

ADAU Raw Power 2012 "Great Lakes" Powerlifting and Single Lift Championships

Competition held: March 31, 2012 Location: Erie, PA

Results are now official with (7) lifters, Josh Powell, Hal Thomas, Lars Boumann, Jolene Jones, David Sturges, Steven Dangel and John Emling passing the drug test performed by Redwood Toxicology.

Powerlifting Division

* **Total** column is equal to the sum of the best lifts from the Squat, Bench, and Deadlift.

Gender	Weight Class	Division	Age	State	Body weight (lbs)	First Name	Last Name	Squat	Bench	Deadlift	Total	Comments
female	97	Youth	10	pa.		Addelina	D'Antonio	47.5 kg 104.72 lbs	27.5 kg 60.63 lbs	70 kg 154.32 lbs	145 kg 319.67 lbs	
female	114	open & master	48	pa		Benita	Steffan	87.5 kg 192.9 lbs	47.5 kg 104.72 lbs	122.5 kg 270.07 lbs	257.5 kg 567.69 lbs	
female	114	open & master	67	pa		Mary Ann	Little	52.5 kg 115.74 lbs	32.5 kg 71.65 lbs	75 kg 165.35 lbs	160 kg 352.74 lbs	
female	132	open & master	46	Pa.		Mary Lou	Norris	82.5 kg 181.88 lbs	55 kg 121.25 lbs	107.5 kg 237 lbs	245 kg 540.13 lbs	
female	132	open & teen	19	pa		Kayla	Irwin	95 kg 209.44 lbs	50 kg 110.23 lbs	87.5 kg 192.9 lbs	232.5 kg 512.57 lbs	

male	148	open & junior	23	pa		Jeremy Harshberger	82.5 kg 181.88 lbs	100 kg 220.46 lbs	145 kg 319.67 lbs	327.5 kg 722.01 lbs	
male	148	open & teen	16	pa		James Kostick	80 kg 176.37 lbs	97.5 kg 214.95 lbs	145 kg 319.67 lbs	322.5 kg 710.99 lbs	
male	165	open & teen	18	pa		Brandon Jurkiewicz	140 kg 308.65 lbs	95 kg 209.44 lbs	192.5 kg 424.39 lbs	427.5 kg 942.48 lbs	
male	165	open	20	pa		Andy Teorsky	140 kg 308.65 lbs	97.5 kg 214.95 lbs	182.5 kg 402.34 lbs	420 kg 925.94 lbs	
male	165	open & master	47	pa		Robert Meck Sr.	130 kg 286.6 lbs	112.5 kg 248.02 lbs	170 kg 374.79 lbs	412.5 kg 909.41 lbs	
male	165	open & teen	17	pa		Mike Teorsky	127.5 kg 281.09 lbs	82.5 kg 181.88 lbs	137.5 kg 303.14 lbs	347.5 kg 766.11 lbs	
male	165	open & teen	17	pa		Ben Leventry	105 kg 231.49 lbs	82.5 kg 181.88 lbs	142.5 kg 314.16 lbs	330 kg 727.53 lbs	
male	181	open & master	51	pa		Ray Cruz	215 kg 473.99 lbs	132.5 kg 292.11 lbs	217.5 kg 479.51 lbs	565 kg 1245.61 lbs	
male	181	open	45	pa		Rich Martucci	157.5 kg 347.23 lbs	125 kg 275.58 lbs	215 kg 473.99 lbs	497.5 kg 1096.8 lbs	
male	181	open	65	N.Y.		Don Swingle	127.5 kg 281.09 lbs	75 kg 165.35 lbs	212.5 kg 468.48 lbs	415 kg 914.92 lbs	
male	181	open & master	60	pa		Dave Jurkiewicz	80 kg 176.37 lbs	122.5 kg 270.07 lbs	117.5 kg 259.04 lbs	320 kg 705.48 lbs	

