

100% RAW Powerlifting Federation
2016 American Challenge Powerlifting Championships
Powerhouse Training June 5, 2016

Name	State	Age	Division	Wgt	Class	SQUAT				BENCH				DEADLIFT				TOTAL	LBS			
						RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd			3rd	4th	
Ashley Falandys	MA	29	Open	144.80	148 Womens										0.00	20.70	23.20	-28.20		23.20	51.15	
Norma Barber	NY	56	Masters (55 - 59)	144.80	148 Womens										0.00	20.70	23.20	25.70	27.70	25.70	56.66	
Lindsay Ferzoco	MA	31	Open	128.80	132 Womens										0.00	27.70	30.70	-33.20		30.70	67.68	
Joshua Hurwitz	MA	23	Junior (20 - 24)	185.40	198 Mens										0.00	45.70	53.20	60.70		60.70	133.82	
Ben Winter	CT	32	Open	166.80	165 Mens										0.00	45.70	-53.20	53.20		53.20	117.28	
Raymond Barber	NY	58	Masters (55 - 59)	164.20	165 Mens										0.00	46.70	53.20	-53.70		53.20	117.28	
Edward Flanders	ME	69	Masters (65 - 69)	164.20	165 Mens										0.00	46.70	-51.85	-51.85		46.70	102.95	
Tom Hart	VT	73	Masters (70 - 74)	196.40	198 Mens										0.00	50.70	55.7 (vermont record)	-59.70		50.70	111.77	
Scott Fillion	MA	40	Masters (40 - 44)	239.40	242 Mens										0.00	-50.70	55.70	-75.70		55.70	122.80	
Jake Freedman	NH	44	Masters (40 - 44)	164.60	165 Mens										0.00	52.70	57.20	58.20	-58.70	58.20	128.31	
															0.00						0.00	0.00
															0.00						0.00	0.00