

2018 Battle in the Capital

8-Dec-18

Powerlifting

Last Name	First Name	Age	Gender	Home State	Country	Bwt	Divisions	Wt CIs	Wt CIs label	Flight	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	TOTAL
Evanoff	Peri	36	female	VA	USA	247.8	Open	90+/198.5+ (F)	198+	1	147.5	157.5	162.5	162.5	65.0	70.0	75.0	70.0	232.5	140.0	152.5	162.5	162.5	395.0
Maizels	Patty	41	female	MD	USA	155.2	Open	75/165.3	165	1	132.5	137.5	140.0	140.0	67.5	67.5	72.5	72.5	212.5	147.5	152.5	157.5	157.5	370.0
Spriggue	Chelsea	29	Female	MD	USA	116.2	Open	56/123.4	123	1	102.5	107.5	110.0	107.5	57.5	62.5	65.0	65.0	172.5	130.0	142.5	145.0	145.0	317.5
Riviere	Tanja	51	Female	MD	USA	146	Open/(50-54)	67.5/148.8	148	1	70.0	80.0	95.0	95.0	50.0	55.0	60.0	55.0	150.0	110.0	120.0	132.5	120.0	270.0
Sady	Maegan	37	Female	DC	USA	164.6	(35-39)	75/165.3	165	1	80.0	87.5	92.5	92.5	52.5	57.5	62.5	57.5	150.0	125.0	140.0	142.5	140.0	290.0
McAdams	Jasmine	24	Female	DC	USA	118.4	(20-24)	56/123.4	123	1	75.0	77.5	82.5	82.5	52.5	55.0	57.5	57.5	140.0	105.0	110.0	120.0	120.0	260.0
Smoak	Danielle	25	Female	MD	USA	165.3	Open	75/165.3	165	1	57.5	67.5	75.0	75.0	40.0	45.0	47.5	47.5	122.5	112.5	125.0	137.5	137.5	260.0
Green	Jennifer	36	Female	DC	USA	130.8	(35-39)	60/132.2	132	1	65.0	67.5	70.0	70.0	35.0	40.0	45.0	40.0	110.0	85.0	90.0	100.0	90.0	200.0
Teeter	Gary	54	Male	PA	USA	146	Open/(50-54)	67.5/148.8	148	1	85.0	95.0	105.0	105.0	100.0	110.0	115.0	110.0	215.0	125.0	155.0	157.5	157.5	372.5
Riviere	Randy	53	Male	MD	USA	181.2	(50-54)	82.5/181.8	181	2	112.5	125.0	137.5	137.5	85.0	92.5	95.0	95.0	232.5	155.0	172.5	182.5	182.5	415.0
Schricket	Randy	54	Male	MD	USA	211.4	(50-54)	100/220.4	220	2	130.0	140.0	145.0	145.0	115.0	122.5	127.5	127.5	272.5	150.0	165.0	172.5	172.5	445.0
Frietag	Carl	55	Male	NY	USA	220.3	(55-59)	100/220.4	220	2	150.0	150.0	162.5	162.5	110.0	117.5	125.0	117.5	280.0	175.0	187.5	200.0	200.0	480.0
Irwin	Chad	20	Male	MD	USA	175.3	Open/(20-24)	82.5/181.8	181	2	147.5	157.5	167.5	167.5	107.5	115.0	120.0	115.0	282.5	142.5	160.0	172.5	172.5	455.0
Signorni	Daniel	36	Male	VA	USA	214.7	(35-39)	100/220.4	220	2	165.0	172.5	180.0	180.0	115.0	120.0	122.5	122.5	302.5	207.5	220.0	227.5	227.5	530.0
Spencer	Henry	27	Male	DC	USA	242.4	Open/PFM	110/242.5	242	2	167.5	177.5	187.5	187.5	125.0	137.5	147.5	137.5	325.0	195.0	215.0	230.0	230.0	555.0
Ali	Mohammed	28	Male	VA	USA	189.2	Open	90/198.4	198	2	170.0	185.0	195.0	195.0	135.0	142.5	147.5	147.5	342.5	225.0	235.0	250.0	250.0	592.5
Hsieh	Martin	33	Male	MD	USA	165	Open	75/165.3	165	2	192.5	205.0	207.5	207.5	120.0	127.5	130.0	130.0	337.5	232.5	250.0	262.5	262.5	600.0
Smitkovsky	Vadim	40	Male	MD	USA	181.4	Open/(40-44)	82.5/181.8	181	2	185.0	200.0	210.0	210.0	120.0	127.5	135.0	135.0	345.0	215.0	235.0	247.5	247.5	592.5
Bowen	Matt	24	Male	VA	USA	234.2	(20-24)	110/242.5	242	2	205.0	217.5	227.5	227.5	135.0	145.0	152.5	152.5	380.0	185.0	195.0	202.5	202.5	582.5
Allen	Chris	44	Male	VA	USA	262.2	Open/(40-44)	125/275.5	275	2	122.5	137.5	150.0	150.0	165.0	172.5	182.5	172.5	322.5	227.5	235.0	242.5	242.5	565.0
Abu-Sakout	Abed	34	Male	VA	USA	216.4	Open	100/220.4	220	2	255.0	260.0	262.5	262.5	167.5	170.0	172.5	170.0	432.5	305.0	322.5	325.0	322.5	755.0

