

**100% RAW Powerlifting Federation  
American Challenge - Maryland Regional  
District Heights - June 11, 2011**

Name	Division	Wgt	Class	SQUAT			BENCH			4th	Sub	DEADLIFT				TOTAL	LBS	Place
				1st	2nd	3rd	1st	2nd	3rd			1st	2nd	3rd	4th			
Derek Willis - MD	Junior (20-24)	178.8	181	165	182.5	195	132.5	-138	-137.5		327.5	182.5	-200	-200		510	1124.3	1
Tuggy Wheeler - NC	Junior (20-24); PFM	195	198	142.5	160	167.5	107.5	120	125		292.5	-185	-198	197.5		490	1080.3	1,1
Daniel Abdalla - MD	Junior (20-24)	201	220	142.5	180	197.5	102.5	130	137.5		335	220	247.5	-262.5		582.5	1284.2	1
Lanard Pack - MD	Junior (20-24)	208	220	142.5	162.5	-175	102.5	110	-122.5		272.5	182.5	200	215		487.5	1074.7	2
Mike Eaton - MD	Open	242.5	242	250	272.5	0	182.5	195	-200		467.5	310	332.5	-342.5		800	1763.7	1
<b>Bench Press</b>																		
Dan Rhinehart - OH	Teen (14-15)	141.4	148				67.5	77.5	-80		77.5					77.5	170.86	1
Megan Hardesty - MD	F-M (40-44)	164.8	165				40	45	47.5	-63.5	47.5					47.5	104.72	1
Derek Willis - MD	Open, Junior (20-24)	178.8	181				132.5	-138	-137.5		132.5					132.5	292.11	1,1
Michael Hodge - MD	Open, (30-34)	198.2	198				175	182.5	187.5	192.5	192.5					192.5	424.39	1,1
Bob Dahlhamer - MD	M (70-74)	195.4	198				110	115	117.5		117.5					117.5	259.04	1
Tuggy Wheeler - NC	Open, Junior (20-24); PFM	195	198				107.5	120	125		125					125	275.58	2,1
Daven Doobay - OH	Sub (35-39)	209.2	220				152.5	-163	-162.5		152.5					152.5	336.2	1
Earl Phair - NY	Open, (30-34)	218.4	220				-160	-160	160		160					160	352.74	1,1
Brooke Blough - WV	M (65-69)	217.6	220				-100	100	105		105					105	231.48	1
Scott Lorenzen - OH	M (40-44)	219	220				117.5	-128	-127.5		117.5					117.5	259.04	1
Daniel Abdalla - MD	Open, Junior (20-24)	201	220				102.5	130	137.5		137.5					137.5	303.13	1,1
Lanard Pack - MD	Open, Junior (20-24)	208	220				102.5	110	-122.5		110					110	242.51	2,2
Eric Lorenzen - OH	Open, Teen (14-15)	222.3	242				107.5	-115	115		115					115	253.53	1
Jorge Negron - NY	Open, (30-34)	241.2	242				165	170	-175		170					170	374.78	2,1
Mike Eaton - MD	Open	242.5	242				182.5	195	-200		195					195	429.9	1
Barry Shatzer - MD	M (50-54)	241.8	242				137.5	-145	145		145					145	319.67	1
Dean Taylor - VA	Open, M (45-49)	261	275				165	175	-182.5		175					175	385.81	1,1
Michael Hawthorne - MD	Open	269	275				92.5	105	-130		105					105	231.48	2
Don Joy - MD	M (75-79)	247	275				115	122.5	127.5		127.5					127.5	281.09	1
Anthony Cottrell - MD	M (55-59)	286.4	308				167.5	-170	-170		167.5					167.5	369.27	1
Ray Clasing, SR - MD	M (50-54); PFM	278.6	308				175	187.5	-190		187.5					187.5	413.36	1,1
Pedro Mejias - NY	Open, (30-34)	427.2	SHW				270	-278	-277.5		270					270	595.24	1,1
Ted Brooks - MD	M (50-54)	352.6	SHW				110	0	0		110					110	242.51	1

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				1st	2nd	3rd	1st	2nd	3rd			1st	2nd	3rd	4th			
<b>Deadlift</b>											<b>0</b>							
Dan Rhinehart - OH	Teen (14-15)	141.4	148								0	115	125	137.5		137.5	303.13	1
Derek Willis - MD	Open, Junior (20-24)	178.8	181								0	182.5	-200	-200		182.5	402.34	1,1
Tuggy Wheeler - NC	Open, Junior (20-24); PFM	195	198								0	-185	-198	197.5		197.5	435.41	1,1,1
Daniel Abdalla - MD	Open, Junior (20-24)	201	220								0	220	247.5	-262.5		247.5	545.64	1,1
Lanard Pack - MD	Open, Junior (20-24)	208	220								0	182.5	200	215		215	473.99	2,2
Mike Eaton - MD	Open, (30-34)	242.5	242								0	310	332.5	-342.5		332.5	733.03	1,1
Dean Taylor - VA	Open, M (45-49)	261	275									170				170	374.78	1,1
Michael Hawthorne - MD	Open	269	275								0	92.5	105	125		125	275.58	2
Ted Brooks - MD	M (50-54)	352.6	SHW								0	172.5	190	202.5	207.5	202.5	446.43	1
<b>Curl</b>											<b>0</b>							
Dan Rhinehart - OH	Teen (14-15)	141.4	148	32.5	37.5	-40					37.5					37.5	82.673	1
Megan Hardesty - MD	F-M (40-44)	164.8	165	25	30	-33.5					30					30	66.138	1
Mark Wilhelm - MD	Open, M (45-49)	176	181	65	-67.5	67.5					67.5					67.5	148.81	1,1
Bob Dahlhamer - MD	M (70-74)	195.4	198	52.5	55	-57.5					55					55	121.25	1
Scott Lorenzen - OH	M (40-44)	219	220	42.5	50	55					40					40	88.184	1
Brooke Blough - WV	M (65-69)	217.6	220	25	27.5	37.5					37.5					37.5	82.673	1
Daven Doobay - OH	Sub (35-39)	209.2	220	47.5	52.5	57.5					45					45	99.207	1
Barry Shatzer - MD	M (50-54)	241.8	242	50	-60	-65					50					50	110.23	1
Eric Lorenzen - OH	Teen (14-15)	222.3	242	42.5	50	-55					50					50	110.23	1
Don Joy - MD	M (75-79)	247	275	32.5	40	-45					40					40	88.184	1
Dean Taylor - VA	Open, M (45-49)	261	275	60	70	-75					70					70	154.32	1,1
Ray Clasing, SR - MD	M (50-54); PFM	278.6	308	70	-76	-76					70					70	154.32	1,1
Ted Brooks - MD	M (50-54)	352.6	SHW	57.5	60	65					65					65	143.3	1
<b>Ironman</b>																		
Dean Taylor - VA	Open, M (45-49)	261	275				165	175	-182.5		175	170				345	760.59	1,1
Ted Brooks - MD	M (50-54)	352.6	SHW				110	0	0		110	172.5				282.5	622.8	1