

IDFPA National Single Lifts -Irish Muscle Power 23rd Jun 2019

			SQUAT										
Name	bodyweig	Age	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLAS	WP Age	Total	Co eff	Points
RACHEL OMAHONY (23)	63.4	23	85.0	92.5	100.0		67.5	Junior	Sub 64s	Open	100.0	1.0689	106.89
RACHEL SHERIDAN (35)	58.6	35	85.0	92.5	100.0		60.0	ub Mastel	Sub 64s	Open	100.0	1.1356	113.56
AMY BYRNE (19)	61.9	19	90.0	100.0	-105.0		67.5	T4	Sub 64s	Junior	100.0	1.0885	108.85
SHEENA DOYLE (32)	54.9	32	105.0	-110.5	-110.5		56.0	Senior	Sub 58s	Open	105.0	1.1951	125.49
LINDA BYRNE (44)	76.7	44	110.0	-115.0	120.0		82.5	M1	Sub 84s	M 40-44	120.0	0.9377	112.53
EILEEN GORRY (45)	72.65	45	115.0	-120.0	120.0		75.0	M2	Sub 84s	M 45-49	120.0	0.9704	116.44
RACHEL O CONNOR (26)	110.75	26	130.0	-140.0	-140.0		90.1	Senior	100+	Open	130.0	0.8121	105.57

			BENCH										
Name	bodyweig	Age	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLAS	WP Age	Total	Co eff	Points
REBECCA DRAPER (20)	73.65	20	55.0	57.5	-60.0		75.0	Junior	Sub 84s	Junior	57.5	0.9618	55.30
CAROLINE PIGOTT (34)	88.3	34	55.0	-57.5	60.0		90.0	Senior	Sub 100s	Open	60.0	0.8712	52.27
NIINA JÄRVENKARI (45)	76.4	45	57.5	60.0	62.5		82.5	M2	Sub 84s	M 45-49	62.5	0.9400	58.75
LINDA BYRNE (44)	76.7	44	60.0	62.5	65.0		82.5	M1	Sub 84s	M 40-44	65.0	0.9377	60.95
RACHEL O CONNOR (26)	110.75	26	65.0	67.5	-70.0		90.1	Senior	100+	Open	67.5	0.8121	54.82
SANDRA MASTERSON (38)	91.1	38	-70.0	75.0	80.0	82.5	90.1	ub Mastel	Sub 100s	Open	80.0	0.8599	68.79
RACHEL SHERIDAN (35)	58.6	35	50.0	52.0	53.5		60.0	ub Mastel	Sub 64s	Open	53.5	1.1356	60.76
RACHEL OMAHONY (23)	63.4	23	52.5	55.0	-57.5		67.5	Junior	Sub 64s	Open	55.0	1.0689	58.79
CATHERINE EVANS (42)	67.35	42	-60.0	60.0	62.5		67.5	M1	Sub 72s	M 40-44	62.5	1.0223	63.90
SHEENA DOYLE (32)	54.9	32	60.0	-62.5	-62.5		56.0	Senior	Sub 58s	Open	60.0	1.1951	71.71
EMILY MANNING (24)	56.2	24	60.0	-65.0	65.0		60.0	Junior	Sub 58s	Open	65.0	1.1734	76.27
SANDI BURKE (43)	58.6	43	60.0	62.5	-66.0		60.0	M1	Sub 64s	M 40-44	62.5	1.1356	70.98
AISLING LEES (28)	65.1	28	62.5	65.0	-67.5		67.5	Senior	Sub 72s	Open	65.0	1.0480	68.12
EILEEN GORRY (45)	72.65	45	75.0	80.0	82.5		75.0	M2	Sub 84s	M 45-49	82.5	0.9704	80.05

