

100% RAW Powerlifting Federation
Illinois State Championships
Bloomington, IL - September 10, 2011

Name	Division	Wgt	Class	SQUAT					BENCH				DEADLIFT				TOTAL	Place	
				RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd			4th
Nancy Hofmann - IL	F-M(50-54)	147	148	17	45				75	-85	-85		120	185	205	210	220	330	1
Mike Robinson - IL	Open, M(50-54)	143	148	13.5	315	345	355		235	255	-260		610	455	-485	-485		1065	1,1
Cynthia Hochstetler - IL	F-Open, F-M(55-59)	162	165	13	-205	205	220		140	150	160	-165	380	265	285	300		680	1,1
Mandy Madison - IA	F-Open, F-(30-34)	154.6	165	15	115	130	140	145	75	85	-90		225	140	160	175	185	400	2,1
Richard Screiber - IL	Open, M(50-54)	163.4	165	19.5	320	340	-355		265	275	-285		615	325	360	380		995	1,1
Eric Ridings - IL	Open, Junior(20-24)	177.2	181	20.5	400	440	-475		275	-300	-300		715	525	585	610	-645	1325	1,1
Kevin Varriale - IL	Junior(20-24)	194	198	18.5	435	-445	-450		-325	325	-335		760	535	560	-580		1320	1
Donovan Muldrow - IL	Open, Junior (20-24)	187	198	19	380	420	435	-445	280	300	-315		735	525	560	-600		1295	1,2
Jon Welch - IL	Open	194.2	198	16	315	355	-405		225	250	260		615	405	455	495		1110	2
Brian Budzinski - IL	Open, M(40-44)	268	275	18	495	525	535	545	315	340	355	-365	890	515	550	570		1460	1,1
Dustin Helland - IL	M (40-44)	260.2	275	19.5	400	-420	-440		325	-345	-345		725	405	425	475		1200	2
William Melrose - IL	Sub(35-39)	269.6	275	20	225	280	320		260	295	-320		615	325	385	410		1025	1
Brian Barnes - IL	Open, (25-29), PFM	276.6	308	21	500	530	550	580	300	350	380	405	930	550	625	675	-700	1605	1,1,1
Bench Press																			
Nancy Hofmann - IL	F-M(50-54)	147	148						75	-85	-85		75					75	1
Mike Robinson - IL	Open, M(50-54)	143	148						235	255	-260		255					255	1,1
Mandy Madison - IA	F-Open, F-(30-34)	154.6	165						75	85	-90		85					85	2,1
Cynthia Hochstetler - IL	F-Open, F-M(55-59)	162	165						140	150	160	-165	160					160	1,1
Richard Screiber - IL	Open, M(50-54)	163.4	165						265	275	-285		275					275	1,1
Eric Ridings - IL	Open, Junior(20-24)	177.2	181						275	-300	-300		275					275	1,1
Kevin Varriale - IL	Junior(20-24)	194	198						-325	325	-335		325					325	1
Jon Welch - IL	Open	194.2	198						225	250	260		260					260	2
Donovan Muldrow - IL	Open, Junior (20-24)	187	198						280	300	-315		300					300	1,2
Philip Murphy - IL	Junior(20-24)	211	220						-335	350	-375		350					350	1
Joe Blessman - IL	M(40-44)	205.6	220						340	360	-380		360					360	1
Dustin Helland - IL	M (40-44)	260.2	275						325	-345	-345		325					325	2
Brian Budzinski - IL	Open, M(40-44)	268	275						315	340	355	-365	355					355	1,1
William Melrose - IL	Sub(35-39)	269.6	275						260	295	-320		295					295	1
Brian Barnes - IL	Open, (25-29), PFM	276.6	308						300	350	380	405	380					380	1,1,1
Zach Butkus - IL	Sub(35-39)	304.6	308						485	500	-520		500					500	1

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				RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd			4th		
Push/Pull																					
Dustin Helland - IL	M (40-44)	260.2	275	19.5						325	-345	-345			325	405	425	475		800	1
Russ Brooks - - IL	Junior(20-24)	208	220							225					225	500	525	-550		750	1