



DECEMBER 7, 1787

Updated by Ed Kutin

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12/25/2016

Weight Class: 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	47.5 kgs / 104.7 lbs Mary Beth Flagg 5/2016	37.5 kgs / 82.6 lbs Mary Beth Flagg 5/2016	92.5 kgs / 203.9 lbs Mary Beth Flagg 5/2016	177.5 kgs / 391.3 lbs Mary Beth Flagg 5/2016
55-59	47.5 kgs / 104.7 lbs Mary Beth Flagg 5/2016	37.5 kgs / 82.6 lbs Mary Beth Flagg 5/2016	92.5 kgs / 203.9 lbs Mary Beth Flagg 5/2016	177.5 kgs / 391.3 lbs Mary Beth Flagg 5/2016

Weight Class: 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	155.0 kgs / 341.7 lbs Robert Keefer 6/2015	132.5 kgs / 292.1 lbs Lance Underwood 4/2015	195.5 kgs / 430.9 lbs Robert Keefer 10/2015	465.5 kgs / 1026.2 lbs Robert Keefer 10/2015
35-39	137.5 kgs / 303.1 lbs Lance Underwood 4/2015	132.5 kgs / 292.1 lbs Lance Underwood 4/2015	172.5 kgs / 380.2 lbs Lance Underwood 4/2015	442.5 kgs / 975.5 lbs Lance Underwood 4/2015
65-69	155.0 kgs / 341.7 lbs Robert Keefer 6/2015	122.5 kgs / 270.0 lbs Robert Keefer 10/2015	195.5 kgs / 430.9 lbs Robert Keefer 10/2015	465.5 kgs / 1026.2 lbs Robert Keefer 10/2015