			DEADLIFT										
Name	bodyweig	Age	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLAS	WP Age	Total	Co eff	Points
AMY BYRNE (19)	61.9	19	100.0	-110.0	110.0		67.5	T4	Sub 64s	Junior	110.0	1.0885	119.74
LAURA SCULLY (32)	54.9	32	115.0	-120.0	-120.0		56.0	Senior	Sub 58s	Open	115.0	1.1951	137.44
SHEENA DOYLE (32)	54.9	32	120.0	-122.5	-125.0		56.0	Senior	Sub 58s	Open	120.0	1.1951	143.42
CAROLINE PIGOTT (34)	88.3	34	125.0	127.5	-130.0		90.0	Senior	Sub 100s	Open	127.5	0.8712	111.08
RACHEL OMAHONY (23)	63.4	23	122.5	130.0	-137.5		67.5	Junior	Sub 64s	Open	130.0	1.0689	138.96
LOUISE MCKEVITT (36)	54.85	36	130.0	135.0	140.0		56.0	ub Mastel	Sub 58s	Open	140.0	1.1960	167.44
EMILY MANNING (24)	56.2	24	132.5	137.5	-140.0		60.0	Junior	Sub 58s	Open	137.5	1.1734	161.34
LINDA BYRNE (44)	76.7	44	130.0	140.0	-145.0		82.5	M1	Sub 84s	M 40-44	140.0	0.9377	131.28
AISLING LEES (28)	65.1	28	-137.5	142.5	145.0		67.5	Senior	Sub 72s	Open	145.0	1.0480	151.96
EILEEN GORRY (45)	72.65	45	145.0	150.0	-155.0		75.0	M2	Sub 84s	M 45-49	150.0	0.9704	145.55

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Name	bodyweig	Age	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLAS	WP Age	Total	Co eff	Points
DARREN COAKLEY (20)	92.8	20	160.0	170.0	-172.5		100.0	Junior	Sub 94s	Junior	170.0	0.6288	106.90
DANIEL KEENAN (26)	98.9	26	160.0	175.0	-190.0		100.0	Senior	Sub 105s	Open	175.0	0.6113	106.98
ANDY KENNA (37)	98.9	37	180.0	-190.0	190.0		100.0	ub Mastel	Sub 105s	Open	190.0	0.6113	116.15
RYAN BRODERICK (19)	94.25	19	170.0	180.0	-192.5		100.0	T4	Sub 105s	Junior	180.0	0.6243	112.37
PAUL DEVINE (28)	108.5	28	192.5	202.5	210.0		110.0	Senior	Sub 120s	Open	210.0	0.5910	124.11
JAMES FITZGERALD (58)	72.2	58	127.5	135.0	-140.0		75.0	M4	Sub 77s	M 55-59	135.0	0.7322	98.85
TONY PIERCE (60)	72.4	60	135.0	142.5	145.0		75.0	M5	Sub 77s	M 60-64	145.0	0.7307	105.95
ALEX SMALE (35)	74.3	35	142.5	155.0	162.5		75.0	ub Mastel	Sub 77s	Open	162.5	0.7172	116.55
VISHNATH DOBHAL (42)	71.95	42	150.0	-162.5	167.5		75.0	M1	Sub 77s	M 40-44	167.5	0.7341	122.96
KEVIN MCGRATH (36)	88.1	36	160.0	170.0	-177.5		90.0	ub Mastel	Sub 94s	Open	170.0	0.6455	109.73
JOHN MC MENAMIN (55)	106.8	55	-180.0	180.0	-200.0		110.0	M4	Sub 120s	M 55-59	180.0	0.5941	106.93

