

2016 Prairie Power Open
Saturday, January 9, 2016

Full Power Results

Name	Age	Div	BWt (Kg)	WCis (Kg)	Wkrs	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
McKenna Kozina	15	F-15	44	44	1.4081	62.5	65	67.5	70	67.5	37.5	-43	-43		37.5	105	75	82.5	0		82.5	187.5	264.019
Christina Lam	27	F-O	47.8	48	1.3285	75	82.5	87.5	90	87.5	52.5	56	57.5		57.5	145	107.5	117.5	-126		117.5	262.5	348.731
Payton Swagar	13	F-13	53.1	56	1.2266	40	45	-50		45	25	-29.5	29.5	-34.5	29.5	74.5	62.5	65	67.5		67.5	142	174.177
Taylor Mann	17	F-17	54.8	56	1.1967	-70	70	75		75	-47.5	82.5	-66		52.5	127.5	85	90	97.5		97.5	225	269.258
Christine Trac	19	F-19	53.6	56	1.2176	60	82.5	87.5		87.5	60	65	-67.5		65	152.5	120	125	130	132.5	130	282.5	343.972
Jessica Sklar	22	F-J	55	56	1.1933	-87.5	-90	90		90	55	57.5	-62.5		57.5	147.5	105	115	120		120	267.5	319.208
Share Cannon	34	F-O	56.6	60	1.1668	60	65	-67.5		65	-52.5	52.5	55		55	120	110	115	117.5		117.5	237.5	277.115
Sarah Greer	32	F-O	64.7	67.5	1.0527	35	40	45		45	-37.5	-37.5	-37.5		0	0	70	80	92.5		92.5	0	0.000
Larisa Lindner	30	F-O	64.5	67.5	1.0551	70	75	80		80	-47.5	47.5	55		55	135	95	102.5	110		110	245	258.500
Kayanne Bradford	16	F-17	70.7	75	0.9881	75	82.5	-90		82.5	30	35	40		40	122.5	80	87.5	95		95	217.5	214.912
Ashley Proulx	20	F-J	73.1	75	0.9663	70	75	-82.5		75	50	52.5	-57.5		52.5	127.5	97.5	105	110		110	237.5	229.496
Teresa Lindgren	32	F-O	69.5	75	0.9998	70	75	82.5		82.5	45	-50	-60		45	127.5	102.5	107.5	112.5		112.5	240	239.952
Selena Gaudet	26	F-O	70.1	75	0.9939	112.5	120	-150		120	55	57.5	60		60	180	145	157.5	-167.5		157.5	337.5	335.441
Elizabeth Fraser	18	F-19	80.5	82.5	0.9119	87.5	92.5	97.5		97.5	82.5	-60	82.5		62.5	160	102.5	115	122.5		122.5	282.5	257.612
Aline Wagner	42	F-40	79.1	82.5	0.9209	-70	72.5	80		80	50	-57.5	57.5		57.5	137.5	120	127.5	135		135	272.5	250.945
Lori McWatters	46	F-45	79.5	82.5	0.9182	75	80	87.5		87.5	57.5	65	-66		63	150.5	100	115	130.5	-132.5	130.5	281	258.014
Vanessa Reed	32	F-O	80.9	82.5	0.9094	92.5	100	107.5		107.5	52.5	57.5	-62.5		57.5	165	105	115	122.5		122.5	287.5	261.453
Taylor Wheatley	26	F-O	79.8	82.5	0.9163	67.5	70	75		75	-65	-65	-65		0	0	130	135	140		140	0	0.000
Suzanne Westcott	42	F-40	84.4	90	0.8896	80	87.5	95		95	52.5	-57.5	62.5		62.5	157.5	95	110	120		120	277.5	246.864
Erin Cooke	22	F-J	89.7	90	0.8653	107.5	115	122.5		122.5	70	72.5	-77.5		72.5	195	127.5	137.5	-147.5		137.5	332.5	287.712
Les Evangelista	31	M-O	58	60	0.8802	125	130	137.5		137.5	95	100	-107.5		100	237.5	142.5	145	155		155	392.5	345.479
Kurt Papineau	17	M-17	63	67.5	0.8166	120	135	140	143	140	-80	-90	90	92.5	90	230	152.5	162.5	170	183.5	170	400	326.640
Joe Stockinger	86	M-Joe	66.8	67.5	0.7775	115	121	-125		121	75	80	82.5		82.5	203.5	175	185	195	202	195	398.5	309.834
Alex Saretsky	26	M-O	66.8	67.5	0.7775	162.5	187.5	192.5		192.5	135	140	-146.5		140	332.5	227.5	232.5	237.5		237.5	570	443.175
Tate Beazley	18	M-19	74	75	0.7193	155	165	170		170	90	97.5	-100		97.5	267.5	200	210	-216		210	477.5	343.466
Cole Melanson	23	M-J	74.4	75	0.7166	190	205	212.5	215.5	212.5	130	135	137.5		137.5	350	235	250	256		256	606	434.260
Kevin Ho	28	M-O	73.7	75	0.7214	135	145	152.5		152.5	87.5	92.5	95		95	247.5	190	207.5	-216		207.5	455	328.237
