

### 3-Dec-16 2016 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Pamela Scarano	49	F	122.8	123.5	1.1816	65	70	75	75	37.5	-40	40	40	115	90	100	105	105	220
Debi Schneider	42	F	156.4	165.25	0.9862	-80	80	85	85	55	60	65	65	150	102.5	110	117.5	117.5	267.5
Italo Bonacci	72	M	140.6	148.75	0.8078	105	112.5	117.5	117.5	55	-60		55	172.5	115	125	132.5	132.5	305
David Quier	58	M	162.2	165.25	0.7221	102.5	110	115	115	60	65	70	70	185	102.5	112.5		112.5	297.5
Bryan Vargas	19	M	180.4	181.75	0.6734	160	172.5	182.5	182.5	105	110	117.5	117.5	300	205	217.5	-227.5	217.5	517.5
Cory Border (Teen 2)	15	M	192	198.25	0.6495	115	125	140	140	75	82.5	-90	82.5	222.5	125	142.5		157.5	380
Cory Border (Open)	15	M	192	198.25	0.6495	115	125	140	140	75	82.5	-90	82.5	222.5	125	142.5		157.5	380

### 2016 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Pamela Scarano	49	F	122.8	123.5	1.1816	143.299	154.322	165.345	165.345	82.6725	-88.184	88.184	88.184	253.529	198.414	220.46	231.483	231.483	485.012
Debi Schneider	42	F	156.4	165.25	0.9862	-176.368	176.368	187.391	187.391	121.253	132.276	143.299	143.299	330.69	225.9715	242.506	259.0405	259.0405	589.7305
Italo Bonacci	72	M	140.6	148.75	0.8078	231.483	248.0175	259.0405	259.0405	121.253	-132.276	0	121.253	380.2935	253.529	275.575	292.1095	292.1095	672.403
David Quier	58	M	162.2	165.25	0.7221	225.9715	242.506	253.529	253.529	132.276	143.299	154.322	154.322	407.851	225.9715	248.0175	0	248.0175	655.8685
Bryan Vargas	19	M	180.4	181.75	0.6734	352.736	380.2935	402.3395	402.3395	231.483	242.506	259.0405	259.0405	661.38	451.943	479.5005	-501.547	479.5005	1140.880
Cory Border (Teen 2)	15	M	192	198.25	0.6495	253.529	275.575	308.644	308.644	165.345	181.8795	-198.414	181.8795	490.5235	275.575	314.1555	347.2245	347.2245	837.748
Cory Border (Open)	15	M	192	198.25	0.6495	253.529	275.575	308.644	308.644	165.345	181.8795	-198.414	181.8795	490.5235	275.575	314.1555	347.2245	347.2245	837.748

### Push Pull 2016 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total
RJ Karl	26	M	125.6	132.25	0.8949	52.5	57.5	60	60	82.5	95	105	105	165
Nick Oddo	28	M	132.2	132.25	0.8529	42.5	45	47.5	47.5	70	72.5	75	75	122.5
Stephen Diorio	26	M	163.2	165.25	0.7193	67.5	72.5	-75	72.5	95	100	105	105	177.5
Craig Maurer	63	M	188	198.25	0.657	60	62.5	67.5	67.5	85	97.5	105	105	172.5

### Push Pull 2016 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total
RJ Karl	26	M	125.6	132.25	0.8949	115.7415	126.7645	132.276	132.276	181.8795	209.437	231.483	231.483	363.759
Nick Oddo	28	M	132.2	132.25	0.8529	93.6955	99.207	104.7185	104.7185	154.322	159.8335	165.345	165.345	270.0635
Stephen Diorio	26	M	163.2	165.25	0.7193	148.8105	159.8335	-165.345	159.8335	209.437	220.46	231.483	231.483	391.3165
Craig Maurer	63	M	188	198.25	0.657	132.276	137.7875	148.8105	148.8105	187.391	214.9485	231.483	231.483	380.2935

### Bench Press 2016 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench
Elisha Nolan	33	F	164.6	165.25	0.953	50	55	60	60
Carl Augustine	72	M	197.9	198.25	0.6391	82.5	87.5	92.5	92.5
Jeff McDaniel (SubMasters)	35	M	197.6	198.25	0.6398	187.5	-195	-195	187.5
Jeff McDaniel (Open)	35	M	197.6	198.25	0.6398	187.5	-195	-195	187.5

### Bench Press 2016 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench
Elisha Nolan	33	F	164.6	165.25	0.953	110.23	121.253	132.276	132.276
Carl Augustine	72	M	197.9	198.25	0.6391	181.8795	192.9025	203.9255	203.9255
Jeff McDaniel (SubMasters)	35	M	197.6	198.25	0.6398	413.3625	-429.897	-429.897	413.3625
Jeff McDaniel (Open)	35	M	197.6	198.25	0.6398	413.3625	-429.897	-429.897	413.3625

### Deadlift 2016 Keystone Ironman Challenge-Kg Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift
Elisha Nolan	33	F	164.6	165.25	0.953	70	75	82.5	82.5

### Deadlift 2016 Keystone Ironman Challenge-Lb Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Wilks	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift
Elisha Nolan	33	F	164.6	165.25	0.953	154.322	165.345	181.8795	181.8795