			BENCH										
Name	bodyweig	Age	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLAS	WP Age	Total	Co eff	Points
EOIN BUCKLEY (16)	107.55	16	65.0	70.0	-75.0		110.0	T3	Sub 120s	Youth	70.0	0.5927	41.49
DAVID BRENNAN (34)	92.8	34	120.0	-125.0	-125.0		100.0	Senior	Sub 94s	Open	120.0	0.6288	75.46
DANIEL KEENAN (26)	98.9	26	115.0	125.0	130.0		100.0	Senior	Sub 105s	Open	130.0	0.6113	79.47
ROSS O'CONNOR (23)	116.15	23	122.5	-130.0	130.0		125.0	Junior	Sub 120s	Open	130.0	0.5795	75.34
JOHN MC MENAMIN (55)	106.8	55	120.0	-130.0	140.0		110.0	M4	Sub 120s	M 55-59	140.0	0.5941	83.17
ANDY KENNA (37)	98.9	37	135.0	-140.0	-140.0		100.0	ub Mastel	Sub 105s	Open	135.0	0.6113	82.53
PAUL DEVINE (28)	108.5	28	137.5	145.0	-150.0		110.0	Senior	Sub 120s	Open	145.0	0.5910	85.70
JAMES FITZGERALD (58)	72.2	58	92.5	100.0	-105.0		75.0	M4	Sub 77s	M 55-59	100.0	0.7322	73.22
VISHNATH DOBHAL (42)	71.95	42	95.0	-102.5	105.0		75.0	M1	Sub 77s	M 40-44	105.0	0.7341	77.08
CHRISTOPHER THOMAS (20)	78.5	20	-110.0	110.0	-115.0		82.5	Junior	Sub 85s	Junior	110.0	0.6910	76.01
MARK DEVINE (24)	72.5	24	110.0	115.0	120.0		75.0	Junior	Sub 77s	Open	120.0	0.7300	87.60
BARRY DONOHUE (33)	86.45	33	115.0	-120.0	120.0		90.0	Senior	Sub 94s	Open	120.0	0.6521	78.26
ALEX SMALE (35)	74.3	35	115.0	120.0	122.5		75.0	ub Mastel	Sub 77s	Open	122.5	0.7172	87.86
JOHN MANNION (24)	88.85	24	130.0	135.0	140.0		90.0	Junior	Sub 94s	Open	140.0	0.6426	89.97

			DEADLIFT										
Name	bodyweig	Age	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLAS	WP Age	Total	Co eff	Points
EOIN BUCKLEY (16)	107.55	16	135.0	140.0	150.0		110.0	T3	Sub 120s	Youth	150.0	0.5927	88.90
BARRY DONOHUE (33)	86.45	33	210.0	220.0	227.5		90.0	Senior	Sub 94s	Open	227.5	0.6521	148.36
DANIEL KEENAN (26)	98.9	26	190.0	210.0	-230.0		100.0	Senior	Sub 105s	Open	210.0	0.6113	128.37
ANDY KENNA (37)	98.9	37	-220.0	-235.0	-235.0		100.0	ub Mastel	Sub 105s	Open	-220.0	0.6113	-134.49
PAUL DEVINE (28)	108.5	28	225.0	235.0	240.0		110.0	Senior	Sub 120s	Open	240.0	0.5910	141.84
DAVID BRENNAN (34)	92.8	34	-250.0	-260.0	-260.0		100.0	Senior	Sub 94s	Open	-250.0	0.6288	-157.21
RYAN BRODERICK (19)	94.25	19	200.0	-210.0	0.0		100.0	T4	Sub 105s	Junior	200.0	0.6243	124.85
JAMES FITZGERALD (58)	72.2	58	150.0	157.5	-162.5		75.0	M4	Sub 77s	M 55-59	157.5	0.7322	115.32
WILLIAM DONOHUE (19)	63.5	19	170.0	182.5	190.0		67.5	T4	Sub 69s	Junior	190.0	0.8111	154.11
MARK DEVINE (24)	72.5	24	185.0	192.5	-200.0		75.0	Junior	Sub 77s	Open	192.5	0.7300	140.52
BENNY BYRNE (32)	66.9	32	205.0	215.0	-225.0		67.5	Senior	Sub 69s	Open	215.0	0.7766	166.96
JOHN MANNION (24)	88.85	24	210.0	220.0	-227.5		90.0	Junior	Sub 94s	Open	220.0	0.6426	141.38
ALEX SMALE (35)	74.3	35	212.5	-225.0	-230.0		75.0	ub Mastel	Sub 77s	Open	212.5	0.7172	152.42