

OPL Format v1 Submit by email:

Federation	Date																	
IPF	2023-12-10																	
Place	Name	Equipment	Division	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Event
1	Yana Lyntovaska	Raw	Women's Raw Open	57	145	150	155	155	65	70	70	70	142.5	150	-155	150	375	SBD
2	Beatriz Santoz	Raw	Women's Raw Open	57	100	115	122.5	122.5	47.5	55	60	60	105	-117.5	117.5	117.5	300	SBD
3	Riani Gupta	Raw	Women's Raw Open	57	85	92.5	95	95	-52.5	52.5	-55	52.5	117.5	125	-132.5	125	272.5	SBD
4	Barbara zinnman	Raw	Women's Raw Open	57	95	100	105	105	55	57.5	60	60	105	110	117.5	117.5	282.5	SBD
1	Deb Tiernan	Raw	Women's Raw Open	63	90	95	100	100	60	65	67.5	67.5	125	132.5	140	140	307.5	SBD
2	Stephanie Saunders	Raw	Women's Raw Open	63	97.5	102.5	-107.5	102.5	55	57.5	-60	57.5	115	120	-125	120	280	SBD
3	Jasmine Elder	Raw	Women's Raw Open	63	90	95	100	100	52.5	55	-57.5	55	90	97.5	102.5	102.5	257.5	SBD
1	Moa Vikner	Raw	Women's Raw Open	69	150	160	165	165	95	100	-105	100	177.5	190	200	200	465	SBD
2	Erinly Newton	Raw	Women's Raw Open	69	95	100	-105	100	45	47.5	50	50	112.5	120	125	125	275	SBD
1	Charlotte De val	Raw	Women's Raw Open	76	147.5	155	160	160	80	-85	85	85	160	170	175	175	420	SBD
2	Lauren Finaly	Raw	Women's Raw Open	76	137.5	-142.5	142.5	142.5	60	65	67.5	67.5	155	165	175	175	385	SBD
3	Eleanor Smith	Raw	Women's Raw Open	76	120	127.5	135	135	60	-65	-65	60	130	142.5	150	150	345	SBD
4	Charlotte Macaulay	Raw	Women's Raw Open	76	95	102.5	110	110	50	55	60	60	110	115	125	125	295	SBD
5	Yunia Maalo	Raw	Women's Raw Open	76	25	40	60	60	-47.5	52.5	60	60	130	150	165	165	285	SBD
1	Denise Vieweg	Raw	Women's Raw Open	84	145	-155	155	155	85	92.5	-95	92.5	150	160	167.5	167.5	415	SBD
1	Brit White	Raw	Women's Raw Open 84+	110	117.5	122.5	122.5	122.5	60	65	-67.5	65	147.5	155	160	160	347.5	SBD
2	Betty Gray	Raw	Women's Raw Open 84+	80	90	100	100	100	45	50	57.5	57.5	105	115	125	125	282.5	SBD
1	Christian Musinguzi	Raw	Men's Raw Open	66	165	175	180	180	90	95	-100	95	185	195	200	200	475	SBD
1	Colin Chui	Raw	Men's Raw Open	83	190	200	210	210	125	130	135	135	225	-245	245	245	590	SBD
2	Rayyan Miza	Raw	Men's Raw Open	83	140	147.5	155	155	102.5	107.5	112.5	112.5	172.5	182.5	190	190	457.5	SBD
1	Hugo Owona	Raw	Men's Raw Open	93	230	240	-245	240	130	-137.5	137.5	137.5	255	270	282.5	282.5	660	SBD
2	Thomas Celestin	Raw	Men's Raw Open	93	237.5	250	-257.5	250	107.5	112.5	115	115	275	292.5	302.5	302.5	667.5	SBD
3	Guram Grewal	Raw	Men's Raw Open	93	212.5	225	230	230	135	142.5	150	150	255	270	280	280	660	SBD
4	Rival Zachariya	Raw	Men's Raw Open	93	192.5	202.5	207.5	207.5	122.5	130	132.5	132.5	245	260	-265	260	600	SBD
5	Oliver Philpot	Raw	Men's Raw Open	93	180	195	210	210	135	145	155	155	210	225	235	235	600	SBD
6	Tarras Lyntovaski	Raw	Men's Raw Open	93	205	-215	215	215	127.5	135	140	140	225	235	-245	235	590	SBD
7	Tanny Chiu	Raw	Men's Raw Open	93	190	200	210	210	110	117.5	125	125	200	225	235	235	570	SBD
8	Patrick Furphy	Raw	Men's Raw Open	93	180	195	-210	195	120	130	135	135	190	215	-232.5	215	545	SBD
9	Clifford MacDuff	Raw	Men's Raw Open	93	180	-190	190	190	110	120	130	130	215	225	-240	225	545	SBD
10	David Hamlet	Raw	Men's Raw Open	93	-195	-195	195	195	92.5	-97.5	-100	92.5	202.5	212.5	-220	212.5	500	SBD
11	Alan Joseph	Raw	Men's Raw Open	93	140	150	160	160	90	100	110	110	150	170	200	200	470	SBD
1	Anthony Vella	Raw	Men's Raw Open	105	245	260	-275	260	157.5	165	170	170	270	290	307.5	307.5	737.5	SBD
2	Kirill Sakharov	Raw	Men's Raw Open	105	220	235	245	245	175	185	190	190	220	235	250	250	685	SBD
3	Ben Davis	Raw	Men's Raw Open	105	215	232.5	240	240	130	137.5	-140	137.5	235	247.5	257.5	257.5	635	SBD
4	Tom Ruff	Raw	Men's Raw Open	105	200	210	220	220	-120	130	135	135	-245	265	285	285	640	SBD
5	Van Dim	Raw	Men's Raw Open	105	180	192.5	200	200	115	122.5	125	125	240	262.5	280	280	605	SBD
6	Sam Tibby	Raw	Men's Raw Open	105	180	190	200	200	150	160	167.5	167.5	190	202.5	215	215	582.5	SBD
7	Jonathan Dench	Raw	Men's Raw Open	105	170	177.5	182.5	182.5	105	110	-112.5	110	180	185	190	190	482.5	SBD
8	Mahfujur Rahman	Raw	Men's Raw Open	105	125	-137.5	-140	125	92.5	100	-102.5	100	160	175	-190	175	400	SBD
1	Reece Smith	Raw	Men's Raw Open	120	275	295	302.5	302.5	165	172.5	-175	172.5	275	292.5	300	300	775	SBD
2	Barnie Skinner	Raw	Men's Raw Open	120	245	260	265	265	172.5	-180	-180	172.5	265	285	295	295	732.5	SBD
3	Darren Greville	Raw	Men's Raw Open	120	220	240	252.5	252.5	160	170	172.5	172.5	220	245	262.5	262.5	687.5	SBD
4	David Pickin	Raw	Men's Raw Open	120	212.5	225	235	235	125	132.5	140	140	245	260	270	270	645	SBD
1	Paul Olowogbeye	Raw	Men's Raw Open	120+	275	297.5	307.5	307.5	157.5	167.5	175	175	265	290	300	300	782.5	SBD
2	Andy Rodney	Raw	Men's Raw Open	120+	175	190	200	200	142.5	150	157.5	157.5	187.5	202.5	220	220	577.5	SBD