

26-Sep-15

2015 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
Italo Bonacci	71	M-M7	64.8	67.5	0.7973	105	115	122.5		122.5	60	65			65	187.5	115	130	142.5		142.5	330	263.109
Will Kiefer	23	M-JR	72.3	75	0.7315	165	177.5	182.5		182.5	130	-137.5	-137.5		130	312.5	205	220	227.5		227.5	540	395.01
Dom Scarano	18	M-T4	74.1	75	0.7186	162.5	170	-172.5		170	115	122.5	127.5		127.5	297.5	190	197.5	-202.5		197.5	495	355.707
Ross Manaraze (Open)	18	M-O	78	82.5	0.6939	165	170	-175		170	117.5	122.5	-127.5		122.5	292.5	192.5	202.5	210		210	502.5	348.6847
George Sobetsky	32	M-O	78.5	82.5	0.691	130	137.5	145		145	125	-132.5	132.5		132.5	277.5	185	192.5	197.5		197.5	475	328.225
Ross Manaraze (Teen 4)	18	M-T4	78	82.5	0.6939	165	170	-175		170	117.5	122.5	-127.5		122.5	292.5	192.5	202.5	210		210	502.5	348.6847
Ryan Dagnall (Fire/Police/Military)	27	M-LFM	88.5	90	0.644	187.5	197.5	-210		197.5	-135	135	147.5		147.5	345	237.5	250	-265		250	595	383.18
Ryan Dagnall (Open)	27	M-O	88.5	90	0.644	187.5	197.5	-210		197.5	-135	135	147.5		147.5	345	237.5	250	-265		250	595	383.18
Andrew Donchez	22	M-O	86.6	90	0.6515	-157.5	165	-180		165	-120	127.5	135		135	300	205	217.5	227.5		227.5	527.5	343.6662
Drew Delancey (Open)	19	M-O	85.3	90	0.657	145	162.5	167.5		167.5	95	105	107.5		107.5	275	170	187.5	192.5		192.5	467.5	307.1475
Drew Delancey (Teen 4)	19	M-T4	85.3	90	0.657	145	162.5	167.5		167.5	95	105	107.5		107.5	275	170	187.5	192.5		192.5	467.5	307.1475
Jordan Blackie	19	M-T4	88	90	0.6459	132.5	142.5	152.5		152.5	102.5	107.5	-112.5		107.5	260	175	185	192.5		192.5	452.5	292.2697
Joseph Serratore	34	M-O	93	100	0.6282	200	-210			200	155	165	-175		165	365	225	230	240		240	605	380.061
Shane Rowland	28	M-O	97.8	100	0.6142	215	227.5	-240		227.5	130	137.5	-142.5		137.5	365	227.5	240	-250		240	605	371.591
Joshua Pflieger (Open)	18	M-O	95.9	100	0.6194	182.5	192.5	-205		192.5	115	125	137.5		137.5	330	225	237.5	247.5		247.5	577.5	357.7035
Joshua Pflieger (Teen 4)	18	M-T4	95.9	100	0.6194	182.5	192.5	-205		192.5	115	125	137.5		137.5	330	225	237.5	247.5		247.5	577.5	357.7035
John Ignatovich (Junior)	24	M-JR	101.6	110	0.6048	152.5	160	167.5		167.5	142.5	152.5	160		160	327.5	250	265	275		275	602.5	364.392
Craig Haberle (Masters 1)	40	M-M1	104.1	110	0.5994	-185	215	-227.5		215	147.5	155	-160		155	370	185	200	-210		200	570	341.658
David Panton	49	M-M2	109.5	110	0.5893	-192.5	-192.5	192.5		192.5	165	172.5	177.5		177.5	370	220	-230	230		230	600	353.58
John Ignatovich (Open)	24	M-O	101.6	110	0.6048	152.5	160	167.5		167.5	142.5	152.5	160		160	327.5	250	265	275		275	602.5	364.392
Craig Haberle (Open)	40	M-O	104.1	110	0.5994	-185	215	-227.5		215	147.5	155	-160		155	370	185	200	-210		200	570	341.658
Mark Fisher (Open)	36	M-O	107.7	110	0.5924	-145	145	-160		145	112.5	147.5	-160		147.5	292.5	207.5	217.5	227.5		227.5	520	308.048
Cory Robison	35	M-O	107.9	110	0.5921	137.5	145	-155		145	105	-110	-110		105	250	170	182.5	192.5		192.5	442.5	262.0042
Ray Reese	39	M-SM	107.3	110	0.5932	165	182.5	205		205	142.5	-165	165		165	370	165	185	215		215	585	347.022
Mark Fisher (Sub Masters)	36	M-SM	107.7	110	0.5924	-145	145	-160		145	112.5	147.5	-160		147.5	292.5	207.5	217.5	227.5		227.5	520	308.048
Jerry Schwartz	31	M-O	121.5	125	0.5733	167.5	-187.5	192.5		192.5	122.5	140	-147.5		140	332.5	207.5	227.5	-237.5		227.5	560	321.048

