0.5397	225.97	-314.16	0.00	225.97	490.52	512.57	534.62	556.66	534.62	760.59	314.16	0.00	0.00	314.16	1074.74	263.0794	0.0000	2-M_OR_APF-140	Texas Strength	
Strickland, James (subm)	34	M_SR_APF	130.6	140	0.5397	225.97	-314.16	0.00	225.97	490.52	512.57	534.62	556.66	534.62	760.59	314.16	0.00	0.00	314.16	1074.74	263.0794	0.0000	1-M_SR_APF-140	Texas Strength	
Tripp, Matt (open)	37	M_OR_APF	95.6	100	0.5932	518.08	562.17	573.20	573.20	330.69	363.76	374.78	0.00	374.78	947.98	529.10	573.20	-600.75	573.20	1521.17	409.2735	0.0000	1-M_OR_APF-100	Armageddon	
Tripp, Matt (subm)	37	M_SR_APF	95.6	100	0.5932	518.08	562.17	573.20	573.20	330.69	363.76	374.78	0.00	374.78	947.98	529.10	573.20	-600.75	573.20	1521.17	409.2735	0.0000	1-M_SR_APF-100	Armageddon	
Wade, Dan	33	M_SR_APF	108.6	110	0.5646	363.76	396.83	413.36	413.36	-292.11	308.64	-325.18	0.00	308.64	722.01	385.81	413.36	429.90	429.90	1151.90	294.9774	0.0000	2-M_SR_APF-110	The Spot Athletics	

14-Jun-15

APF Raw Nationals - Men Lt Wt and Women Full Power - Kg Results

Name	Age	Div	BWt (Kg)	WCIs (Kg)	Glossbreaker	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	Coef Score	Age & Coef	Pl-Div/WCI	Team	Notes	
Bies, Walter III	29	M OR APF	80.5	82.5	0.6551	-185	185	190		190	125	132.5	-137.5		132.5	322.5	192.5	210	220		220	542.5	355.3646	0.0000	3-M OR APF-82.5	Liberation Garage Barbell		
Bleau, Levi	15	M TR 1 APF	86.7	90	0.6251	170	-182.5	-185		170	117.5	125	-125.5		125.5	295.5	207.5	217.5	220	-222.5	220	515.5	322.2391	0.0000	1-M TR 1 APF-90	Lapeer Lighting Powerlifting		
Borgerson, Gregory	64	M MR 5 APF	79.6	82.5	0.6601	-110	110	-125		110	85	90	-95		90	200	165	-185	-185		165	365	240.9183	349.3315	1-M MR 5 APF-82.5			
Boshoven, Lynne	57	F MR 4 APF	82.8	90	0.7848	137.5	142.5	147.5		147.5	92.5	100	105		105	252.5	200	210	215		215	467.5	366.8940	465.2216	1-F MR 4 APF-90			
Bowen, Brenda (mast)	43	F MR 1 APF	74.1	75	0.8429	70	105	-115		105	42.5	62.5	-70		62.5	167.5	75	130	-145		130	297.5	250.7628	258.5364	1-F MR 1 APF-75			
Bowen, Brenda (open)	43	F OR APF	74.1	75	0.8429	70	105	-115		105	42.5	62.5	-70		62.5	167.5	75	130	-145		130	297.5	250.7628	258.5364	2-F OR APF-75			
Cardasis, Juli	38	F OR APF	65.9	67.5	0.9167	80	85	90		90	45	52.5	-57.5		52.5	142.5	102.5	110	115		115	257.5	236.0374	0.0000	3-F OR APF-67.5			
Cheairs, Gi'Anna	33	F SR APF	77	82.5	0.8217	-77.5	77.5	-82.5		77.5	-47.5	47.5	-52.5		47.5	125	105	0	0		105	230	188.9910	0.0000	1-F SR APF-82.5	Armageddon		
Conner, Colten	23	M JR APF	79.8	82.5	0.6590	125	-147.5	165		165	120	137.5	145		145	310	182.5	207.5	-227.5		207.5	517.5	341.0066	0.0000	2-M JR APF-82.5			
Cornish, Daniel	20	M JR APF	80.9	82.5	0.6557	182.5	195	200		200	135	147.5	152.5		152.5	352.5	257.5	270	-277.5		270	622.5	408.1733	0.0000	1-M JR APF-82.5			