Zachary Farrell	28	M-O	75	75	0.7126	180	192.5	-200		192.5	102.5	-140	-140		102.5	295	207.5	220	230		230	525	374.115
Dave Cannon	34	M-O	79.4	82.5	0.686	115	125	135		135	100	112.5	115		115	250	165	177.5	187.5		187.5	437.5	300.125
Victor Akpawan	27	M-O	81.8	82.5	0.6734	107.5	202.5	210		210	137.5	140	142.5		142.5	352.5	235	240	245		245	597.5	402.357
David Kimery	39	M-SM	78.6	82.5	0.6905	-135	142.5	-152.5		142.5	90	-95	-95		90	232.5	165	180	182.5		182.5	415	286.558
Paul Butts	46	M-45	89.9	90	0.6388	122.5	127.5	137.5		137.5	82.5	87.5	-92.5		87.5	225	135	142.5	152.5		152.5	377.5	241.147
Jason Brien	32	M-O	89.6	90	0.6398	162.5	172.5	180		180	130	137.5	140		140	320	197.5	207.5	222.5		222.5	542.5	347.092
Mason Edward	33	M-O	87	90	0.6499	175	182.5	190		190	115	-140	-140		115	305	215	220	227.5		227.5	532.5	346.072
Mark Wagner	42	M-40	93.3	100	0.6272	127.5	135	-140		135	77.5	-85	-85		77.5	212.5	170	177.5	182.5		182.5	395	247.744
Wayne Berry	45	M-45	97.8	100	0.6142	170	177.5	187.5		187.5	-107.5	-112.5	112.5		112.5	300	202.5	220	232.5		232.5	532.5	327.062
Christopher Carrera	23	M-J	98.1	100	0.6134	-182.5	182.5	192.5		192.5	142.5	-152.5	-165		142.5	335	205	227.5	235		235	570	349.638
Stanley Guedes	30	M-O	96.9	100	0.6166	235	245	255		255	137.5	145	150		150	405	270	292.5	305	-311.5	305	710	437.786
Greg Stevens	29	M-O	95.6	100	0.6203	182.5	192.5	-200		192.5	102.5	112.5	120		120	312.5	205	-225	230		230	542.5	336.513
Sebastian Lindner	27	M-O	95.2	100	0.6214	205	-247.5	-257.5		205	117.5	127.5	-132.5		127.5	332.5	230	242.5	250		250	582.5	361.966
Liam Vaness	11	M-11	103.2	110	0.6013	70	80	87.5		87.5	45	52.5	-60		52.5	140	90	102.5	115		115	255	153.332
Theoren Wood	26	M-O	109	110	0.5902	175	185	192.5		192.5	110	117.5	125		125	317.5	185	205	227.5		227.5	545	321.659
Ryan Dahlke	29	M-O	101.8	110	0.6044	140	150	165		165	102.5	110	-116		110	275	197.5	210	222.5		222.5	497.5	300.689
Mark Stegmeier	30	M-O	100.1	110	0.6083	185	195	205		205	182.5	160	-166		160	365	225	240	255		255	620	377.146
John Woo	21	M-J	124.5	125	0.5703	227.5	247.5	-266		247.5	-182.5	182.5	200		200	447.5	227.5	245	250.5	-272.5	250.5	698	398.069
Chris Caleffi	32	M-O	112.2	125	0.585	170	177.5	192.5		192.5	115	130	137.5		137.5	330	190	215	227.5		227.5	557.5	326.138
Mike Frost	29	M-O	125.9	140	0.569	192.5	202.5	210		210	160	167.5	170		170	380	250	260	270		270	650	369.850
David Pelletier	31	M-O	168.1	SHW	0.5442	112.5	125	145		145	105	120	-140		120	265	145	170	-182.5		170	435	236.727

Bench Only and Deadlift Only Results

Name	Age	Div	BWt (Kg)	WCis (Kg)	Wkrs	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	
Mike Proskow	50	M-50	106.5	110	0.5946						130	132.5	135	140	135	135						135	135	0.000
Andrew Hanson	42	M-40	100.6	110	0.6071						127.5	-125	-125		127.5	127.5						127.5	127.5	0.000
Armando Zavaleta	23	M-J	74.2	75	0.7179						115	125	-125		125	125						125	125	0.000
Kevin Walls	25	M-O	74.9	75	0.7132						166	168.5	172.5	177.5	172.5	172.5						172.5	172.5	0.000
Jared Nemeth	24	M-J	68.1	75	0.7656												130	137.5	150		150	150	150	0.000
Gord Goodman	67	M-65	130.7	140	0.5651												142.5	152.5	-160		152.5	152.5	0.000	
Gino Caleffi	9	M-11	27.4	48	#N/A												42.5	47.5	52.5		52.5	52.5	0.000	