male	220	open & master	54	Conn.		Lenny	Creatura	260 kg 573.2 lbs	167.5 kg 369.27 lbs	275 kg 606.27 lbs	702.5 kg 1548.75 lbs	
male	220	open	48	pa		John	Emling	227.5 kg 501.55 lbs	162.5 kg 358.25 lbs	260 kg 573.2 lbs	650 kg 1433 lbs	
male	220	open	26	pa		Derek	Chew	237.5 kg 523.6 lbs	152.5 kg 336.2 lbs	232.5 kg 512.57 lbs	622.5 kg 1372.38 lbs	
male	220	open	25	pa		Nick	Schneider	215 kg 473.99 lbs	132.5 kg 292.11 lbs	250 kg 551.16 lbs	597.5 kg 1317.26 lbs	
male	220	open & teen	18	pa		Lars	Baumann	205 kg 451.95 lbs	137.5 kg 303.14 lbs	252.5 kg 556.67 lbs	595 kg 1311.75 lbs	
Male	220	open	58	pa		Dave	Lhota	200 kg 440.92 lbs	150 kg 330.69 lbs	210 kg 462.97 lbs	560 kg 1234.59 lbs	
male	242	open	24	pa		Steve	Dangel	165 kg 363.76 lbs	142.5 kg 314.16 lbs	227.5 kg 501.55 lbs	535 kg 1179.47 lbs	
male	242	open	25	pa		Dave	Sturges	170 kg 374.79 lbs	125 kg 275.58 lbs	215 kg 473.99 lbs	510 kg 1124.36 lbs	
male	242	open	37	pa.		Dan	Thomas	182.5 kg 402.34 lbs	105 kg 231.49 lbs	192.5 kg 424.39 lbs	480 kg 1058.22 lbs	
male	242	open	19	pa		Zack	Zubeck	-BOMB			-No Total	
male	242	open	56	pa		Rick	Jenks					NO LIFTS
male	275	open	40	pa		Rob	Mostoller	252.5 kg 556.67 lbs	182.5 kg 402.34 lbs	290 kg 639.34 lbs	725 kg 1598.35 lbs	

male	275	open & master	43	pa		Dennis	Raybuck	255 kg 562.18 lbs	160 kg 352.74 lbs	282.5 kg 622.81 lbs	697.5 kg 1537.72 lbs	
male	275	open	37	pa		Jason	Bottles	177.5 kg 391.32 lbs	147.5 kg 325.18 lbs	207.5 kg 457.46 lbs	532.5 kg 1173.96 lbs	
male	308	open	43	pa		Paul	D'Antonio	240 kg 529.11 lbs	187.5 kg 413.37 lbs	267.5 kg 589.74 lbs	695 kg 1532.21 lbs	
male	308	open & master	47	pa.		Jeff	Lawson	217.5 kg 479.51 lbs	150 kg 330.69 lbs	277.5 kg 611.78 lbs	645 kg 1421.98 lbs	
male	308	open	64	pa		Ron	Jeffery	222.5 kg 490.53 lbs	125 kg 275.58 lbs	250 kg 551.16 lbs	597.5 kg 1317.26 lbs	
male	308	open & Sub.	37	pa		Mike	Brestensky	137.5 kg 303.14 lbs	152.5 kg 336.2 lbs	220 kg 485.02 lbs	510 kg 1124.36 lbs	

Squat Division

Number of lifters in the squat division: 8

* **Best Lift** column is based on the first 3 attempts.

* **Attempt 4** is for a record only.

Gender	Weight Class	Division	Age	State	Body weight (lbs)	First Name	Last Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Best Lift	Comments
female	114	open & master	48	pa		Benita	Steffan	77.5 kg 170.86 lbs	87.5 kg 192.9 lbs	-miss		87.5 kg 192.9 lbs	
female	114	open & master	67	pa		Mary Ann	Little	42.5 kg 93.7 lbs	52.5 kg 115.74	-miss		52.5 kg 115.74	