Cornish, Joseph (mast)	52	M MR 3 APF	74.1	75	0.6947	200	-205	207.5		207.5	125	132.5	142.5		142.5	350	227.5	245	-252.5		245	595	413.3465	481.5487	1-M MR 3 APF-75			Men Best Lifter
Cornish, Joseph (open)	52	M OR APF	74.1	75	0.6947	200	-205	207.5		207.5	125	132.5	142.5		142.5	350	227.5	245	-252.5		245	595	413.3465	481.5487	2-M OR APF-75			
Creedon, Steve	51	M MR 3 APF	88.5	90	0.6177	150	160	-172.5		160	110	120	-127.5		127.5	287.5	185	195	-212.5		195	482.5	298.0403	341.8522	2-M MR 3 APF-90	Michigan Barbell		
Draher, Tracy	39	F OR APF	76.3	82.5	0.8267	157.5	167.5	-182.5		167.5	112.5	117.5	125		125	292.5	185	190	-195		195	487.5	402.9919	0.0000	1-F OR APF-82.5	Ironhouse Power		
Falsetta, Vincent	17	M TR 2 APF	72.2	75	0.7087	165	175	182.5		182.5	117.5	125	-130		125	307.5	237.5	257.5	-272.5		257.5	565	400.3873	0.0000	1-M TR 2 APF-75	Armageddon		
Flagg, Darren	42	M OR APF	73.7	75	0.6976	215	-230	-230		215	127.5	137.5	-142.5		137.5	352.5	260	275	-280		275	627.5	437.7126	446.4669	1-M OR APF-75	Animal Strength		
Gartside, Olivia	23	F OR APF	65.6	67.5	0.9200	95	107.5	112.5		112.5	75	82.5	-90		82.5	195	125	140	147.5		147.5	342.5	315.0829	0.0000	1-F OR APF-67.5	Ironhouse Power		
Goyette, Kayla	23	F OR APF	59	60	1.0010	70	77.5	-85		77.5	50	-55	55		55	132.5	80	85	95		95	227.5	227.7275	0.0000	2-F OR APF-60	The Spot Athletics		
Harp, John	63	M MR 5 APF	87.9	90	0.6223	80	100	110		110	115	-137.5	137.5		137.5	247.5	145	175	190		190	437.5	272.2344	386.8450	1-M MR 5 APF-90			
Heal, Kayla	24	F OR APF	77.2	82.5	0.8204	152.5	-160	160		160	77.5	85	-92.5		85	245	170	180	192.5		192.5	437.5	358.9031	0.0000	2-F OR APF-82.5			
Hessenthaler, Noah	15	M TR 1 APF	54.8	56	0.9131	115	120	-122.5		120	65	-70	-70		65	185	137.5	142.5	147.5	150	147.5	332.5	303.5891	0.0000	1-M TR 1 APF-56	Armageddon		
Janssen, Jill (mast)	49	F MR 2 APF	64.9	67.5	0.9278	100	-107.5	-107.5		100	55	-57.5	-57.5		55	155	120	-125	-125		120	275	255.1313	283.9611	1-F MR 2 APF-67.5	Armageddon		
Janssen, Jill (open)	49	F OR APF	64.9	67.5	0.9278	100	-107.5	-107.5		100	55	-57.5	-57.5		55	155	120	-125	-125		120	275	255.1313	283.9611	2-F OR APF-67.5	Armageddon		
Jones, Andrea	24	F OR APF	55.7	56	1.0484	85	95	-100		95	57.5	62.5	-65		62.5	157.5	132.5	140	-142.5		140	297.5	311.8990	0.0000	1-F OR APF-56	Armageddon		
Kinnane, Tera	39	F SR APF	97.8	SHW	0.7219	-130	130	140	145.5	140	67.5	72.5	-77.5		72.5	212.5	145	160	170		170	382.5	276.1076	0.0000	1-F SR APF-SHW	Team Repz		
Kline, Scott	19	M TR 3 APF	74.4	75	0.6927	120	-127.5	132.5		132.5	75	-82.5	-82.5		75	207.5	165	172.5	185		185	392.5	271.8651	0.0000	1-M TR 3 APF-75	The Spot Athletics		