Push-Pull

Last Name	First Name	Age	Gender	Home State	Country	Bwt	Divisions	Wt CIs	Wt CIs label	Flight	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	TOTAL
Wood	Marcus	43	Male	DC	USA	257.8	Open/(40-44)	125/275.5	275	1.0					145.0	145.0	150.0	150.0		260.0	267.5	272.5	272.5	422.5
Dixon	Baren	52	Male	VA	USA	307.4	Open	140/308.6	308	1.0					102.0	145.0	165.0	145.0		247.5	262.5	280.0	262.5	407.5
Johnson	Darius	36	Male	MD	USA	278.6	(35-39)/PFM	140/308.6	308	1.0					125.0	145.0	152.5	125.0		190.0	215.0	230.0	230.0	355.0

Bench Press

Last Name	First Name	Age	Gender	Home State	Country	Bwt	Divisions	Wt CIs	Wt CIs label	Flight	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	TOTAL
Claggett	Jasmine	25	Female	MD	USA	360	Open	90+/198.5+ (F)	198+	1.0					62.5	87.5	95.0	87.5						87.5
Reynolds	Catherine	18	Female	VA	USA	126.2	(18-19)	60/132.2	132	1.0					67.5	72.5	76.0	72.5						72.5
Holland	Lenny	47	Male	MD	USA	272.8	(45-49)	125/275.5	275	1.0					100.0	112.5	120.0	112.5						112.5
Howard	Jeff	47	Male	MD	USA	239.2	(45-49)	110/242.5	242	1.0					115.0	122.5	130.0	130.0						130.0
Thompson	Kenny	54	Male	MD	USA	224.4	(50-54)	110/242.5	242	1.0					110.0	120.0	122.5	110.0						110.0
Washington	Brian	60	Male	MD	USA	241.2	(60-64)	110/242.5	242	1.0					142.5	142.5	142.5	142.5						142.5
Neal	George	67	Male	MD	USA	298.8	(65-69)	140/308.6	308	1.0					120.0	122.5	125.0	125.0						125.0
Short	Gerren	42	Male	VA	USA	269.8	Open	125/275.5	275	1.0					175.0	182.0	192.0	190.0						190.0
														0.0					0.0					0.0

Deadlift

Last Name	First Name	Age	Gender	Home State	Country	Bwt	Divisions	Wt CIs	Wt CIs label	Flight	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	TOTAL
Shad	Jeff	54	Male	VA	USA	164.8	(50-54)	75/165.3	165	1.0										175.0	190.0	200.0	190.0	190.0
Hertzler	Eli	16	Female	MD	USA	114.4	(16-17)	52/114.6	114	1.0										77.5	85.0	92.5	92.5	92.5
																							0.0	0.0
Claggett	Jasmine	25	Female	MD	USA	360.9	Open	90+/198.5+ (F)	198+	1.0										175.0	185.0	185.0	185.0	185.0
Conley	Marguerite	50	Female	MD	USA	156.4	(50-54)	75/165.3	165	1.0										75.0	80.0	85.0	85.0	85.0
James	Tiffany	41	Female	MD	USA	115.5	(40-44)	56/123.4	123	1.0										62.5	75.0	82.5	82.5	82.5

