

2015 The Grind Canada Results

22 August 2015

Name	Age	Div	BW	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Bench 4	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	PL Total	Coeff Score
Lexi Yellowhorn	11	F-11	47.7	48									30	37.5	45		0	0.000
Rylea Yanke	19	F-19	47	48	55	-57.5	57.5		52.5	55	-57.5		-67.5	-67.5	67.5		180	242.082
Tamara Dundas	42	F-40	55	56	-82.5	-82.5	-82.5		40	-45	45		82.5	87.5	92.5		0	0.000
Patsy Stehr	55	F-55	57.2	60	70	76	82	85	45	48	51	-52.5	115	120	125	130	258	298.558
Skylar Yanke	21	F-J	60	60	100	-102.5	102.5		70.5	-73	-73		120	-122.5	125		298	332.240
Stephanie Janes	35	F-O	73.8	75	85	-90	92.5		65	67.5	72.5		110	120	135		300	288.120
Eve Lacey	25	F-O	72.5	75	72.5	80	87.5		40	45	52.5		100	107.5	115		255	247.758
Alyssia Stull	25	F-O	68.3	75	50	60	67.5		50	57.5	60		110	117.5	-122.5		245	247.965
Ganya Rosenau	26	F-O	68.9	75	47.5	57.5	67.5		37.5	42.5	47.5		62.5	70	80		195	196.151
Teresa Lindgren	31	F-O	72.1	75					-42.5	-45	47.5						0	0.000
Jessica Sehn	35	F-SM	70.3	75	-95	-100	-100		57.5	60	62.5		117.5	125	130		0	0.000
Adele Frizzell	45	F-45	81.5	82.5					65	67.5	72.5	-75					0	0.000
Lisa Gervais	28	F-O	80.3	82.5	120	130	137.5	141	80	85	-95		135	147.5	157.5	-166	380	346.978
Vanessa Reed	32	F-O	79.4	82.5	85	92.5	102.5		50	57.5	-62.5		107.5	112.5	120		280	257.292
Dana Sandler	35	F-SM	81.5	82.5					72.5	78	80	81					0	0.000
Johann Dewolfe	58	F-55	106.1	SHW									105	112.5	117.5		0	0.000
Paige Boschee	31	F-O	116.3	SHW	52.5	62.5	75		37.5	42.5	-47.5		100	-112.5	-112.5		217.5	174.914
Adrian Ezra	21	M-J	66.1	67.5	102.5	110	117.5		90	97.5	-100		170	182.5	185		400	313.680
Shane Frey	35	M-SM	74.9	75	117.5	130	142.5		-90	97.5	-107.5		165	177.5	185		425	303.110
Bryan Dalton	26	M-O	82	82.5	-150	157.5	165		117.5	122.5	-130		192.5	202.5	215		502.5	337.881
Marcus Astley	25	M-O	80.3	82.5	120	140	155		120	-130	-130		170	185	-200		460	313.306
Stanley Guedes	30	M-O	89.9	90	217.5	227.5	235		125	132.5	135		265	275	282.5	-293	652.5	416.817
Mike Moorhead	38	M-SM	98.4	100	-210	215	-230		158	162.5	-167.5		210	222.5	235		612.5	375.218
Caleb Faialaga	25	M-O	105.4	110	205	-215	215		142.5	-150	-155		245	262.5	272.5		630	375.984
Joey Forever	33	M-O	115.9	125					-125	164	175.5	-177.5	180	227.5	240		0	0.000
David Pelletier	31	M-O	159.8	SHW	90	-110	130		90	115	-132.5		140	155	170		415	227.545
Evan Blindback	38	M-SM	145.7	SHW	170	185	200		130	140	145		200	220	235		580	322.248

Strict Curl					Curl 1	Curl 2	Curl 3	Curl 4
Patsy Stehr	53	F-55	57.2	60	20	25	27.5	30
Alex Saretsky	25	M-O	68.9	75	52.5	57.5	62.5	-67.5
Victor Akpawan	27	M-O	81.5	82.5	55	66	68.5	-70
Teresa Lindgren	31	F-O	72.1	75	22.5	25	27.5	

Military Press					Press 1	Press 2	Press 3	Press 4
Vanessa Reed	32	F-O	79.4	82.5	27.5	30	32.5	35
Patsy Stehr	53	F-55	57.2	60	-30	35	37.5	-39
Lisa Trevisanutto	42	F-40	59.5	60	-27.5	-27.5	-27.5	
Teresa Lindgren	31	F-O	72.1	75	-35	35	37.5	
Victor Akpawan	27	M-O	81.5	82.5	67.5	-82.5	82.5	
Joey Forever	33	M-O	115.9	125	62.5	77.5	85	
Alex Saretsky	25	M-O	68.9	75	75	82.5	-85	