Krajenka, Casey	24	M OR APF	79.8	82.5	0.6590	170	182.5	185		185	135	142.5	-145		142.5	327.5	215	222.5	227.5		227.5	555	365.7173	0.0000	2-M OR APF-82.5			
Laduke, Amy	37	F SR APF	83.7	90	0.7796	62.5	70	75		75	57.5	62.5	-67.5		62.5	137.5	102.5	112.5	122.5		122.5	260	202.6960	0.0000	1-F SR APF-90	Team Repz		
Lai, Jeffrey	19	M TR 3 APF	80.8	82.5	0.6535	125	187.5	-202.5		187.5	100	-107.5	107.5		107.5	295	220	235	-245		235	530	346.3285	0.0000	2-M TR 3 APF-82.5	Destination Dallas		
Langdon, Nora	72	F MR 7 APF	89	90	0.7521	-137.5	-137.5	-137.5		0	60				0	0	137.5				0	0	0.0000	0.0000	0	Armageddon		
Lee, Lindsey (open)	34	F OR APF	98.5	SHW	0.7199	-137.5	137.5	-150		137.5	65	75	-85		75	212.5	137.5	150	160		160	372.5	268.1441	0.0000	1-F OR APF-SHW	Armageddon		
Lee, Lindsey (subm)	34	F SR APF	98.5	SHW	0.7199	-137.5	137.5	-150		137.5	65	75	-85		75	212.5	137.5	150	160		160	372.5	268.1441	0.0000	2-F SR APF-SHW	Armageddon		
Lindley, Rachel	31	F OR APF	75	75	0.8361	-130	130	0		130	72.5	77.5	-80		77.5	207.5	165	172.5	-177.5		172.5	380	317.7180	0.0000	1-F OR APF-75			
Margraves, Sharri	52	F MR 3 APF	105.1	SHW	0.7025	90	-110	115		115	60	70	-75		70	185	130	152.5	162.5		162.5	347.5	244.1014	284.3781	1-F MR 3 APF-SHW	ODP Fitness-Lansing		
Mech, Marcel	20	M JR APF	71.3	75	0.7157	160	-175	-175		160	125	-132.5	-140		125	285	205	-220	-227.5		205	490	350.6685	0.0000	2-M JR APF-75			
Neumann, Richard	58	M MR 4 APF	86.7	90	0.6251	125	137.5	147.5		147.5	115	125	-127.5		125	272.5	192.5	212.5	0		212.5	485	303.1735	391.3970	1-M MR 4 APF-90			
Prenger, Cassie	22	F OR APF	69.4	75	0.8818	80	87.5	-97.5		87.5	57.5	-60	-62.5		57.5	145	102.5	115	-125		115	260	229.2550	0.0000	3-F OR APF-75	The Spot Athletics		
Prusnek, Suzanne	58	F MR 4 APF	71.9	75	0.8604	-140	140	142.5		142.5	85	-90	-90		85	227.5	182.5	187.5	197.5	200	197.5	425	365.6488	472.0525	1-F MR 4 APF-75			Women Best Lifter
Schwartz, Mindy	59	F MR 4 APF	95	SHW	0.7304	72.5	-82.5	82.5	85	82.5	52.5	55	57.5	-60	57.5	140	130	137.5	145		145	285	208.1640	273.7357	1-F MR 4 APF-SHW	Armageddon		
Shiple, G. Cliff	56	M MR 4 APF	78.5	82.5	0.6664	102.5	0	0		102.5	92.5	0	0		92.5	195	125	0	0		125	320	213.2480	265.7070	1-M MR 4 APF-82.5	Team Repz		
Simon, April	37	F OR APF	58.5	60	1.0079	75	80	82.5		82.5	62.5	67.5	-72.5		67.5	150	135	142.5	147.5		147.5	297.5	299.8503	0.0000	1-F OR APF-60	Ironhouse Power		
Smith, Jonathon	25	M OR APF	86.4	90	0.6264	162.5	-180	-180		162.5	115	-127.5	0		115	277.5	75	0	0		75	352.5	220.7884	0.0000	3-M OR APF-90	Armageddon		
Stone, Caroline	17	F TR 2 APF	113.5	SHW	0.6864	90	97.5	105	-123	105	45	-55	-55		45	150	92.5	102.5	112.5		112.5	262.5	180.1669	0.0000	1-F TR 2 APF-SHW			
