

02-Nov-19		Shell Shock IV - Day 1-Kg Results																					
Name	Age	Div	BWt (Kg)	WtCls (Kg)	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-WtCl		
Karana Keegan	52	F3	69.9	75	72.5	75	80	80	47.5	50	52.5	52.5	132.5	75	85	92.5	92.5	225	197.3925	229.96226	1-F3-75		
Ursula Hammerstedt	49	F2	66.7	67.5	35	-42.5	47.5	47.5	30	37.5	-47.5	37.5	85	65	72.5	75	75	160	145.288	161.70554	1-F2-67.5		
Lisa Zienkiewicz	48	F2	88.8	90	135	145	155	155	100	107.5	112.5	112.5	267.5	165	175	182.5	182.5	450	338.8725	371.74313	1-F2-90		
Aline Wagner	46	F2	93.2	110	105	115	122.5	122.5	65	72.5	77.5	77.5	200	130	142.5	-152.5	142.5	342.5	252.18275	269.33117	1-F2-110		
Breanne Cropley	22	FJ	59.3	60	85	92.5	102.5	102.5	40	47.5	-52.5	47.5	150	90	100	110	110	260	259.207	261.79907	1-FJ-60		
Claudia Rozendal	31	FO	51.3	52	100	-110	-110	100	-57.5	-57.5	-57.5	0	0	115	122.5	-127.5	122.5	0	0	0	0		
Sarah McCaffrey	31	FO	59.5	60	155	-162.5	162.5	162.5	80	82.5	-87.5	82.5	245	157.5	162.5	172.5	172.5	417.5	415.09937	415.09937	1-FO-60		
Hannah Fraser	28	FO	59.6	60	120	-127.5	-127.5	120	50	52.5	55	55	175	120	127.5	-137.5	127.5	302.5	300.36737	300.36737	2-FO-60		
Sydney Tolley	26	FO	58.7	60	72.5	80	-87.5	80	45	-47.5	-47.5	45	125	105	112.5	117.5	117.5	242.5	243.73675	243.73675	3-FO-60		
Shantel Bingley	25	FO	66.3	67.5	120	125	-130	125	77.5	80	-82.5	80	205	150	157.5	160	160	365	333.00775	333.00775	1-FO-67.5		
Amanda Fahey	34	FO	64.5	67.5	95	105	-107.5	105	52.5	55	57.5	57.5	162.5	142.5	152.5	-160	152.5	315	293.6745	293.6745	2-FO-67.5		
Christina Miller	24	FO	63.7	67.5	92.5	107.5	-115	107.5	50	57.5	60	60	167.5	102.5	112.5	117.5	117.5	285	268.34175	268.34175	3-FO-67.5		
Telina Chomney	29	FO	64.2	67.5	-80	80	-90	80	50	52.5	-57.5	52.5	132.5	100	105	-112.5	105	237.5	222.24062	222.24062	4-FO-67.5		
Elizabeth Rooksby	38	FO	73	75	140	150	-160	150	-85	85	87.5	87.5	237.5	152.5	165	170	170	407.5	346.98625	346.98625	1-FO-75		
Amber Kachmarski	28	FO	70.6	75	-147.5	147.5		147.5	75	80	82.5	82.5	230	150	155	160	160	390	339.7875	339.7875	2-FO-75		
Danielle Bolduc	27	FO	74.7	75	110	-115	117.5	117.5	65	72.5	-77.5	72.5	190	150	165	180	180	370	310.1895	310.1895	3-FO-75		
Courtney Smith	28	FO	68.5	75	115	122.5	137.5	137.5	62.5	65	-67.5	65	202.5	127.5	132.5	140	140	342.5	304.77362	304.77362	4-FO-75		
Laura Carman	29	FO	78.3	82.5	125	137.5	145	145	90	95	105	105	250	170	177.5	187.5	187.5	437.5	355.62187	355.62187	1-FO-82.5		
Lyndsey Ayles	24	FO	81.3	82.5	157.5	-172.5	-172.5	157.5	90	100	-105	100	257.5	157.5	165	-172.5	165	422.5	335.33825	335.33825	2-FO-82.5		
Teresa Byam	39	FO	79	82.5	87.5	92.5	97.5	97.5	60	62.5	-67.5	62.5	160	122.5	130	-135	130	290	234.378	234.378	3-FO-82.5		
Amanda Neumann	31	FO	79.6	82.5	115	-117.5	-117.5	115	40	45	-50	45	160	115	120	-127.5	120	280	225.218	225.218	4-FO-82.5		
Lauren Densley	25	FO	75.8	82.5	80	90	-92.5	90	45	-50	-50	45	135	105	110	120	120	255	211.71375	211.71375	5-FO-82.5		
Amanda Riddle	36	FO	89.3	90	-170	-182.5	-182.5	0				0	0	-192.5			0	0	0	0	0		
Hannah Brock	25	FO	101.5	110	-215	-230	-230	0	105	110	115	115	0	185	200	215	215	0	0	0	0		
Zach Tetreault	27	MO-E	107	110	325	352.5	365	365	250	270	277.5	277.5	642.5	235	252.5	265	252.5	895	507.5545	507.5545	1-MO-E-110		
Alex Fenning	25	MO-E	122.3	125	-420	-455	-472.5	0				0	0				0	0	0	0	0		
Aaron Lemoal	20	MJ	59.2	60	150	-165	-172.5	150	95	105	-120	105	255	200	215	-227.5	215	470	396.6095	408.50778	1-MJ-60		
Nathan Laubert	23	MJ	68.2	75	-105	110	115	115	75	80	82.5	82.5	197.5	135	142.5	147.5	147.5	345	255.97275	255.97275	1-MJ-75		
Jeff Cubos	41	M1	81.7	82.5	150	162.5	-172.5	162.5	100	107.5	-112.5	107.5	270	185	200	210	210	480	311.376	314.48976	1-M1-82.5		
Braden Ohno	26	MO	73.4	75	172.5	187.5	195	195	85	95	-102.5	95	290	220	232.5	237.5	237.5	527.5	369.11812	369.11812	1-MO-75		
Eric Wells	24	MO	79.6	82.5	115	125	-145	125	85	95	-102.5	95	220	160	170	-175	170	390	257.4195	257.4195	1-MO-82.5		