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Ross	Judy	61	Female	DC	USA	188.8	(60-64)	90/198.4	198	1.0							85.0	87.5	100.0	100.0	100.0
Quarles	Portia	33	Female	DC	USA	176.6	Open	82.5/181.8	181	1.0							102.5	107.5	115.0	115.0	115.0
Wendt	Rosalynne	33	Female	DC	USA	189.9	Open	90+/198.5+ (F)	198+	1.0							115.0	122.5	127.5	127.5	127.5
Janelle	Olivierre	41	Female	MD	USA	152.8	(40-44)	75/165.3	165	1.0							110.0	115.0	125.0	125.0	125.0
Myer	Karola	77	Female	MD	USA	121	(75-79)	56/123.4	123	1.0							65.0	75.0	82.5	75.0	75.0
Green	Nicole	45	Female	DC	USA	178.6	(45-49)	82.5/181.8	181	1.0							85.0	90.0	100.0	100.0	100.0
Hertzler-Mcan	Eli	16	Female	MD	USA	112.2	(16-17)	52/114.6	114	1.0							97.5	102.5	105.0	102.5	102.5
Howard	Jeff	47	Male	MD	USA	239.2	(45-49)	110/242.5	242	2.0							192.5	207.5	215.0	215.0	215.0
Spraggins	Julian	14	Male	MD	USA	177.2	(14-15)	82.5/181.8	181	2.0							105.0	107.5	107.5	105.0	105.0
Wood	Noah	14	Male	DC	USA	138.4	(14-15)	67.5/148.8	148	2.0							92.5	102.5	107.5	107.5	107.5
Holland	Lenny	47	Male	MD	USA	272.8	(45-49)	125/275.5	275	2.0							195.0	207.5	215.0	215.0	215.0
Thompson	Kenny	54	Male	MD	USA	224.4	(50-54)	110/242.5	242	2.0							160.0	175.0	187.5	187.5	187.5
Pettit	Ricahrd	72	Male	MD	USA	181.1	(70-74)	82.5/181.8	181	2.0							112.5	125.0	137.5	137.5	137.5
Randell	Khalil	15	Male	DC	USA	189.5	(14-15)	90/198.4	198	2.0							84.0	97.5	102.5	102.5	102.5
Stockland	Mike	29	Male	DC	USA	184.6	Open	90/198.4	198	2.0							142.5	150.0	160.0	160.0	160.0
McDonell	James	43	Male	DC	USA	193.4	(40-44)	90/198.4	198	2.0							125.0	137.5	137.5	137.5	137.5
Neal	George	67	Male	MD	USA	298.8	(65-69)	140/308.6	308	2.0							200.0	205.0	207.5	207.5	207.5

Strict Curl

Last Name	First Name	Age	Gender	Home State	Country	Bwt	Divisions	Wt CIs	Wt CIs label	Flight	Strict Curl 1	Strict Curl 2	Strict Curl 3	Best Strict Curl	Coeff.	Curl Coef	TOTAL
Evanoff	Peri	36	Female	MD	USA	247.8	Open	90+/198.5+ (F)	198+	1.0	29.5	32.0	32.0	29.5	0.5669	16.7	29.5
Conley	Marguerite	50	Female	MD	USA	156.4	(50-54)	75/165.3	165	1.0	25.0	28.0	28.0	25.0	0.752	18.8	25.0
Reynolds	Cathrine	18	Female	VA	USA	126.2	(18-19)	60/132.2	132	1.0	32.5	37.5	41.0	37.5	0.898	33.7	37.5
Dixon	Baron	52	Male	VA	USA	307.4	Open	140/308.6	308	1.0	72.5	77.5	77.5	72.5	0.5043	36.6	72.5
Allen	Chris	44	Male	VA	USA	262.2	Open/(40-44)	125/275.5	275	1.0	70.0	72.5	72.5	70.0	0.5281	37.0	70.0
Maizels	Patrick	48	Male	MD	USA	220.4	Open	100/220.4	220	1.0	62.5	67.5	70.0	67.5	0.5545	37.4	67.5
Spencer	Henry	27	Male	DC	USA	242.4	Open	110/242.5	242	1.0	48.0	52.5	57.5	57.5	0.5367	30.9	57.5
Frietag	Carl	55	Male	NY	USA	220.3	(55-59)	100/220.4	220	1.0	42.0	50.0	56.0	50.0	0.5545	27.7	50.0
Teeter	Gary	54	Male	PA	USA	146	Open/(50-54)	67.5/148.8	148	1.0	52.5	55.0	57.5	55.0	0.7432	40.9	55.0
Washington	Brian	60	Male	MD	USA	241.2	(60-64)	110/242.5	242	1.0	60.0	65.0	70.0	65.0	0.5373	34.9	65.0
Neal	George	67	Male	MD	USA	298.8	(65-69)	140/308.6	308	1.0	62.5	65.0	65.0	62.5	0.5088	31.8	62.5
Knox	Bruce	33	Male	MD	USA	232.4	Open	110/242.5	242	1.0	80.0	82.5	85.0	82.5	0.5433	44.8	82.5