Stuecher, Gerald	28	M OR APF	89.1	90	0.6153	162.5	172.5	-182.5		172.5	127.5	137.5	-142.5		137.5	310	205											

APF Raw Nationals - Men Lt Wt and Women Full Power - Lb Results

Name	Age	Div	BW (Kg)	WCls (Kg)	OneReps	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	Pl-Div-WCl	Team	Notes	
Bies, Walter III	29	M OR APF	80.5	82.5	0.6551	-407.85	407.85	418.87	0.00	418.87	275.58	292.11	-303.13	0.00	292.11	710.98	424.39	462.97	485.01	0.00	485.01	1196.00	355.3646	0.0000	3-M OR APF-82.5	Liberation Garage Barbell		
Bleau, Levi	15	M TR 1 APF	86.7	90	0.6251	374.78	-402.34	-407.85	0.00	374.78	259.04	275.58	276.68	0.00	276.68	651.46	457.45	479.50	485.01	-490.52	485.01	1136.47	322.2391	0.0000	1-M TR 1 APF-90	Lapeer Lighting Powerlifting		
Borgerson, Gregory	64	M MR 5 APF	79.6	82.5	0.6601	-242.51	242.51	-275.58	0.00	242.51	187.39	198.41	-209.44	0.00	198.41	440.92	363.76	-407.85	-407.85	0.00	363.76	804.68	240.9183	349.3315	0.0000	1-M MR 5 APF-82.5		
Boshoven, Lynne	57	F MR 4 APF	82.8	90	0.7848	303.13	314.16	325.18	0.00	325.18	203.93	220.46	231.48	0.00	231.48	556.66	440.92	462.97	473.99	0.00	473.99	1030.65	366.8940	465.2216	0.0000	1-F MR 4 APF-90		
Bowen, Brenda (mast)	43	F MR 1 APF	74.1	75	0.8429	154.32	231.48	-253.53	0.00	231.48	93.70	137.79	-154.32	0.00	137.79	369.27	165.35	286.60	-319.67	0.00	286.60	655.87	250.7628	258.5364	0.0000	1-F MR 1 APF-75		
Bowen, Brenda (open)	43	F OR APF	74.1	75	0.8429	154.32	231.48	-253.53	0.00	231.48	93.70	137.79	-154.32	0.00	137.79	369.27	165.35	286.60	-319.67	0.00	286.60	655.87	250.7628	258.5364	0.0000	2-F OR APF-75		
Cardasis, Juli	38	F OR APF	65.9	67.5	0.9167	176.37	187.39	198.41	0.00	198.41	99.21	115.74	-126.76	0.00	115.74	314.16	225.97	242.51	253.53	0.00	253.53	567.68	236.0374	0.0000	3-F OR APF-67.5			
Chairs, G'Anna	33	F SR APF	77	82.5	0.8217	-170.86	170.86	-181.88	0.00	170.86	-104.72	104.72	-115.74	0.00	104.72	275.58	231.48	0.00	0.00	0.00	231.48	507.06	188.9910	0.0000	1-F SR APF-82.5	Armageddon		
Conner, Colten	23	M JR APF	79.8	82.5	0.6590	275.58	-325.18	363.76	0.00	363.76	264.55	303.13	319.67	0.00	319.67	683.43	402.34	457.45	-501.55	0.00	457.45	1140.88	341.0966	0.0000	2-M JR APF-82.5			
Cornish, Daniel	20	M JR APF	80.9	82.5	0.6557	402.34	429.90	440.92	0.00	440.92	297.62	325.18	336.20	0.00	336.20	777.12	567.68	595.24	-611.78	0.00	595.24	1372.36	408.1733	0.0000	1-M JR APF-82.5			
Cornish, Joseph (mast)	52	M MR 3 APF	74.1	75	0.6947	440.92	-451.94	457.45	0.00	457.45	275.58	292.11	314.16	0.00	314.16	771.61	501.55	540.13	-556.66	0.00	540.13	1311.74	413.3465	481.5487	0.0000	1-M MR 3 APF-75		Men Best Lifter