2015 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
Ryan Dagnall (Fire/Police/Military)	27	M-LFM	88.5	90	0.644	413.3625	435.4085	-462.966	0	435.4085	-297.621	297.621	325.1785	0	325.1785	760.587	523.5925	551.15	-584.219	0	551.15	1311.737	383.18
Italo Bonacci	71	M-M7	64.8	67.5	0.7973	231.483	253.529	270.0635	0	270.0635	132.276	143.299	0	0	143.299	413.3625	253.529	286.598	314.1555	0	314.1555	727.518	263.109
David Panton	49	M-M2	109.5	110	0.5893	-424.386	-424.386	424.3855	0	424.3855	363.759	380.2935	391.3165	0	391.3165	815.702	485.012	-507.058	507.058	0	507.058	1322.76	353.58
Craig Haberle (Masters 1)	40	M-M1	104.1	110	0.5994	-407.851	473.989	-501.547	0	473.989	325.1785	341.713	-352.736	0	341.713	815.702	407.851	440.92	-462.966	0	440.92	1256.622	341.658
Ray Reese	39	M-SM	107.3	110	0.5932	363.759	402.3395	451.943	0	451.943	314.1555	-363.759	363.759	0	363.759	815.702	363.759	407.851	473.989	0	473.989	1289.691	347.022
Mark Fisher (Sub Masters)	36	M-SM	107.7	110	0.5924	-319.667	319.667	-352.736	0	319.667	248.0175	325.1785	-352.736	0	325.1785	644.8455	457.4545	479.5005	501.5465	0	501.5465	1146.392	308.048
Will Kiefer	23	M-JR	72.3	75	0.7315	363.759	391.3165	402.3395	0	402.3395	286.598	-303.133	-303.133	0	286.598	688.9375	451.943	485.012	501.5465	0	501.5465	1190.484	395.01
John Ignatovich (Junior)	24	M-JR	101.6	110	0.6048	336.2015	352.736	369.2705	0	369.2705	314.1555	336.2015	352.736	0	352.736	722.0065	551.15	584.219	606.265	0	606.265	1328.271	364.392
Dom Scarano	18	M-T4	74.1	75	0.7186	358.2475	374.782	-380.294	0	374.782	253.529	270.0635	281.0865	0	281.0865	655.8685	418.874	435.4085	-446.432	0	435.4085	1091.277	355.707
Ross Manaraze (Teen 4)	18	M-T4	78	82.5	0.6939	363.759	374.782	-385.805	0	374.782	259.0405	270.0635	-281.087	0	270.0635	644.8455	424.3855	446.4315	462.966	0	462.966	1107.811	348.6847
Drew Delancey (Teen 4)	19	M-T4	85.3	90	0.657	319.667	358.2475	369.2705	0	369.2705	209.437	231.483	236.9945	0	236.9945	606.265	374.782	413.3625	424.3855	0	424.3855	1030.650	307.1475
Jordan Blackie	19	M-T4	88	90	0.6459	292.1095	314.1555	336.2015	0	336.2015	225.9715	236.9945	-248.018	0	236.9945	573.196	385.805	407.851	424.3855	0	424.3855	997.5815	292.2697
Joshua Pflieger (Teen 4)	18	M-T4	95.9	100	0.6194	402.3395	424.3855	-451.943	0	424.3855	253.529	275.575	303.1325	0	303.1325	727.518	496.035	523.5925	545.6385	0	545.6385	1273.156	357.7035
Ross Manaraze (Open)	18	M-O	78	82.5	0.6939	363.759	374.782	-385.805	0	374.782	259.0405	270.0635	-281.087	0	270.0635	644.8455	424.3855	446.4315	462.966	0	462.966	1107.811	348.6847
George Sobetsky	32	M-O	78.5	82.5	0.691	286.598	303.1325	319.667	0	319.667	275.575	-292.11	292.1095	0	292.1095	611.7765	407.851	424.3855	435.4085	0	435.4085	1047.185	328.225
Ryan Dagnall (Open)	27	M-O	88.5	90	0.644	413.3625	435.4085	-462.966	0	435.4085	-297.621	297.621	325.1785	0	325.1785	760.587	523.5925	551.15	-584.219	0	551.15	1311.737	383.18
Andrew Donchez	22	M-O	86.6	90	0.6515	-347.225	363.759	-396.828	0	363.759	-264.552	281.0865	297.621	0	297.621	661.38	451.943	479.5005	501.5465	0	501.5465	1162.926	343.6662
Drew Delancey (Open)	19	M-O	85.3	90	0.657	319.667	358.2475	369.2705	0	369.2705	209.437	231.483	236.9945	0	236.9945	606.265	374.782	413.3625	424.3855	0	424.3855	1030.650	307.1475
Joseph Serratore	34	M-O	93	100	0.6282	440.92	-462.966	0	0	440.92	341.713	363.759	-385.805	0	363.759	804.679	496.035	507.058	529.104	0	529.104	1333.783	380.061
Shane Rowland	28	M-O	97.8	100	0.6142	473.989	501.5465	-529.104	0	501.5465	286.598	303.1325	-314.156	0	303.1325	804.679	501.5465	529.104	-551.15	0	529.104	1333.783	371.591
Joshua Pflieger (Open)	18	M-O	95.9	100	0.6194	402.3395	424.3855	-451.943	0	424.3855	253.529	275.575	303.1325	0	303.1325	727.518	496.035	523.5925	545.6385	0	545.6385	1273.156	357.7035
John Ignatovich (Open)	24	M-O	101.6	110	0.6048	336.2015	352.736	369.2705	0	369.2705	314.1555	336.2015	352.736	0	352.736	722.0065	551.15	584.219	606.265	0	606.265	1328.271	364.392
Craig Haberle (Open)	40	M-O	104.1	110	0.5994	-407.851	473.989	-501.547	0	473.989	325.1785	341.713	-352.736	0	341.713	815.702	407.851	440.92	-462.966	0	440.92	1256.622	341.658
Mark Fisher (Open)	36	M-O	107.7	110	0.5924	-319.667	319.667	-352.736	0	319.667	248.0175	325.1785	-352.736	0	325.1785	644.8455	457.4545	479.5005	501.5465	0	501.5465	1146.392	308.048
Cory Robison	35	M-O	107.9	110	0.5921	303.1325	319.667	-341.713	0	319.667	231.483												