female	114	open & master	67	pa		Mary Ann	Little	30 kg 66.14 lbs	-miss	32.5 kg 71.65 lbs		32.5 kg 71.65 lbs	
female	132	open & teen	19	pa		Kayla	Irwin	45 kg 99.21 lbs	-miss	50 kg 110.23 lbs		50 kg 110.23 lbs	
female	198	open & Subm.	36	Ohio		Heather	Moyers	65 kg 143.3 lbs	70 kg 154.32 lbs	-miss		70 kg 154.32 lbs	
female	198.2+	open	38	pa		Cindy	Stritzinger	62.5 kg 137.79 lbs	67.5 kg 148.81 lbs	70 kg 154.32 lbs		70 kg 154.32 lbs	
male	165	open & teen	18	pa		Brandon	Jurkiewicz	85 kg 187.39 lbs	90 kg 198.42 lbs	95 kg 209.44 lbs		95 kg 209.44 lbs	
male	181	open & master	69	pa		John	Bretz	102.5 kg 225.97 lbs	112.5 kg 248.02 lbs	-miss		112.5 kg 248.02 lbs	
male	181	open & master	51	pa		Dave	Heintzel	97.5 kg 214.95 lbs	105 kg 231.49 lbs	110 kg 242.51 lbs		97.5 kg 214.95 lbs	
male	198	open	45	pa		Pat	Huntley	117.5 kg 259.04 lbs	122.5 kg 270.07 lbs	122.5 kg 270.07 lbs		122.5 kg 270.07 lbs	
male	198	open & master	67	OH		James	McNeil	-miss	102.5 kg 225.97 lbs	112.5 kg 248.02 lbs		112.5 kg 248.02 lbs	
male	220	open & master	42	pa		Hal	Thomas	142.5 kg 314.16 lbs	152.5 kg 336.2 lbs	-miss		152.5 kg 336.2 lbs	
male	220	open & teen	18	pa		Lars	Baumann	130 kg 286.6 lbs	137.5 kg 303.14 lbs	-miss		137.5 kg 303.14 lbs	

Deadlift Division

Number of lifters in the deadlift division: 11

* **Best Lift** column is based on the first 3 attempts.

* **Attempt 4** is for a record only.

Gender	Weight Class	Division	Age	State	Body weight (lbs)	First Name	Last Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Best Lift	Comments
female	114	open & master	48	pa		Benita	Steffan	112.5 kg 248.02 lbs	122.5 kg 270.07 lbs	-miss		122.5 kg 270.07 lbs	
female	114	open & master	67	pa		Mary Ann	Little	60 kg 132.28 lbs	70 kg 154.32 lbs	75 kg 165.35 lbs	77.5kg 170.86 lbs	75 kg 165.35 lbs	
female	132	open & teen	19	pa		Kayla	Irwin	87.5 kg 192.9 lbs	102.5 kg 225.97 lbs	110 kg 242.51 lbs		87.5 kg 192.9 lbs	
female	198	open & Subm.	36	Ohio		Heather	Moyers	110 kg 242.51 lbs	125 kg 275.58 lbs	137.5 kg 303.14 lbs		137.5 kg 303.14 lbs	
female	198.2+	open	38	pa		Cindy	Stritzinger	110 kg 242.51 lbs	117.5 kg 259.04 lbs	122.5 kg 270.07 lbs		122.5 kg 270.07 lbs	
male	148	open & master	52	pa		Larry	Lantz	165 kg 363.76 lbs	182.5 kg 402.34 lbs	-miss		182.5 kg 402.34 lbs	
male	165	open & teen	18	pa		Brandon	Jurkiewicz	177.5 kg 391.32 lbs	187.5 kg 413.37 lbs	192.5 kg 424.39 lbs		192.5 kg 424.39 lbs	
male	198	open	45	pa		Pat	Huntley	160 kg 352.74 lbs	182.5 kg 402.34 lbs	-miss		182.5 kg 402.34 lbs	

male	198	open & master	67	OH		James	McNeil	112.5 kg 248.02 lbs	137.5 kg 303.14 lbs	157.5 kg 347.23 lbs		157.5 kg 347.23 lbs	
male	220	open & teen	18	pa		Lars	Baumann	220 kg 485.02 lbs	237.5 kg 523.6 lbs	252.5 kg 556.67 lbs		252.5 kg 556.67 lbs	
male	308	open & master	47	pa.		Jeff	Lawson	255 kg 562.18 lbs	277.5 kg 611.78 lbs	-miss		277.5 kg 611.78 lbs	