Cornish, Joseph (open)	52	M OR APF	74.1	75	0.6947	440.92	-451.94	457.45	0.00	457.45	275.58	292.11	314.16	0.00	314.16	771.61	501.55	540.13	-556.66	0.00	540.13	1311.74	413.3465	481.5487	0.0000	2-M OR APF-75		
Creedon, Steve	51	M MR 3 APF	88.5	90	0.6177	330.69	352.74	-380.29	0.00	352.74	242.51	264.55	281.09	0.00	281.09	633.82	407.85	429.90	-468.48	0.00	429.90	1063.72	298.0403	341.8522	0.0000	2-M MR 3 APF-90	Michigan Barbell	
Draher, Tracy	39	F OR APF	76.3	82.5	0.8267	347.22	369.27	-402.34	0.00	369.27	248.02	259.04	-275.58	0.00	275.58	644.85	407.85	418.87	429.90	0.00	429.90	1074.74	402.9919	0.0000	1-F OR APF-82.5	Ironhouse Power		
Falsetta, Vincent	17	M TR 2 APF	72.2	75	0.7087	363.76	385.81	402.34	0.00	402.34	259.04	275.58	-286.60	0.00	275.58	677.91	523.59	567.68	-600.75	0.00	567.68	1245.60	400.3873	0.0000	1-M TR 2 APF-75	Armageddon		
Flagg, Darren	42	M OR APF	73.7	75	0.6976	473.99	-507.06	-507.06	0.00	473.99	281.09	303.13	-314.16	0.00	303.13	777.12	573.20	606.27	-617.29	0.00	606.27	1383.39	437.7126	446.4669	0.0000	1-M OR APF-75	Animal Strength	
Gartside, Olivia	23	F OR APF	65.6	67.5	0.9200	209.44	236.99	248.02	0.00	248.02	165.35	181.88	-198.41	0.00	181.88	429.90	275.58	308.64	325.18	0.00	325.18	755.08	315.0829	0.0000	1-F OR APF-67.5	Ironhouse Power		
Goyette, Kayla	23	F OR APF	59	60	1.0010	154.32	170.86	-187.39	0.00	170.86	110.23	-121.25	121.25	0.00	121.25	292.11	176.37	187.39	209.44	0.00	209.44	501.55	227.7275	0.0000	2-F OR APF-60	The Spot Athletics		
Harp, John	63	M MR 5 APF	87.9	90	0.6223	176.37	220.46	242.51	0.00	242.51	253.53	-303.13	303.13	0.00	303.13	545.64	319.67	385.81	418.87	0.00	418.87	964.51	272.2344	386.8450	0.0000	1-M MR 5 APF-90		
Heal, Kayla	24	F OR APF	77.2	82.5	0.8204	336.20	-352.74	352.74	0.00	352.74	170.86	187.39	-203.93	0.00	187.39	540.13	374.78	396.83	424.39	0.00	424.39	964.51	358.9031	0.0000	2-F OR APF-82.5			
Hessenthaler, Noah	15	M TR 1 APF	54.8	56	0.9131	253.53	264.55	-270.06	0.00	264.55	143.30	-154.32	-154.32	0.00	143.30	407.85	303.13	314.16	325.18	330.69	325.18	733.03	303.5891	0.0000	1-M TR 1 APF-56	Armageddon		
Janssen, Jill (mast)	49	F MR 2 APF	64.9	67.5	0.9278	220.46	-236.99	-236.99	0.00	220.46	121.25	-126.76	-126.76	0.00	121.25	341.71	264.55	-275.58	-275.58	0.00	264.55	606.27	255.1313	283.9611	0.0000	1-F MR 2 APF-67.5	Armageddon	
Janssen, Jill (open)	49	F OR APF	64.9	67.5	0.9278	220.46	-236.99	-236.99	0.00	220.46	121.25	-126.76	-126.76	0.00	121.25	341.71	264.55	-275.58	-275.58	0.00	264.55	606.27	255.1313	283.9611	0.0000	2-F OR APF-67.5	Armageddon	
Jones, Andrea	24	F OR APF	55.7	56	1.0484	187.39	209.44	-220.46	0.00	209.44	126.76	137.79	-143.30	0.00	137.79	347.22	292.11	308.64	-314.16	0.00	308.64	655.87	311.8990	0.0000	1-F OR APF-56	Armageddon		