26-Sep-15 2015 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score
Michael Rettig	20	M-JR	65.9	67.5	0.7862	87.5	90	95		95	132.5	142.5	155		155	250	196.55

2015 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score
Michael Rettig	20	M-JR	65.9	67.5	0.7862	192.9025	198.414	209.437	0	209.437	292.1095	314.1555	341.713	0	341.713	551.15	196.55

26-Sep-15 2015 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff
Robert D'Antonio (Masters 3)	52	M-M3	142.8	SHW	0.5572	147.5	155	-160		155	86.366	100.6163
Robert D'Antonio (Open)	52	M-O	142.8	SHW	0.5572	147.5	155	-160		155	86.366	100.6163

2015 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff
Robert D'Antonio (Masters 3)	52	M-M3	142.8	SHW	0.5572	325.1785	341.713	-352.736	0	341.713	86.366	100.6163
Robert D'Antonio (Open)	52	M-O	142.8	SHW	0.5572	325.1785	341.713	-352.736	0	341.713	86.366	100.6163

26-Sep-15 2015 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff
Gary Distasio (Masters 2)	48	M-M2	95	100	0.622	227.5	245	252.5		252.5	157.055	172.2893
Gary Distasio (Open)	48	M-O	95	100	0.622	227.5	245	252.5		252.5	157.055	172.2893

2015 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff
Gary Distasio (Masters 2)	48	M-M2	95	100	0.622	501.5465	540.127	556.6615	0	556.6615	157.055	172.2893
Gary Distasio (Open)	48	M-O	95	100	0.622	501.5465	540.127	556.6615	0	556.6615	157.055	172.2893