Kinnane, Tera	39	F SR APF	97.8	SHW	0.7219	-286.60	286.60	308.64	320.77	308.64	148.81	159.83	-170.86	0.00	159.83	468.48	319.67	352.74	374.78	0.00	374.78	843.26	276.1076	0.0000	1-F SR APF-SHW	Team Repz		
Kline, Scott	19	M TR 3 APF	74.4	75	0.6927	264.55	-281.09	292.11	0.00	292.11	165.35	-181.88	-181.88	0.00	165.35	457.45	363.76	380.29	407.85	0.00	407.85	865.31	271.8651	0.0000	1-M TR 3 APF-75	The Spot Athletics		
Krajenka, Casey	24	M OR APF	79.8	82.5	0.6590	374.78	402.34	407.85	0.00	407.85	297.62	314.16	-319.67	0.00	314.16	722.01	473.99	490.52	501.55	0.00	501.55	1223.55	365.7173	0.0000	2-M OR APF-82.5			
Laduke, Amy	37	F SR APF	83.7	90	0.7796	137.79	154.32	165.35	0.00	165.35	126.76	137.79	-148.81	0.00	137.79	303.13	225.97	248.02	270.06	0.00	270.06	573.20	202.6960	0.0000	1-F SR APF-90	Team Repz		
Lai, Jeffrey	19	M TR 3 APF	80.8	82.5	0.6535	275.58	413.36	-448.43	0.00	413.36	220.46	-236.99	236.99	0.00	236.99	650.36	485.01	518.08	-540.13	0.00	518.08	1168.44	346.3285	0.0000	2-M TR 3 APF-82.5	Destination Dallas		
Langdon, Nora	72	F MR 7 APF	89	90	0.7521	303.13	-303.13	303.13	0.00	0.00	132.28	0.00	0.00	0.00	0.00	0.00	303.13	0.00	0.00	0.00	0.00	0.00	0.0000	0.0000	0.0000	0.0000	Armageddon	
Lee, Lindsey (open)	34	F OR APF	98.5	SHW	0.7199	-303.13	303.13	-330.69	0.00	303.13	143.30	165.35	-187.39	0.00	165.35	468.48	303.13	330.69	352.74	0.00	352.74	821.21	268.1441	0.0000	1-F OR APF-SHW	Armageddon		
Lee, Lindsey (subm)	34	F SR APF	98.5	SHW	0.7199	-303.13	303.13	-330.69	0.00	303.13	143.30	165.35	-187.39	0.00	165.35	468.48	303.13	330.69	352.74	0.00	352.74	821.21	268.1441	0.0000	2-F SR APF-SHW	Armageddon		
Lindley, Rachel	31	F OR APF	75	75	0.8361	-286.60	286.60	0.00	0.00	286.60	159.83	170.86	-176.37	0.00	170.86	457.45	363.76	380.29	-391.32	0.00	380.29	837.75	317.7180	0.0000	1-F OR APF-75			
Margraves, Shari	52	F MR 3 APF	105.1	SHW	0.7025	198.41	-242.51	253.53	0.00	253.53	132.28	154.32	-165.35	0.00	154.32	407.85	286.60	336.20	358.25	0.00	358.25	766.10	244.1014	284.3781	0.0000	1-F MR 3 APF-SHW	ODP Fitness-Lansing	
Mrech, Marcel	20	M JR APF	71.3	75	0.7157	352.74	-385.81	-385.81	0.00	352.74	275.58	-292.11	-308.64	0.00	275.58	628.31	451.94	-485.01	-501.55	0.00	451.94	1080.25	350.6685	0.0000	2-M JR APF-75			
Neumann, Richard	58	M MR 4 APF	86.7	90	0.6251	275.58	303.13	325.18	0.00	325.18	253.53	275.58	-281.09	0.00	275.58	600.75	424.39	468.48	0.00	0.00	468.48	1069.23	303.1735	391.3970	0.0000	1-M MR 4 APF-90		
Prenger, Cassie	22	F OR APF	69.4	75	0.8818	176.37	192.90	-214.95	0.00	192.90	126.76	-132.28	-137.79	0.00	126.76	319.67	225.97	253.53	-275.58	0.00	253.53	573.20	229.2550	0.0000	3-F OR APF-75	The Spot Athletics		
Prusnek, Suzanne	58	F MR 4 APF	71.9	75	0.8604	-308.64	308.64																					